Memories over Materials

December is here and for many, that means shopping and gift-giving. As you are shopping, consider giving a memory instead of more materials as there seems to be a cultural shift to minimalism.

Everywhere you look and listen, there are commercials and advertisements of the hottest toys, electronics, and even vehicles to purchase for a loved one. It is the season of giving. Even though retailers want us to believe that the holidays are all about materials, give the gift of time and memories to those you love.

Instead of more materials to be tossed aside after the newness wears off, consider giving an experience that will create memories. A gift of an experience can be tailored exactly to the person. Purchase admission to a local zoo, amusement park, movie theater, or museum. Find lessons to further a person’s skills, such as horseback riding, a musical instrument, or painting. For those really adventurous people in your life, send them skydiving or ziplining. These are just a few examples as the possibilities are endless.

Being a parent of young children, I understand that having something to open may be important, so I am not saying to scrap every gift. Consider following the adage “Something they want, something they need, something they wear, and something they read.”

Iowa State Extension’s “Science of Parenting” Blog has lots of great information, including this post about gift-giving to children: https://blogs.extension.iastate.edu/scienceofparenting/2016/12/21/consider-giving-kids-less-stuff-more-time-during-holidays/.

For educational information on family resources, including budgeting, child development, relationships, and more, contact Monica Thayer, River Valley Extension District Family Resource Extension Agent, at 785-527-5084 and mthayer@ksu.edu. More information can also be found on her website at https://www.rivervalley.k-state.edu/family_resources/index.html.

-30-

Kansas State University Agricultural Experiment Station and Cooperative Extension Service

K-State Research & Extension is an equal opportunity provider and employer.