Holiday Gift Guide

Winter 2026

I hope this will be an insightful and impactful guide while shopping this season. This is a unique guide because it offers more than just tangible products. Be sure to read the "how to give a good gift" section first. Thank you to all the companies that graciously provided a discount code!

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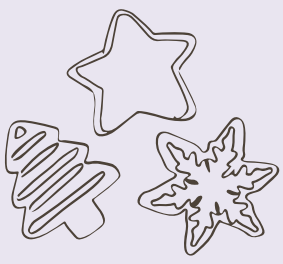
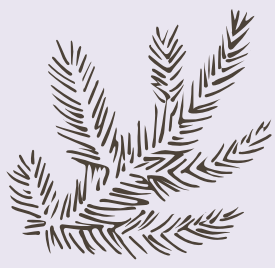

Older Kids


Acquaintances

Holiday Stress

how to give a good gift

Before going through the guide, discover how to give a good gift in the first place. You've probably heard of The 5 Love Languages. Arguably, there might be more, however the general framework will help you identify the type of gift to give for each of your loved ones this holiday season. Why does this matter? Many of us are feeling the tightness around our budget as grocery bills rise and products that used to be affordable might not be in our grasp anymore.

Taking the time to observe + analyze what type of love language your spouse or child has will help you focus your efforts (and budget) better while searching for the perfect holiday gift. You can take a quick + free love language quiz here or read some examples below to help you figure out which love language your family members have. And yes, they might have a little of each! Your main goal is to discern which one is most prevalent.

Disclaimer: This guide is for informational purposes only. By providing the information contained herein we are not diagnosing, treating, curing, mitigating, or preventing any type of disease or medical condition. Before beginning any type of natural, integrative or conventional treatment regimen, it is advisable to seek the advice of a licensed healthcare professional. May contain affiliate links. Product photos/descriptions provided by company websites.

which love language?

Generally, gift giving is conducted with an element of surprise. Therefore, it may be hard to figure out your loved one's love language without asking them specific questions. I highly recommend getting their input if you're able. However, if not, here are some general observations that may help you pinpoint which love language they have.

words of affirmation

- They often give compliments and positive feedback to others.
- They enjoy sending and receiving heartfelt messages or notes.
- They may become visibly pleased when praised or encouraged.
- They cherish written encouragement and might even save it for reference.

quality time

- They prioritize spending one-on-one time with loved ones.
- They may become upset if they feel neglected or if you're often distracted during your time together.
- Meaningful conversations and undivided attention make them feel loved.
- They might suggest activities that involve togetherness.

acts of service

- They often go out of their way to help and support others.
- They appreciate when others assist them with tasks or do things to make their life easier.
- They may feel loved when you take the initiative to help without being asked.
- Acts of kindness and helpful gestures resonate with them.

physical touch

- They frequently engage in physical affection, such as hugs, kisses, or hand-holding.
- They may initiate physical contact as a way of connecting with others.
- They feel most connected and loved when you initiate physical closeness and intimacy even when you may not prioritize it.
- They often enjoy cuddling or being physically close to loved ones.

receiving gifts

- They enjoy giving and receiving thoughtful presents on special occasions.
- They may express excitement and appreciation when receiving gifts.
- They tend to remember special occasions and put thought into selecting gifts for others.
- They value the sentiment and effort behind the gifts they receive.

Hopefully reading through those reminded you of times when your loved one felt loved and will help you focus on what type of gift to give them this year. As you go through the remaining sections, it will be broken up by different love languages and will include not only tangible gifts, but experiences too.

what about young kids?

It might be harder to figure out a young child's love language, however you can prompt them by asking, "how does a parent show love to their child?" or "how does a child show love to their parent?" For example, I asked my daughter and she responded with all physical touch-type signs of affection like "cuddling while reading a book" or "giving hugs even when I'm mad." This leads me to believe she values physical touch over a shiny new toy.

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Discount Codes

If you're like me, you tend to only shop during sales. Our family lives off my husband's income, which we are blessed to have, but we have to be wise and good financial stewards. Which is why I'm so happy the below businesses have offered discount codes for our Community. I know there's an air about influencers and affiliate links lately, and rightfully so! However, please know these are only if you are actively searching for a discount. These companies align with our values of natural-minded living and informed consent, and many are small businesses in America. These links and codes are also how I'm able to offer everything I do for Just the Inserts for free. The website, the free training course, the free podcast, it's all 100% funded by our Community using these affiliate links. So, thank you for helping me amplify Just the Inserts to our culture, and participating in keeping it free and accessible to all!

Click on each logo to shop!

ROWE CASA ORGANICS

"JUSTTHEINSERTS" for 20% off your first order

JUST INGREDIENTS™

"JUSTTHEINSERTS10" for 10% off

URBAN FARM COLLECTION

"JUSTTHEINSERTS" for 10% off Urban Farm

Collection Products

Wild Capri

"JUSTTHEINSERTS" for 10% off

PURELY PARSONS

"JUSTTHEINSERTS" for 10% off

WITHSIMPLICITY®

"JUSTTHEALTERNATIVES" for 15% off

Find the full list here!







After going through this guide, be sure to check my Amazon storefront! I'll be adding things as they go on sale throughout the holiday season. Perfect if you need a last-minute gift, too.

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Gifts for Her

If you haven't yet, read through the "How to Give a Good Gift" section at the beginning of this guide. The following recommendations will make more sense!

Words of Affirmation



Promptly Connection Journal for Couples

If your significant other values words over all else, this connection journal will meet their need for conversation + connection. It's a weekly journal that you'll have to commit to for the next year (that's part of the gift!) If you detest writing, this gift may be even more impactful because it shows you're going outside your comfort zone to communicate in her love language.

Promptly Love Story

This is a beautiful keepsake your word-loving wife will adore! It includes three volumes spanning from your first kiss to your 60th anniversary. Prompts for each year will help capture your love story for generations to come. Also available in white and gray colors.



budget-friendly ideas

- Write a poem, then print and frame it. Here's a great guide!
- Make a "Jar of Compliments." Create a jar filled with small notes of compliments + affirmations for her to read whenever she needs a boost.
- Write personalized "Read Me When" letters + put them in a basket or decorative box. Write a series of heartfelt letters providing encouragement + appreciation that you know your significant other will value when she needs it most. For example, write a letter for her to read when she's sad and put it in an envelope labeled "When You're Sad."

Quality Time



One of the easiest ways to reject a person with a love language of quality time is to be on your phone when you're with them. The emphasis is *quality* time, not *quantity* of time. When my husband and I first started dating, we had a bowl by the front door to put our phones in when we were together. By removing our phones, we weren't tempted to check notifications.

We had rich, quality conversation building the foundation we still have to this day. Although, I must admit, we probably could reinstate a phone bowl especially after we put the kids to bed. Anyone else silently scroll social media while on opposite ends of the couch of your spouse to destress?

