



Parent Gazette

PARENT/CHILD INCORPORATED (PCI)

NOVEMBER - DECEMBER 2025 EDITION



Season's Greetings from Parent/Child Incorporated!

As the festive season approaches, we at Parent/Child Incorporated want to extend our warmest wishes to you and your family. This time of year is about coming together, sharing joy, and creating lasting memories with loved ones. We are grateful for the support and trust you have placed in us throughout the year. Your commitment to our shared mission makes our community more robust and vibrant. May your holidays be filled with peace, love, and happiness. We eagerly look forward to continuing our journey together in the new year, which will bring new opportunities and successes.

Happy Thanksgiving, Merry Christmas,
and Happy New Year!

Warm regards,

Dr. Sharon Small



DR. SHARON SMALL
CHIEF EXECUTIVE OFFICER/HS/EHS DIRECTOR
MED, MA, PHD



THE ~~HOLIDAY~~ SEASON IS A
PERFECT TIME TO REFLECT ON
OUR BLESSINGS AND SEEK OUT
WAYS TO MAKE LIFE BETTER FOR
THOSE AROUND US.

Terri Marshall



"Growing San Antonio's Tomorrow...Today!"



Holiday Stress

Holiday stress is a common experience that can arise from various pressures, but effective strategies for managing it and enjoying the season more fully exist.

What is Holiday Stress?

Holiday stress refers to the feelings of anxiety and pressure that many people experience during the holiday season. This stress can stem from various sources, including:

- **Financial Concerns:** Worries about spending too much or not having enough money for gifts and celebrations can create significant stress.
- **Family Dynamics:** Navigating family gatherings, potential conflicts, and the pressure to maintain traditions can be overwhelming.
- **High Expectations:** The desire to create perfect holiday experiences, from meals to decorations, can lead to feelings of inadequacy and stress.

Tips for Managing Holiday Stress

- **Plan Ahead:** Create a schedule for your holiday activities, including shopping, cooking, and social events. Prioritize what is most important to you and your family.
- **Set Realistic Expectations:** Understand that doing everything perfectly is impossible. Focus on a few key traditions that bring joy and consider simplifying or skipping others.
- **Practice Self-Care:** Despite the holiday hustle, make time for yourself. Engage in activities you enjoy, such as exercising, reading, or simply relaxing.

If you feel overwhelmed, consider contacting support groups or community resources. Volunteering can also provide a sense of purpose and connection. Implementing these strategies can help mitigate holiday stress and create a more enjoyable and fulfilling holiday experience. Remember, it's okay to acknowledge your feelings and seek help when needed.

Holiday Tips

HAVE A SAFE THANKSGIVING ~REMEMBER TURKEY!~



T

Thaw turkey at a safe temperature – 40°F or below



U

Use extra caution when frying a turkey and oil-free fryers if possible



R

Remember to clean all cooking surfaces regularly



K

Kee children away from hot foods and surfaces, and kitchen utensils



E

Ensure turkey is cooked and has reached minimum temperature of 165°F



Y

Your smoke detector should be tested prior to cooking



Holiday Tips

5 Tips to Keep Your Kids Safe and Merry



Holiday Greenery

Keep any and all plants away from open flames. Keep them watered.

Frosty's Scarves

Tuck your child's scarf into his or her jacket to prevent strangulation.

Miniature Décor

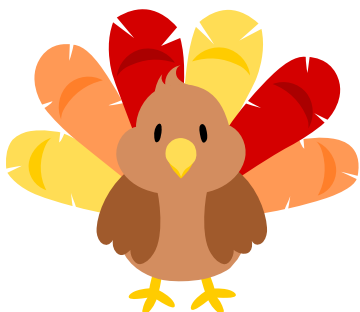
Watch out for small ornaments and candies that can fit in mouths.

All That Glows

Secure lights tightly. Do not let the wires dangle loosely.

Ring in the New Year

Check for choking hazards, and keep poppers and noisemakers away from open flames.

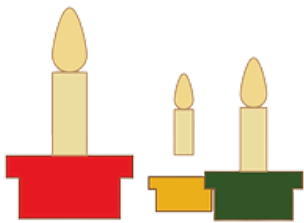


Safe Decorating

HOLIDAY SAFETY TIPS FOR CHILDREN AND PARENTS
FROM THE INSTITUTE FOR CHILDHOOD PREPAREDNESS



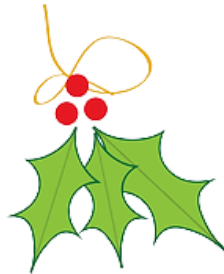
MAKE SURE all trimmings, tinsel, and artificial icicles are lead-free. Keep these items up high and out of reach of small children.



CHOOSE LED or flameless candles to avoid house fires.



ELIMINATE decorations that are tiny or that have small parts, as they can cause choking in young children.



