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Quick Tips for Stress-Free Holiday Celebrations

When you are feeling stressed, it shows in everything you do. So, here are three great ways to keep the stress from overtaking your next family gathering:

1

SET A TIMETABLE

Write down what you need to do before during and after an event. It's essential that you stick to it as best you can.

2

PREPARE FOOD IN ADVANCE

Dice and slice ingredients before day of party. Even cranberries can be cooked a day ahead.

3

SET UP THE DAY BEFORE

Pre-assemble your food stations and table settings a day or two before the event.



Timers are your best friend. Use it to time preparation and cooking times.



Don't be afraid to ask for help. Even famous chef have sous chefs to dice and slice.



When creating a time for dinner, keep in mind travel times for your guests.

Get the Kids Involved

One of the greatest things I've learned as a mom is to engage the help of my kids. Believe it or not, they are handy helpers for a variety of tasks.

Keep in mind that not all tasks are kid-friendly. So assign those that are age and skill-level appropriate.

So what are some things the kids can help you with?

- cleaning their rooms
- setting tables
- picking up toys
- chopping food (older kids)
- serving (day of)
- washing dishes (day of)



Well, you get the picture.

And, don't forget they can do some entertaining as well.

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Final Thoughts on Stress-Free Entertaining

Much of the food you make for say, Thanksgiving and Christmas, can be made up ahead of time. If you are really scrunched for time, use prepackaged food or even enlist the help of your local supermarket if they have pre-made food. The idea for celebrating isn't necessarily to show how savvy you are in the kitchen as much as it is to be present to those you love.

For more information, holiday tips and ideas:
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