So, how do you gift a phone box? Find a decorative box (like the one above) and wrap it up. When your partner opens it, be prepared to explain what a "phone box" is and that you are committing to put your phone in it every time you spend quality time with them. And follow up! Make sure you're ready to commit to utilizing it in the future. You can pair this box with another item below to round out your gift.



The Adventure Challenge Mini Dates Scratch-Off Ideas

If your partner asks, "what should we do tonight?", then these mini date ideas may be the right gift! It includes 30 fun mini date ideas that will break the routine a little bit. Each activity is designed for under 30 minutes. Just make sure you're willing to commit to the dates in the future!

The Adventure Challenge Dinner Dates Recipe Book



Does she like to cook? This has 30 cooking experiences with scratch-off recipes and paired activities designed to bring you closer. It also includes a space to record the memories made!

starter kits

Brainstorm some hobbies that your partner has expressed interest in recently. Did she mention that she'd love to learn how to bake sourdough bread? Or that she wants to scrapbook some family memories? Think of something she would enjoy and do a little research on some basic items you can purchase as a "starter kit." See below for some examples.

When it's time to give your gift, present them in a decorative basket or box (or lay them out depending on the size) and then spend time with her while she enjoys the new hobby. If scrapbooking isn't your thing, grab a cup of coffee and sit with her as she goes through the photos and offer heartfelt comments that she can use as captions. Part of this gift is participating in the new hobby with your partner!

- **Gardening Starter Kit:** basic gardening tools (trowel, pruners, gloves), selection of easy-to-grow seeds or small potted plants, gardening book/guide, or an AeroGarden.
- **Artistic Expression Starter Kit:** sketchbook/journal, set of quality sketching pencils or watercolor paints, watercolor paper or canvas, and art instruction book or online course subscription.

- **Cooking or Baking Starter Kit:** apron, essential kitchen utensils (mixing bowls, measuring cups, spatula), cookbook for beginners or a cooking class gift certificate, and quality ingredients for a specific recipe. For baking sourdough, I personally adore this book.

- **Relaxation Starter Kit:** yoga mat or cushion, strap + blocks for support, subscription to an app or yoga website, and aromatherapy diffuser + essential oils. Rowe Casa Organics is my favorite ("JUSTTHEINSERTS" for 20% off first order).

- **Knitting or Crocheting Starter Kit:** knitting needles or crochet hooks, assorted yarn in different colors and textures, beginner's knitting or crocheting guidebook, storage bag or basket for yarn and projects.

- **Photography Starter Kit:** entry-level digital camera or smartphone tripod, photography basics book or online course, memory card and camera bag, and lens cleaning kit.

- **Birdwatching Starter Kit:** bird identification book or field guide, pair of binoculars for birdwatching, bird feeder and birdseed, and nature journal for recording observations.

- **Hiking or Outdoor Adventure Starter Kit:** lightweight backpack, hydration system or reusable water bottle, hiking guidebook with local trails, and compact first-aid kit.

Acts of Service

I am biased toward this category because this is my love language! However, be warned that it may be a little tricky to gift someone an act of service. You really need to brainstorm + observe your partner on what would be the best gift for them. There is a fine line between going above and beyond to show your love or just fulfilling basic domestic tasks that don't warrant excited gratitude. For example, washing your plate after a meal shouldn't be a gift - that's just basic responsibility!

Also, what might be a great gift of service to one woman might be offensive to another. I would personally love my husband to arrange for a professional cleaning service to thoroughly clean and organize my house, but some women might think that was a general service to the family as a whole versus a specific gift for her. You may need to ask her some leading questions like, "what's been stressing you out the most lately?" or "if you could hire someone to do one thing, what would it be?" It may give away the surprise a little, but at least you'll gain some insight to what she would value as an act of service.



If you want to do a bunch of little acts of service, you can write each one on little coupon cards and put them in a decorative box or jar to wrap + gift when ready. However, make sure you follow up when she wants to "cash in" a coupon!

Here are some other acts of service ideas to gift:

- **Meal Delivery or Prepped Meals** Arrange for a meal delivery service or cook and prepare several meals in advance to make her daily life easier, allowing her to enjoy more free time. Make sure it aligns with any dietary restrictions.

- **Gardening or Landscaping Services** Offer to take care of her garden or yard work, including planting, weeding, mowing, or landscaping. This is great if there are specific tasks she doesn't like doing which are essential steps towards making her favorite tasks possible. For example, cleaning up beds so she can plant a cutting garden could be a great act of service.

- **Car Maintenance and Detailing** Schedule a car detailing service or take her car for routine maintenance like an oil change, tire rotation, or car wash. This might be normal routine for your family so make sure this is more of a special event if you are to give it as a gift.

- **Personal Assistant for a Day** Dedicate a day to be her personal assistant, running errands, organizing her schedule, and helping with various tasks on her to-do list.

I'll admit, this is probably the hardest type of love language to "shop" for because tangible products may not be of much interest to your loved one. My husband got me my first Christmas gift just last year, which was really sweet, but I personally am completely fine not having any presents!

Most of the time he asks me what I'd value and we work out a time that works in our family schedule. For example, a past birthday gift was him tackling more domestic duties so I could spend the whole day at a local coffee shop to work on Just the Inserts. It was a wonderful gift since I normally work when my kids are sleeping. He also converted part of our living room into an office to gift me a special place to work. These gifts mean more to me than anything he could purchase at a store!

If you think your partner speaks in "acts of service," don't be afraid to ask them what they might like as a gift. You might be surprised what they would actually want and may need some insight from them.

Still want to keep it a surprise? Pay attention to her needs and preferences. **Observe what tasks or responsibilities she often takes on and consider how you can lighten her load or make her life easier.** Think about the things she may mention or complain about, such as chores, errands, or daily tasks. Listen actively and pay attention to what she says. She may drop hints about things she wishes she had help with or tasks she finds stressful or time-consuming. Make a mental note of these conversations, or even better, write them down in a notebook or on your phone.

Physical Touch

If your partner appreciates physical touch, they often find deep emotional connection and fulfillment through tactile expressions of love. For them, physical touch is a powerful means of communication and connection in intimate relationships. **This love language is not solely about sexual intimacy**; it encompasses a range of physical expressions, including hugs, kisses, cuddling, holding hands, and other forms of non-sexual touch. Concerning gifts, think of items or experiences that convey affection, support, and reassurance.

100% Cotton Throw Blanket

Made from 100% cotton, this blanket would make an excellent gift to cuddle under with your loved one! Comes in a few different colors.





TheraGun Mini Massager | HSA/FSA Eligible

This compact + travel-sized deep tissue mini massage gun helps relieve muscle aches and pains, soothe tightness, and improve post workout recovery. I used this almost daily when I was a fitness teacher and my husband uses it when lifting. If your partner enjoys massages and you would like a little help while giving one, this is a great gift!

