



How do I tell my parents we're not spending the holiday with them?

Cut out the card along the dashed line (6 by about 4 inches). Say one line, then stop and listen. Use your own words when they come.

Telling your parents about holiday plans

1. Agree on the plan with your partner. Each of you calls your own parents, same week.
2. Call, do not text. First sentence: the plan, with dates.
3. Give one short reason or none, then let the pause happen.
4. Offer a real piece of the tradition, and put the date on the calendar.
5. Pushback: "I know it is disappointing. We decided together."
6. Send a warm text afterward, and call again on Sunday.

More lines from the page

- Mom, this year we're spending Christmas with Jordan's family. Next year it's your turn, and we're already looking forward to it.
- We're going to do Thanksgiving lunch at home and come to you for pie and the evening. We'll be there by five.
- We've decided to stay home for Christmas this year. We need one quiet one. We want to see you the weekend after, if that works.
- With the baby so small, we're not traveling this Thanksgiving. We'd love for you to come here, or we can do a long video call while she naps.
- This is our first Christmas married, and we've decided to start a tradition of our own on Christmas morning. We'll come to you for dinner.
- Could we do your tamales on the 20th instead? I want the kids to learn to make them with you.
- We'll call on Christmas morning while the kids open your presents, so you can see their faces.
- Can we keep the Friday-after-Thanksgiving hike? That's my favorite part anyway.
- Thanks for hearing me out today. I know it's not what you hoped for. Looking forward to the 28th, and I'll bring the good cheese.
- Dad, we're coming to you for Christmas this year. We'll be there the 23rd to the 26th. We're spending Thanksgiving with Mia's family.

If you are afraid of your partner, scripts are not the answer: call the National Domestic Violence Hotline at 1-800-799-7233 or text START to 88788. In danger, call 911.