



Kids In The Middle®

Happy Thanksgiving!

Kids In The Middle will be closed
Wednesday, November 21st
through Saturday, November 24th.

Our offices will reopen
Monday, November 26th.



Co-Parenting Tips for the Holidays



Holidays, for children of divorce, are just plain hard. The holiday season can remind them that their family is divided, and they may feel they are being pulled in every direction. Consider these holiday co-parenting tips to make the season bright for your kids:

Prioritize Your Kids. Using the kids' experience as your starting point will help you to guide decisions from a centered place. For example, if you are trying to squeeze in four different family celebrations in one day to give everyone time with the kids, you should take a minute and imagine the experience from your child's point of view. Make sure that your child gets time to relax and make memories with the family.

Combine the Old and New. Children love traditions, so this year combine old traditions with new ones in each household.

Coordinate the Gifts. Whether you celebrate Christmas, Hanukkah or any holiday that involves gifts, talk to your co-parent and divide your children's wish list. If this becomes a battle or a contest, it is only your child who will suffer.

Guilt-Free Communication. Allow your children to talk to you about their holiday experience with the other parent without feeling guilty.

Meet Joe Martin



Joe Martin, Associate Business Manager, joined the KITM team July 2018. "I am proud to be working for a great cause and enjoy the awesome staff here at KITM," says Joe. During his free time, Joe enjoys spending time with his family, working on home improvement projects and traveling. As far as his favorite food, he can't choose! He loves trying new restaurants and cuisines.

Free Winter Activities for Kids Around St. Louis

Winter break is just around the corner and you are probably starting to think about how you're going to keep your kids busy. Check out a few activities you can do around St. Louis with your kids for **FREE**.

Missouri History Museum. For those days that it's just too cold to be outside, visit the Missouri History Museum. It is free to explore and visit year-round. Every season, the museum curates a new exhibit. Find out more [here](#).



Eagle Meet & Greets. You can drive along the Great River Road near Alton almost any time in the winter and see bald eagles, but there are also special free Eagle Meet and Greet events on Saturdays at the Alton Visitor Center. Find out more [here](#).

Loop Ice Carnival. Residents and businesses in the Delmar Loop celebrate the best of winter each year at the Loop Ice Carnival. The carnival is a full day of free, family-friendly events including ice carving, an ice slide and much more. Find out more [here](#).

Make Maple Syrup. February is maple sugaring season in Missouri due to the weather conditions, which provide the right combination of below-freezing temperatures at night and above-freezing temperatures during the day. Make your own maple syrup at the maple syrup classes at Rockwoods Reservation in Wildwood. Workers with the Missouri Department of Conservation show visitors how to find sugar maple trees, tap them, and boil the sap to make syrup. Find out more [here](#).

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