Speaking of massages, these are great gifts to pair with any massages that you offer your partner whether it be a foot rub on the couch after a long day or a full blown body massage to destress.

20% off your first Rowe Casa Organics order

Use discount code "JUSTTHEINSERTS"

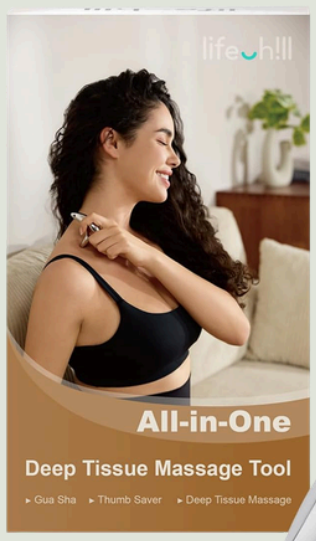


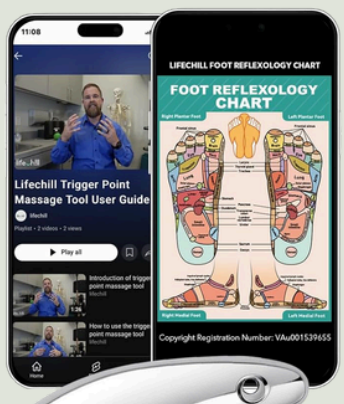




Non-toxic candle for ambiance!

Developed by a physiotherapist, this little tool can be used for at home massage, including reflexology! This would be a great gift to pair with time spent together going through the videos, and practicing on one another!







Receiving Gifts

My mom's love language is receiving gifts. She was a single mom most of my childhood, but I remember wanting to always give her a gift each holiday season that would make her smile. I wanted to show her how much I appreciate all the sacrifices she made for me. Like my mom, **people with the love language of receiving gifts appreciate the thought, effort, and intention behind a physical gift and see it as a tangible representation of love and care.** The act of receiving a gift makes them feel valued and cherished, and it serves as a visible reminder of your love and attention. Here are some things to keep in mind when selecting a gift:

- **Appreciation for Thoughtfulness** They value the thought and consideration that goes into selecting a gift. Even small, meaningful gestures can have a significant impact.

- **Emotional Significance** The emotional significance of the gift matters more than its monetary value. A thoughtful and personalized gift can be more meaningful than an expensive one. Etsy is fantastic for personalized gifts!

- **Gratitude and Recognition** They express gratitude and feel recognized when their partner takes the time to choose or create a gift that aligns with their preferences and interests.

Gifts for Face + Body

The Wild Capri
Holistic Skincare



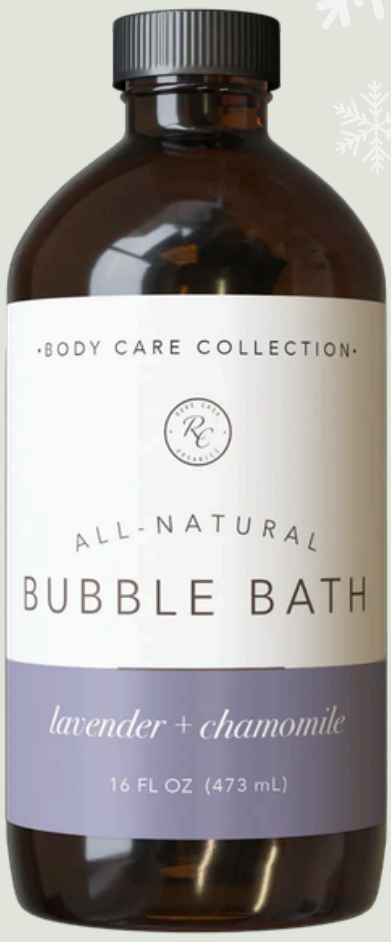
One of my favorite skincare collections! Each serum addresses unique skin goals, from deep cleansing and detoxifying to smoothing fine lines, boosting hydration, and supporting collagen production, while the facial dry brush enhances circulation and detoxification.

Rowe Casa Organics Body Collection

For 20% off first order, use discount code "JUSTTHEINSERTS"



Both of these would be great paired with a natural loofah, full body bath pillow, or bathtub tray!





With Simplicity

Merry Mask-mas Kit

"JUSTTHEALTERNATIVES" for 15% off

This adorable kit includes two face masks, hydrosol infusions, and a mini silicone mask applicator for the perfect at-home holiday facial! The Eye Boost Gift Set is another great option!

These natural fragrances are absolutely lovely! I personally love each scent and have used them for special occasions. How wonderful that these are all organic + won't mess with the endocrine system!



Bottled in gorgeous Italian glass

"JUSTTHEINSERTS" for 10% off



Each one has a roll-on option, too!



Purely Parsons Detox Bath Kit

In addition to natural fragrances, Purely Parsons also offers this relaxing + detoxing blend of bath salts. It includes a combination of healing ingredients that assist the body in:

- Opening detox pathways
- Restoring balance and replenishing minerals
- Stimulating blood flow, oxygen, and circulation to promote cellular repair

Even better, add this collapsible foot soak to the detox bath kit if she prefers foot soaks to baths. It also includes rollers to massage her feet.





H by Frette Shawl Collar Bathrobe

Looking for a “wow” gift? This robe is it! My husband surprised me with a robe just like this that we had on our honeymoon. It is such a luxurious gift that reminds me of happy memories every time I wear it!



Aensso Lightweight Silky Robe

Here is another robe option with many designs and colors. If the woman in your life likes something more artistic to wear while doing her skincare routine, this would be lovely. Perfectly paired with Rowe Casa Organics’ Microderm Scrub or Detox Mask. Be sure to use discount code “JUSTTHEINSERTS” for 20% off your first Rowe Casa Organics order.

Gifts for the Sourdough Baker



Artisan Sourdough Made Simple

I’ve personally baked just about every recipe in this book. It’s wonderful if you are just learning the complexities of sourdough or wanting to expand past the basics. You don’t need much to start baking sourdough. Keep reading for my personal favorite essentials! Here’s a good Gluten-Free option.



Lodge Cast Iron Dutch Oven

A good dutch oven can make or break your bake. At first, I used a small dutch oven that I already had for my sourdough only for it to constrain the rise during baking. Invest in a good sized dutch oven to make sure your bread has enough room to bake properly!



To prevent sticking.



For precise measurements.



To mix your sourdough starter.





For proving your bread.

To score before baking.





For cutting your homemade bread.



Gifts for the Movement Lover

I've had many a water bottle in my life, and this is by far my favorite! The straw is a hoot and very easy to clean. It fits in car cup holders easily, too.

