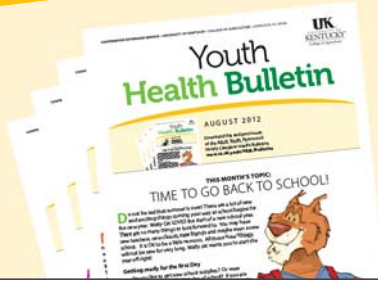


Youth Health Bulletin



DECEMBER 2013

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THIS MONTH'S TOPIC: GIVING GIFTS

Have you seen the commercials where a new car is given as a gift for Christmas? How about a new piece of jewelry? It is likely that you will not be able to get your family and friends those types of gifts. But what should you get?

The best gifts actually do not usually cost a lot of money, just some time and creativity! Wally Cat loves to create the *purrr-fect* gifts for his family and friends and others, too. Work with an adult and decide what types of great gift ideas you can come up with.

Gifts for moms, dads and grandparents

Handmade gifts are a great idea for moms, dads, and grandparents. They will be something your parents and grandparents can enjoy for years to come:

- **A picture of you in a frame that you decorated.**

Pick a picture or have someone take a picture of you, then place it in a frame. You may want to decorate the frame with objects that remind you of that person such as tickets to a game or a color that he or she likes.



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A great way to celebrate the holidays is to make a gift or decide on a gift as a family.



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- **With help, bake a special treat for a mom, dad or grandparents.** Perhaps it is a treat they only eat at holiday time. You could also decorate the container in which the treat will be placed.
- **Write a story, poem or letter to the person.** This is a great time of year to tell your mom, dad, or grandparents why you love them. You may even want to frame it.
- **Paint or draw a picture.** You could draw or paint a picture and frame it so that your artwork can be displayed all year long.
- **Create a coupon book.** You can create coupons you think would be used, such as "make the bed" or "clean up after dinner without complaining" or even "wash the car." These should be things you normally do not do and would help around the house.

Gifts for brothers and sisters

It can be hard to get gifts for brothers and sisters. Here are a few ideas to help:

- If you have several brothers and sisters you could all draw a name. This would allow each sibling to get one present (and give one present). Decide how much you want to spend with an adult. This

- can help you decide what to buy.
- Instead of gifts, all the money that would be spent on everyone can be placed in one pool and allow for a gift for everyone. Perhaps the money could be used for a day at the movies or bowling alley.
- As a family you also may decide to give money to a charity instead of giving gifts to each sibling. The children can pick which charity should receive the donation.

Here are some other ways you can celebrate the holiday season by giving the gift of your help:

- You can help out a parent or neighbor with a chore around the house
- You can help make a special meal
- You can help hang decorations
- You can help out a friend

This time of year, you do not have to "buy" the perfect gift. A great way to celebrate the holidays is to make a gift or decide on a gift as a family.



Youth
Health Bulletin

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of Kentucky HEEL program)