

5 TOP TIPS FOR STRESS FREE FAMILY GATHERINGS © Alyson Mountjoy

Think carefully if you/your child really has to attend a family event which you/they would find stressful. If the answer is 'yes' then follow these simple tips

1. Unless it is a party at which people are dancing, ask your host/hostess to turn down music so that you can process the conversation, or excuse yourself/your child to a quieter room;
2. At a meal, make sure you are /your child is seated next to someone who know and whose voice patterns are familiar to you/your child and ask for music to be turned down/off;
3. Take frequent breaks from all the noise (trips to the solitude of the bathroom/garden/kitchen/outside the venue or encourage our child to do so;
4. At a family/ friend's meal, offer to help in the kitchen to get you out of the main party area for a while or send your child outside to play, or to a quiet room;
5. Don't be embarrassed if you have to leave early because of the noise - your host/hostess will probably be glad you took the time to attend!