TRIGGERPOINT Foam Roller

I foam roll almost daily! Not only does it promote the flow of blood and oxygen to help repair muscles, but it also helps improve range of motion when I use it as a spine and shoulder opener. The grid is helpful in targeting any tricky spots like sore hips, glutes, and calves.





Fringe Red Light Therapy

Another thing I use daily! With my meniscus tear, this is huge help in recovery and injury prevention no matter what type of activity I'm doing. This handy wrap can be used pretty much anywhere on the body for aches, circulation, and overall performance/recovery.



Gymati Aluminum Free Deodorant Spray

This has been me and my husband's go-to deodorant lately. We both work out in a public exercise space, but didn't want any of the irritating ingredients in typical sprays. This one smells great with the neroli and hints of jasmine, and patchouli.

Garmin Forerunner 70 Sportswatch

This is a bigger gift, but if she's tracking her steps, training for a hyrox/marathon, or likes to know her heart rate zones, this is money well spent. I bashed smart watches for a long time, but this is more of a sports watch giving insightful data when needed. Huge plus I can turn off the bluetooth whenever I like so I'm not being hounded by it all the time.





Timeure Non-EMF/Bluetooth Pedometer

If she doesn't need all the data, this is my favorite pedometer watch. I used it daily well over a year and still wear it on rest days. It comes in different colors and is pretty enough to wear during a date night!

Gifts for the Outdoor Enthusiast



ORORO Women's Classic Heated Jacket

Although this isn't made of organic materials, it is perfect if your partner loves spending time outdoors even when it's colder weather. I got this during Prime Day and have been loving it to walk my driveway while my kids play. This is a great gift for hikers, campers, or just moms that take the kids to the park during the winter. If she's always cold, this would be very thoughtful gift!

Another great option to stay warm is **merino wool**. It can be more expensive, however for good reason. It's incredibly warming while still able to wick moisture during activity. Great for outdoor adventures as well as keeping warm during outdoor events such as football games!

All images are clickable!























Gifts for the Natural-Minded

If your loved one has expressed interest in adopting a more natural way of living, almost anything listed in the Partner Page of my website is for them! Be sure to read my comments in the box of each brand for insights. Additionally, here are some other products that would be wonderful for those just starting on a natural-minded journey:



Shawna's books should be staples in every home! No matter where you are on your journey, they provide applicable tips to realistically lower the toxic load on your family. I love Shawna's heart, and appreciate the wealth of insights on every page. Such a great gift!

Pranamat Accupressure Mats

"JUSTTHEINSERTS" for 15% off



Does she struggle with sleep, headaches, or general muscle soreness, but doesn't want to rely on pharmaceuticals? Take a look at these OEKO-TEX certified acupressure massage sets. The tiny spikes help increase blood flow to the skin and encourage natural healing for many different ailments! I use it to help de-stress as well as targeting specific areas of my body when I'm sore from working out.

Desert Oak Apothecary has a lot of tinctures available, however this first aid kit is wonderful to gift someone wanting to lean more into natural remedies. Here's how each tincture can help:



"JUSTTHEINSERTS" for 10% off

- Electrolyte Elixir: allergies, hydration, and headaches
- Wild Lettuce: pain relief
- Yarrow: for stopping bleeding quickly + disinfecting wounds, and herbal bug spray
- Echinacea: herbal anti-venom that can also relieve mosquito bite itching
- Chamomile: all things digestion (bloat, gas, nausea, tummy aches)

Rowe Casa Organics Castor Oil Bundle

For 20% off first order, use discount code “JUSTTHEINSERTS”

Great for anyone needing liver support!





GOTS certified organic cotton inserts



I use this daily to help with detoxing.

If you know what coloring of makeup your loved one likes, here are some great non-toxic options! Click on each image for more information about ingredients and best usage.



“JUSTTHEINSERTS” for 10% off any Urban Farm Collection product







“JUSTTHEALTERNATIVES” for 15% off any With Simplicity order

For the Tea Lover

Fellow tea-lovers will be delighted to be gifted anything from this collection! Maybe do some detective work to identify what type of tea she likes, and then share a similar flavoring or blend from the options below. All of these are non-toxic, and wonderful additions to any tea cabinet. “JUSTTHEINSERTS” should give you a discount.



Remember: click on any image for the link to read more

Mountain Rose Herbs has a plethora of tea bundles (and single options) that would be perfect gifts!





The Local Wild medicinal honeys would be another great option for warm-beverage lovers. I like to take a teaspoon of my favorite blends, and dissolve in a cup of warm (not hot) water. The Honey Cocoa is a perfect holiday blend!

Is she not into teas? Well, what about hot chocolate?



These new dairy-free Superfood Steamers have been a delicious staple of my nighttime routine lately. Just a cup of hot water, a handy milk frother, and a hefty scoop of one of these makes me the happiest woman in the world. No really... there's ashwagandha in each of them which helps with managing stress! (the Golden Caramel and Mint Chocolate are my favs)

Or maybe she's more of an energy drink lover?



Just Ingredients Energy + Brain Boost Variety Pack

Using real fruit, these drinks are jam packed with some great ingredients! Methylated B vitamins, nootropics, and adaptogens (plus, of course, caffeine) can help with energy plus brain and mood support. Think of it as a way to help prevent "the crash" after most energy drinks. I typically don't drink energy drinks, but I have grabbed the Coastal Blast one a few times when it was a long day of homeschooling.

Just Ingredients Sparkling Electrolytes

Just like their energy drinks, these electrolytes are also made with real fruit plus reverse-osmosis filtered water. They are caffeine-free and contain no added sugar. And they don't taste salty but still get the benefits of an electrolyte which helps with hydration!



Holiday Gift Sets

Looking for a "wow" gift? Here are some beautiful gift sets from my favorite brands. The cool thing about all these is my discount code stacks on top of the discounted bundle, so this is the best deal you can get on all these items! I've included the "normal" price and the price with my codes to see just how much you'd be saving shopping the holiday sets.



With Simplicity Holiday Set

"JUSTTHEALTERNATIVES" for 15% off

Perfect if she's interested in clean, non-toxic beauty.

Normally $151
Only $83.30 with my discount!

