

A P A R E N T ' S
T O
G U I D E

Thanksgiving

In This Guide . . .

- **Thanksgiving (aka Day of Stress, Expectations, & Pressure)**
- **Thanksgiving is all about bringing family and loved ones together to remember God's faithfulness around a great meal. . . Right?**
- **Is it wrong if my family and I don't feel like there's much to be thankful for because of everything we're going through?**
- **So how can we relearn gratefulness?**
- **Still, what if we just don't feel cheerful or like celebrating this year?**
- **In light of the heritage of the holiday, what are some new traditions I can incorporate into my family's celebrations this year?**
- **Final thoughts**