

## 'Tis the season to be kind

Christmas is fast approaching and the to-do list is no doubt increasing by the day. It is a wonderful time of the year and invariably a busy one too! But amidst all the shopping, decorating and gift wrapping why not take a moment or two to consider an act of kindness to bring Christmas cheer to someone else this festive season.

### 'Tis the season to be generous

At the heart of the Christmas story is an overflow of generosity – from God himself! We find a baby born in a manger and given for all mankind. Then there are the three wise men who travel from afar to present their gifts. But what kindness could *you* give this Christmas? It doesn't have to be a large gesture or cost a lot of money – just a simple thoughtful act. How about instead of just buying the magazine from the Big Issue vendor you also give them a hot chocolate as well? Or maybe you could buy a lovely box of chocolates for your local lollipop lady.

### 'Tis the season to be available

At Christmas it is so hard to find time for everything on your to-do list, but what about planning some time to make yourselves available for someone else? In the Christmas story we read about the shepherds leaving their work in the fields and finding the time to visit Mary and Joseph. Maybe you and your kids could pop into a local home for the elderly to

sing some carols and play some games. Perhaps you know someone house-bound who you could cheer-up with a visit.

### 'Tis the season to be creative

Christmas always stirs the senses; it is a season full of wonderful vibrant colours, yummy tastes and rich aromas. As a family why not get creative and come up with your own home-made acts of kindness? Maybe you and the kids could spend an afternoon in the kitchen and bake some mince pies for your neighbours. Your kids might want to make their own Christmas cards or help to decorate the room where you have your toddler group?

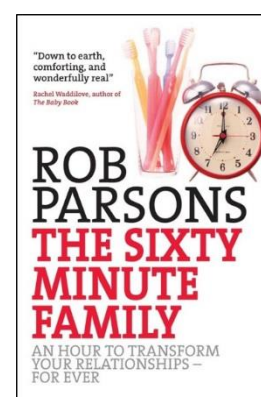
Whatever you and your loved ones get up to during this Christmas period, do enjoy the opportunity to spend time together as a family. Nothing is more precious than the gift of time – it is something that cannot be wrapped up or hidden under the bed, and is the best present you can give your loved ones in the busy weeks ahead. We often forget that we also need to be kind to ourselves – try to occasionally put aside the to-do list and enjoy time with those closest to you. May your household be filled with merriment, peace and kindness this Christmas.



### Looking for a gift?

You could give an hour of encouragement to parents with this great book *The Sixty Minute Family*, by Rob Parsons. It will help them discover:

- How to find the most effective parenting style
- How to discover the magic of traditions
- How to appreciate your extended family



Available to buy from the [Care for the Family shop](#).



Care for the Family's aim is to promote strong family relationships and to help those who face family difficulties.

Care for the Family, Garth House, Leon Avenue, Cardiff, CF15 7RG  
Tel: 029 2081 0800 Email: [mail@cff.org.uk](mailto:mail@cff.org.uk) Web: [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

Care for the Family – A Christian response to a world of need.  
A registered charity (England and Wales: 1066905; Scotland: SC038497).