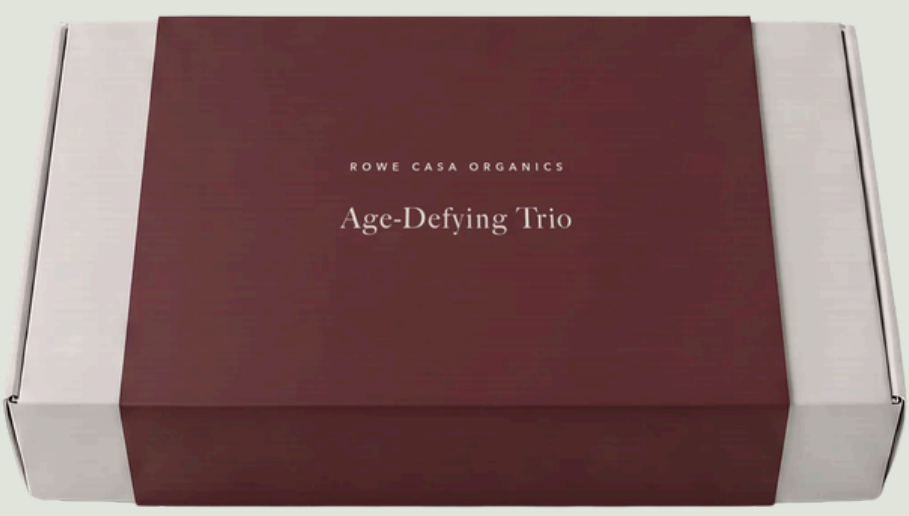
Rowe Casa Organics Glow Trio + Gua Sha Gift Set

"JUSTTHEINSERTS" for 20% off first order

Has she been wanting more refreshed and defined skin for her face? This is the perfect set.

Normally $156
Only $92 with my discount!

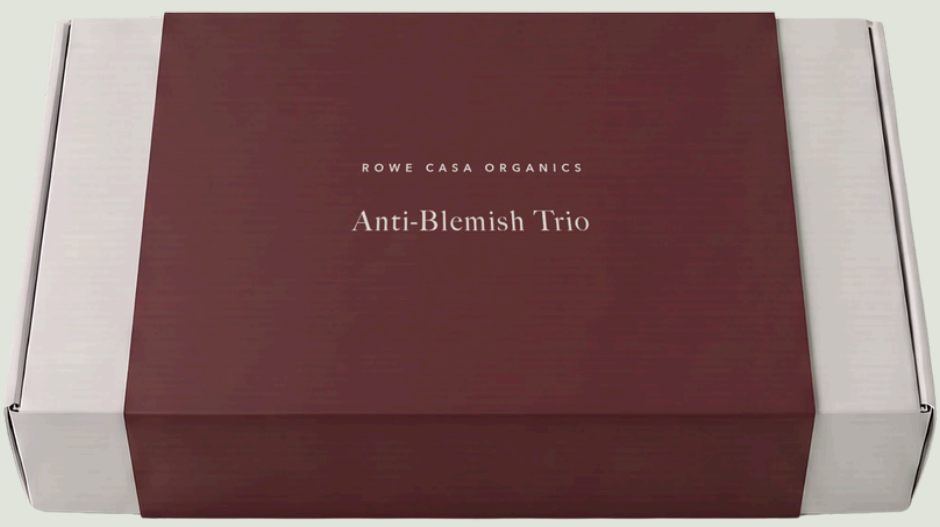




This set would be great if she has been concerned about taking care of her skin as she ages!

Normally $94 | **Only $56 with my discount!**

This one includes a blemish-focused routine that cleanses and calms without stripping skin. Perfect for those struggling with acne!



Normally $108 | **Only $64 with my discount!**

Important note: use discernment with these sets as they may be offensive if she hasn't expressed interest in navigating these skin hardships. These are wonderful gifts is she has already said she desires a solution!

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Gifts for Him

If you haven't yet, read through the "How to Give a Good Gift" section at the beginning of this guide. The following recommendations will make more sense!

Words of Affirmation



For the men in your life who value words over all else, spending time to handwrite letters of encouragement and appreciation is a great gift idea. It can be as flourishing as you'd like. You could fill a decorative box full of handwritten notes or leave them in places that only he could find. Here are some writing prompts:

- I appreciate you taking care of the...
- I admire your consistency on...
- It makes me smile when you take care of...
- I believe in you because...
- I respected you when you did...



BEECHMORE BOOKS Ruled Journal

For the man with many words, these journals are perfect. Whether he likes journaling daily gratitude, jotting down ideas, writing stories or poems, recipes, tracking dreams, noting personalized religious passages, or taking meeting notes, these elegant, ruled notebook are great gifts.

For other words of affirmation gift ideas, keep reading!

- **Inspirational Book** A book with motivational quotes or stories that resonate with him.
- **Compliment Jar** Fill a jar with written compliments and affirmations for him to read when needed.
- **Custom Engraved Item** A piece of jewelry, a watch, or a keychain with a meaningful engraving. Etsy has lots of options!

Quality Time

All the ideas under the "quality time" for her section also apply for men! Be sure to read through it. Additionally, here are some other gift ideas:

- Weekend Getaway: Plan a surprise weekend trip to a location he enjoys.
- Tickets to a Sports Game or Concert: Attend an event together that aligns with his interests.
- Board Game Night: Put together a collection of his favorite board games for a fun night in.
- Outdoor Adventure: Plan a hiking, camping, or fishing trip for quality time in nature.

Acts of Service

If you haven't yet, read through my thoughts on this type of love language in the female section. However, be mindful of any roles within your relationship that might offend a man with this love language if you were to take over certain tasks. For example, my husband would not been keen on me doing handiwork around the house, not because he doesn't think I'm capable, but because it gives him joy to do them for me. Men naturally want to provide so take some time thinking about what would make him feel valued (versus obsolete). This will vary for each man! What works for one may not work for another. Here are some ideas to start your brainstorming session:

✳ **Home-Cooked Meal**

- Prepare his favorite homemade meal or surprise him with a special dinner.
- Plan a romantic at-home dinner date with candlelight and music.

✳ **Professional Attire Care**

- Arrange for dry cleaning and pressing of his suits or special garments.
- Help organize his wardrobe and assist with clothing care.

✳ **Home Organization**

- Declutter and organize specific areas of the home, such as the closet or home office.
- Implement a system for better organization, like sorting paperwork or creating storage solutions.

✳ **Meal Planning + Prep**

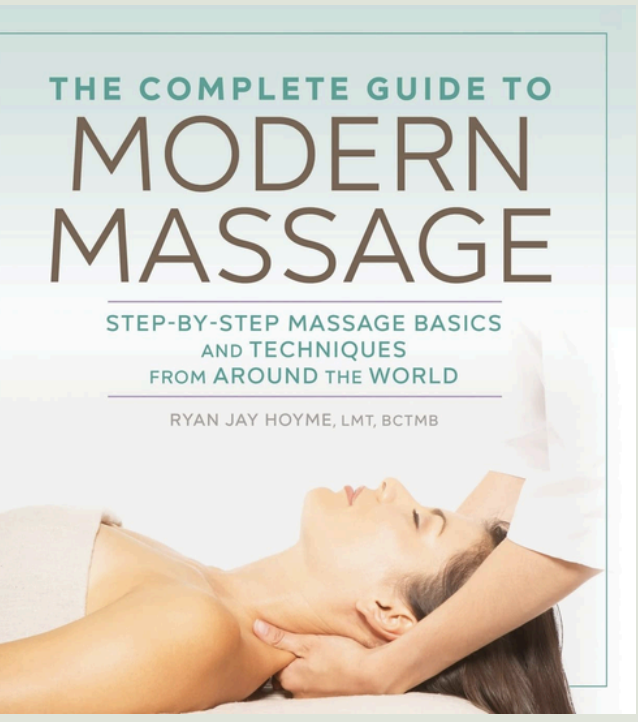
- Plan and prepare meals for the week to make his daily routine more convenient. This is great for anyone that does shift work or rises early to go to work.
- Create a customized meal plan based on his dietary preferences and schedule. A friend of mine did this when her husband developed leaky gut. She helped him weed through the research and apply it to help him feel better.