Plants such as mistletoe and holly berries **ARE POISONOUS**. Keep them away and out of the reach of young children.

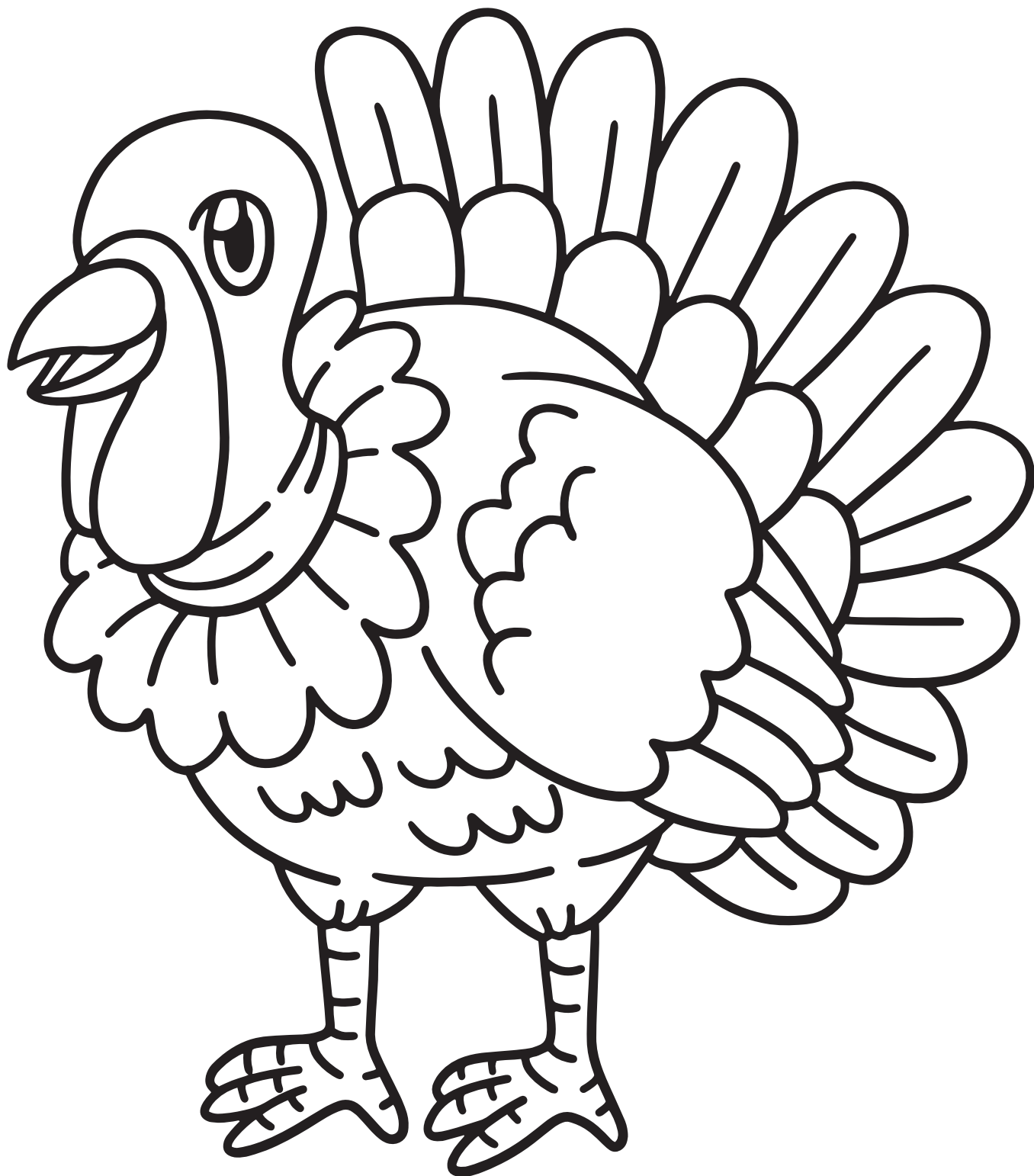


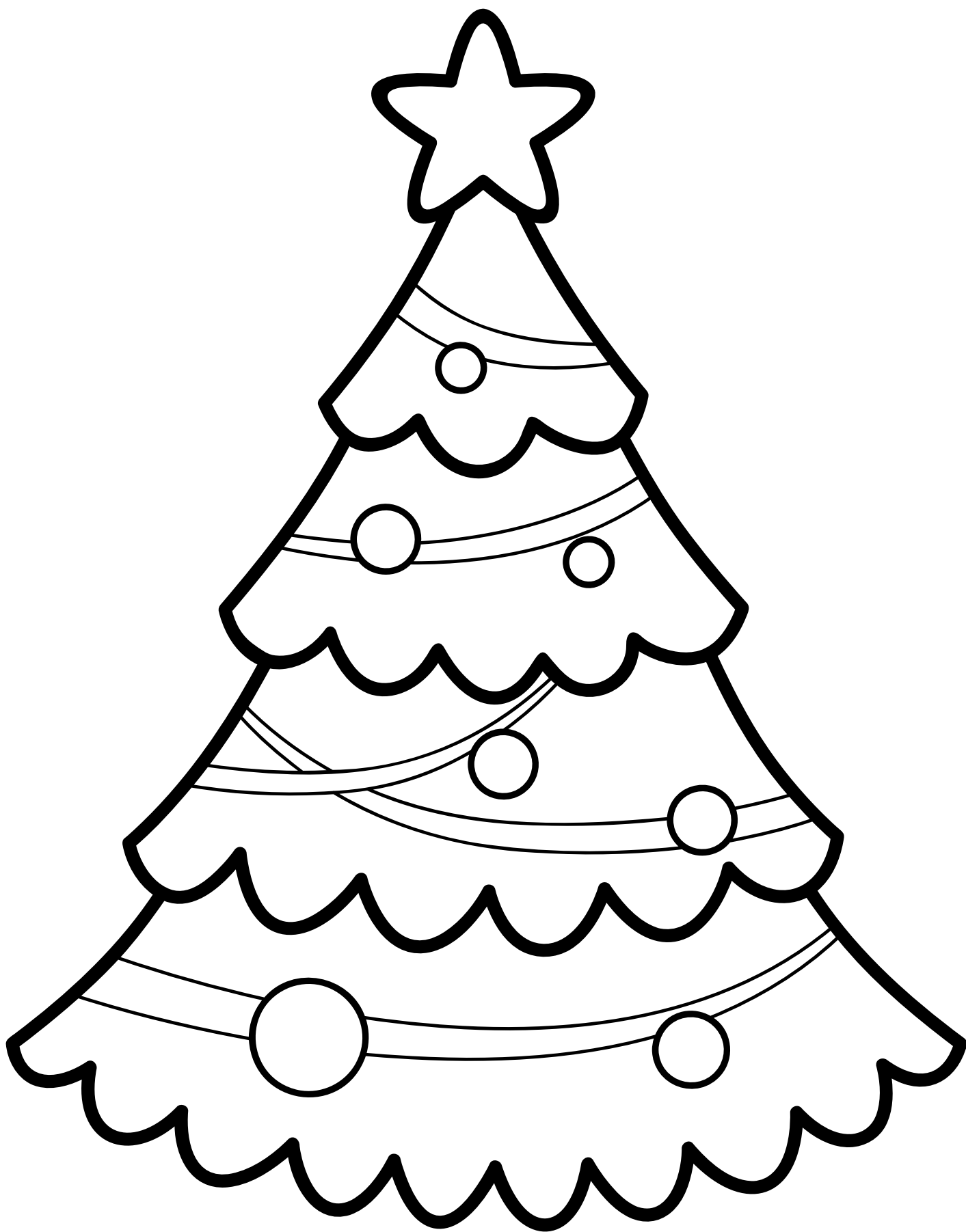
BE AWARE of singing holiday cards that contain button batteries. These batteries can cause damage to the esophagus if ingested by young children.



INSTITUTE FOR
CHILDHOOD PREPAREDNESS
DON'T BE SCARED. BE PREPARED.™
childhoodpreparedness.org









GRINCHMAS COOKIES

Ingredients



½ CUP SOFTENED BUTTER	2 LARGE EGGS
8 OZ. SOFTENED CREAM CHEESE	3 CUPS FLOUR
1 ¼ CUPS SUGAR	2 TSP BAKING POWDER
2 TSP VANILLA EXTRACT	¼ TSP SALT
1 TSP GREEN FOOD COLORING	1 CUP POWDERED SUGAR
48 HEART-SHAPED CANDIES OR CHOCOLATES	



Directions

1. BEAT BUTTER, CREAM CHEESE, AND SUGAR UNTIL SMOOTH. ADD VANILLA, FOOD COLORING, AND EGGS ONE AT A TIME, MIXING WELL. COMBINE FLOUR, BAKING POWDER, AND SALT IN ANOTHER BOWL, THEN GRADUALLY MIX INTO THE BATTER. CHILL 1 HOUR.
2. PREHEAT OVEN TO 350°F. ROLL DOUGH INTO 1½ IN. BALLS. COAT IN POWDERED SUGAR, AND PLACE 2 IN. APART ON BAKING SHEETS.
3. BAKE 12-15 MINUTES UNTIL TOPS CRACK. PRESS A CANDY INTO EACH COOKIE WHILE WARM. COOL FOR 5 MINUTES BEFORE TRANSFERRING TO A RACK.

**DO NOT
SHARE!!**



*Eat them
all yourself
and tell no one*

The mission of
Parent/Child Incorporated is
to provide
high-quality early childhood
developmental and
educational services in order
to empower our children and
their families to become
responsible citizens who
value education and
community.



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