



LUNAR NEW YEAR!

Lunar New Year, also called Spring Festival or Chinese New Year, marks the beginning of the lunar calendar year and celebrates renewal, family, and prosperity. Each year is associated with one of the 12 zodiac animals, and the holiday is steeped in traditions meant to bring luck and ward off evil.

Celebrated widely across East Asia, including in China, Vietnam (Tết), South Korea (Seollal), and by people of Asian descent worldwide.

The date varies each year but typically falls between late January and mid-February, depending on the lunar calendar. The end of the Lunar New Year celebrations is marked by the Lantern Festival, which takes place on the 15th day of the Lunar New Year.

TIPS FOR PROVIDERS AROUND LUNAR NEW YEAR

Recognize the joys and challenges of the holiday season, acknowledge diverse traditions, and provide open-ended questions to guide supportive conversations.

Show respect and interest in the cultural importance of Lunar New Year, such as family reunions, ancestor worship, and symbolic foods. Acknowledging the celebration fosters trust and rapport with patients.

Fireworks are a central part of the celebration in many communities. Remind families to follow local regulations, supervise children closely, and use fireworks in open areas away from homes and flammable materials.

Encourage a balance between maintaining routines and embracing flexibility, preparing families for potential challenges and unexpected changes.

Offer strategies to help families manage overstimulation in children, like taking breaks, using calming techniques, or engaging in comforting activities.

Connect families to local resources for financial or emotional support and reassure parents about their ability to make the best decisions for their children.

RESOURCES TO HELP KIDS LEARN ABOUT LUNAR NEW YEAR

Dragon Noodle Party by Ying Chang Compestine
Gordon & Li Li Celebrate Chinese New Year by Michele Wong McSween
Bringing in the New Year by Grace Lin