✳ **Accountability + Encouragement for a New Hobby**

- Research and gather resources related to a new hobby he has expressed interest in learning. This could include books, online tutorials, or local classes.
- If the hobby requires specific tools or equipment, help him acquire what he needs. This could involve purchasing supplies, borrowing items, or finding affordable alternatives.
- Create a dedicated space at home where he can practice his new hobby comfortably. Ensure it's well-lit, organized, and equipped with the necessary tools.
- Celebrate his achievements and milestones in the hobby. Recognize his progress, no matter how small, and celebrate each step forward.

Physical Touch

Many assume that men naturally speak in this love language for sexual pleasure, however there's a lot more to it! As discussed in the female physical touch section, physical touch is a powerful means of communication and connection in intimate relationships. It encompasses a range of physical expressions, including hugs, kisses, cuddling, holding hands, and other forms of non-sexual touch. Concerning gifts, think of items or experiences that convey affection, support, and reassurance.



The Complete Guide to Modern Massage

This book is for you! It's so you can learn how to give a great massage at home. Spend some time learning in secret and then surprise your partner when it's time to give your gift. Highly recommend pairing with Rowe Casa Organics' Massage Oil ("JUSTTHEINSERTS" for 20% off your first order).



100% Cotton Knit Weighted Blanket

Weighing 15 pounds, this blanket is wonderful to cuddle underneath and won't cause irritation like other weighted blankets made from polyester. This would make a great gift in addition to picking his favorite movie to watch while cuddling on the couch!

For a non-product gift, think about an activity that would encourage closeness with your loved one. Do they have a favorite movie? Maybe schedule childcare, and build a unique movie-watching experience like being bundled up together under the stars or in a blanket fort in your basement. Or do they like a certain musician? Slow dance in the living room after their favorite home-cooked meal dancing to their music. Be creative!

Receiving Gifts

As we talked in the female section, the act of receiving a gift for someone with this love language makes them feel valued and cherished. It serves as a visible reminder of others' love + attention. Here are some things to keep in mind when selecting a gift:

- **Appreciation for Thoughtfulness** They value the thought and consideration that goes into selecting a gift. Even small, meaningful gestures can have a significant impact.
- **Emotional Significance** The emotional significance of the gift matters more than its monetary value. A thoughtful and personalized gift can be more meaningful than an expensive one. Etsy is fantastic for personalized gifts!
- **Gratitude and Recognition** They express gratitude and feel recognized when their partner takes the time to choose or create a gift that aligns with their preferences and interests.

Gifts for Face + Body

The Wild Capri Mens Collection

Free of parabens, phthalates, and toxins, this is a great lineup of daily essentials made from botanicals, essential oils, and earth-derived ingredients. **“JUSTTHEINSERTS” for 10% off**



Purely Parsons Massage Oil Muscle Relief Blend with Arnica



Great to use post-workout, after a long week, or simply whenever you need a peaceful moment of relaxation.
“JUSTTHEINSERTS” for 10% off

For the Hunter

Depending on your local hunting season, this might be an early gift. I personally grew up hunting and sabotaged my first trip because I couldn’t give up my scented body wash. For any good hunter, they know to keep away from anything scented before a hunt. However, that doesn’t mean you shouldn’t nourish your skin especially when exposed to frigid temperatures! Rowe Casa Organics’ unscented line is perfect for hunters. Use discount code “JUSTTHEINSERTS” for 20% off your first order.









For any stains on hunting clothes, however only use after done hunting due to the lemon!





Righteous Felon Beef Jerky Variety Pack

Jerky may be on the menu after a hunting trip, but these are great to keep in the truck or at the campsite after a long day of hunting. It's a quick, high protein snack free of antibiotics + growth hormones. These are also great for hiking trips!

Most hunters have a personal preference for what to wear during a hunt. Smartwool is a great option for base layers, however these jackets + slippers are great for post-hunting activities. My husband is chilled after sitting out in the cold for several hours, so these cozy comforts are greatly appreciated!



85% cotton with sherpa lining.





100% cotton Buck camp flannel with corduroy cuffs.





100% cotton flannel pajama pants to get a good night rest before a hunt!



Nubuck Leather with drop in heel design.

For the Fitness Guru

My husband and little brother are VERY particular on the type of protein they consume for athletic performance. That's why I was delighted when Just Ingredients became NSF Certified for Sport! I've loved their protein powders for years, and find they are much more gentle on digestion. Plus, they actually taste delicious!



"JUSTTHEINSERTS10" for 10% off any Just Ingredients order



If they have a dairy-sensitivity (like me), I highly recommend the bone broth protein powders. I personally devoured the Golden Caramel one! It's great in coffee, greek yogurt, or overnight oats. I also like the Mint Chocolate in a latte.



Click on any image for the link!



When my husband wanted to try Creatine, I found this one to be the best quality. Bio-availability is big when wanting to incorporate into your diet! Designed to help with performance, muscle growth, recovery, and cognitive function while helping replenish ATP (the body's primary energy source during high-intensity exercise).

Same thing with Pre-Workout! It's astonishing how bad some are on the market (just read how many additives are in most on the shelves). There's also a caffeine-free version if your loved one is sensitive to that.



TRIGGERPOINT Massage Ball

Depending on the type of activity he does, most likely he'll have days where he's sore. This little guy is great at targeting those hard-to-reach sore areas with a deep tissue massage! It's great for travel or even bringing to the gym to aid mobility.

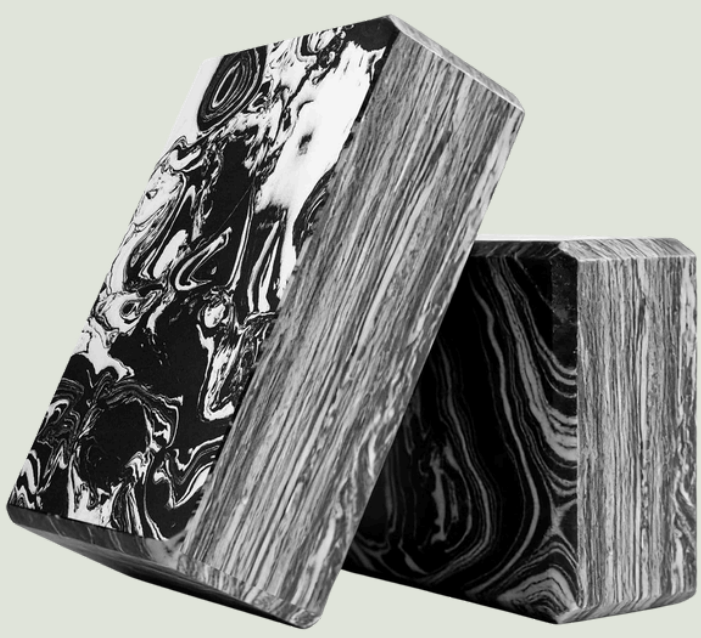




TRIGGERPOINT AcuCurve Massage Crane

This is another good option for the neck, back, shoulders, and even feet. My husband has one that he keeps by our nightstand to help relieve tension after working all day (or in the deer stand during hunting season). I've used it too when I have tight shoulders.

POUYRBA Yoga Blocks



This may not seem like much, but most guys are extremely tight in their hips. I saw it a lot as a yoga teacher and when I was judging wall balls for DC Hyrox. One easy way to combat hip-tightness is with a sturdy yoga block. Just comfortably squat on one for 5-10 minutes a day while watching TV or scrolling Instagram and it'll help release tension (and may even help in performance!)

Garmin Sports Watches

These are for the "wow, that's a really big gift and super special!" situations.

The hype around Garmin is, surprisingly, valid. I've truly loved mine so far and adore I can turn the bluetooth off whenever I like. The app is free to use and very insightful!



for golfers

for cyclists



for runners





for hybrid and triathletes

for swimmers and divers



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Gifts for the Family

If you haven't yet, read through the "How to Give a Good Gift" section at the beginning of this guide. The following recommendations will make more sense!

Words of Affirmation



Promptly Christmas Memories Keepsake Journal

Great gift for extended family! This 30-year keepsake journal allows you to capture your Christmas memories and milestones year after year. The journal includes prompts to help you reflect on each Christmas season, such as how you celebrated, what was on your Christmas lists and what you hoped for in the New Year. Easy as 20 minutes per year to complete, this journal is the perfect way to start a meaningful family tradition at Christmastime.

Budget-Friendly Ideas

- For a grandparent, ask each family member (kids + grandkids) to write the grandparent's favorite sayings. Ponder what sayings the grandparent says often or any memorable inside jokes between the family. After collecting your favorites, memorialize them in a framed print or sew them into placemats (use Canva to create a design and print them on fabric with a service like Spoonflower).

- Using a free design service like Canva, design a custom Family Cook Book with personalized family recipes. Include notes + stories from different family members about each recipe. Then save the designs as a JPG and upload them as an Amazon photo book to print + gift!

- Using Canva + Amazon photo book printing services, assemble a photo album filled with cherished family pictures and write heartfelt captions.

Quality Time

Depending on the size of your family + where everyone lives, a family that enjoys quality time has lots of options! Here are just a few that require only a little up front planning on your part.

- **Family Board Games** Choose board games suitable for various ages and interests to enjoy together during family game nights.
- **Family Photo Shoot Session** Schedule a professional family photo shoot to capture beautiful moments together. Make sure to let them know ahead of time and maybe send some color schemes for everyone to pick an outfit from. Pinterest has lots of ideas!

- **Tickets to a Live Show or Concert** Purchase tickets for the family to attend a live performance or concert together.
- **Escape Room Experience** Book an escape room adventure for the family to work together and solve puzzles.
- **Annual Passes to a Local Attraction** Purchase annual passes to a local zoo, museum, theme park, or botanical garden for year-round family outings.
- **Family Scrapbooking Kit** Provide a scrapbooking kit with supplies for creating a family scrapbook, preserving memories together.

Family Games

Here are some of my favorite games to play with extended family and can be adapted to include kids + adults.

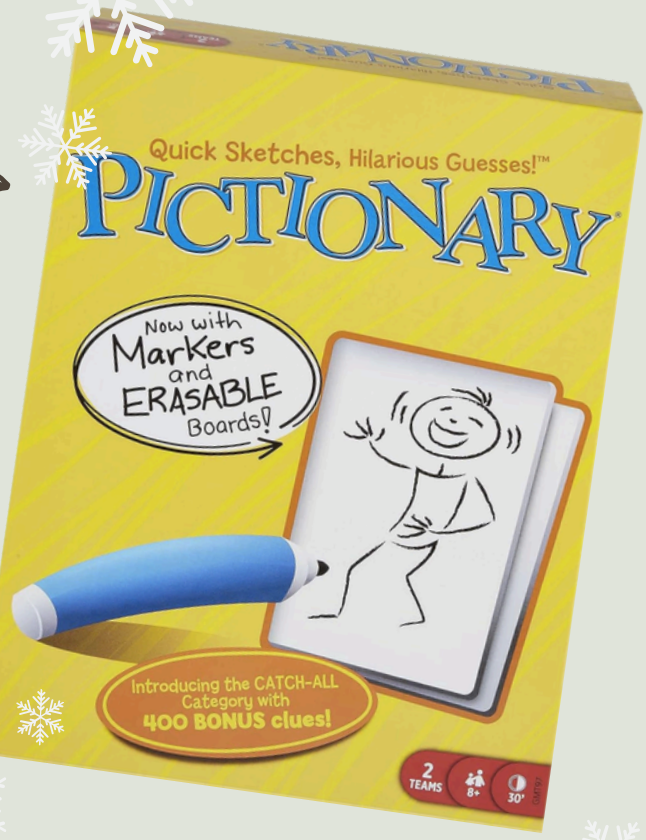


Great for lots of teenage or young adult-aged cousins.



Very active + loud, but fun!

Classically fun games for a crowd.



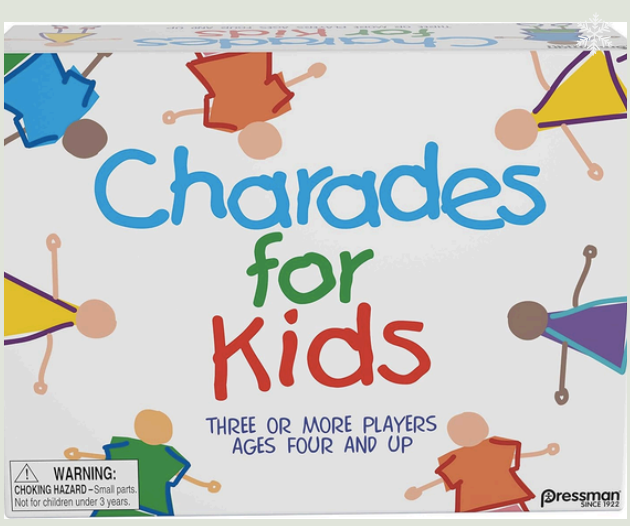


Perfect to play with grandparents.



Replace the chips with dollar bills for extra fun!





If you have a lot of young kids in your family, this is perfect for ages 4 and up. My preschooler loves this game! Each card has a picture non-readers can see so they can play without needing extra help.

Acts of Service

If members of your extended family value acts of service and it's appropriate for your relationship, here are some ideas to gift this season. Like I said before, acts of service-type gifts can be tricky so it may behoove you to openly ask up front if your act of service would be a blessing or a burden.

- **Meal Delivery Service Subscription** Provide a subscription to a meal delivery service to ease the burden of meal preparation.
- **Professional Cleaning Services** Arrange for professional cleaning services to help with deep cleaning and maintenance.
- **Personal Chef Experience** Gift a personal chef experience where a professional chef cooks a special meal for the family at home.
- **Home Organization Consultation** Hire a professional organizer for a home organization consultation to streamline and declutter their living spaces.
- **Landscaping or Gardening Services** Schedule landscaping or gardening services to maintain the family's outdoor spaces.
- **Childcare or Babysitting Services** Offer childcare or babysitting services to give the parents a break and time for themselves.
- **Pet Care Package** Offer pet care services, such as dog walking, grooming, or pet sitting.
- **Car Detailing Services** Arrange for professional car detailing services to keep the family's vehicles clean and well-maintained.
- **Bulk Meat Purchase** Find a local farmer and make a bulk order of their favorite type of meat. My mom + stepdad filled a deep freezer as our gift in years past and it was a huge blessing! Be sure to coordinate in advance so they can make freezer space.

Physical Touch

It's unlikely an entire family will have physical touch as their primary love language. Very few families will spend their entire visit cuddling and holding hands, however if there are family members you want to gift with this love language, go to the "Her" or "His" sections for some ideas!

Receiving Gifts

HonestBaby Organic Cotton Holiday Family Jammies Pajamas

Great for your own family or if you're extended family enjoys matching during the holidays!



The Children's Place Family Matching Christmas Pajama Sets

This is another great option, however it isn't certified organic cotton.



Have a family member who loves Bath and Body Works or Anthropologie candles? These non-toxic alternatives are for you! Not only do they smell incredible, but they come beautifully packaged making them perfect gifts.











"JUSTTHEINSERTS" for 10% off

Depending on your family member's passions and life-phase, Rowe Casa Organics' Set and Bundles would be a great gift option! From skin care, to baby care, sleep improvement, and dog/horse care, there's bound to be a set for them. (And protip, "JUSTTHEINSERTS" 20% discount stacks on first time orders!)

Rowe Casa Organics Christmas Cheer Collection
"JUSTTHEINSERTS" for 20% off first order

I always get compliments from guests when they use this Christmas Cheer hand soap!



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Gifts for Young Kids

If you haven't yet, read through the "How to Give a Good Gift" section at the beginning of this guide. The following recommendations will make more sense!

Words of Affirmation

For younger kids with this love language, you may need to be a little creative if they aren't reading yet. Here are some ideas:

- Personalized children's books with their names that you can read to them often.
- Positive affirmation cards designed for kids (this one is great if you share my faith) that they can display in their room or their placemat.
- Heartfelt messages or songs from family members recorded for the Yoto player. I did this for my daughter before my son was born. It meant so much to her when I wasn't as easily available postpartum!

Quality Time

Most kids just want to be with you, but even better if you "get on their level" and do activities with them. This can be crafts, puzzles, games, or open-ended toys like cars, trains, and legos. Find what your child likes most and commit to playing with them when they open their gift! That's the key for this love language - spending time with you. Here are some ideas that my own kids love doing with me!



This fun matching game is recommended for ages 6+, however my 4 year old loves playing it! There are a plethora of different types like Disney Princess, Finding Dory, and Rudolph.



My kids love magnetic tiles! We will spend hours building all kinds of designs. Make it even more fun by playing over a lightbox!



If you've always wanted to be a "pinterest mom," but couldn't summon the energy or creativity to execute the pins saved on your boards, this book is for you! There are plenty of ideas to creating little worlds with common things like cardboard boxes and construction paper. My daughter even loves just looking at all the pictures!

These easy-to-follow recipe cards would be a fun activity to do with children ages 4+





Here's another fun activity card pack that my kids LOVE! Although, forewarning, the chia seed one can be super messy. We love this Sensory Bin, and all the accessories. Be sure to watch their videos on social media for inspiration!







If you're looking for some travel-friendly options, we LOVE these microMAGS tins. My kids play with them for the longest time when we're out-and-about and fit easily in my purse.

Acts of Service

I'm not sure young children have a concept of this love language yet because most of what you do on a daily basis is an act of service. However, if you suspect your child may gravitate to this love language, brainstorm with them some acts of service they can gift to others. Your gift could be doing an act with them and then getting a hot chocolate to talk about it afterward. Here are some examples to ask your child if they would enjoy doing for their community:

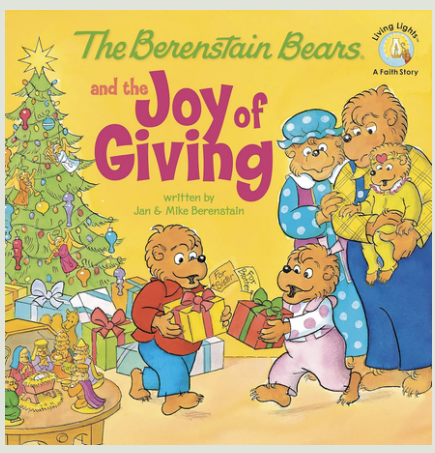
- **Make Holiday Cards** Create handmade holiday cards and deliver them to neighbors, local senior centers, or hospitals to bring joy to others.
- **Bake and Share Treats** Help bake cookies or other treats and deliver them to local fire stations, police stations, or community centers as a gesture of gratitude.
- **Donate Toys or Clothes** Encourage children to go through their toys and clothes to find items in good condition to donate to less fortunate children.
- **Create Care Packages** Assemble care packages with non-perishable food items, toiletries, and small comforts, and distribute them to homeless shelters or families in need.
- **Visit Nursing Homes** Organize a visit to a local nursing home to spend time with elderly residents. Sing carols, share stories, or simply provide companionship.
- **Assist with Yard Work** Offer to help elderly neighbors or those with limited mobility by raking leaves, shoveling snow, or doing other seasonal yard work.
- **Write Thank-You Letters** Write thank-you letters to community helpers such as firefighters, police officers, or teachers, expressing appreciation for their hard work.

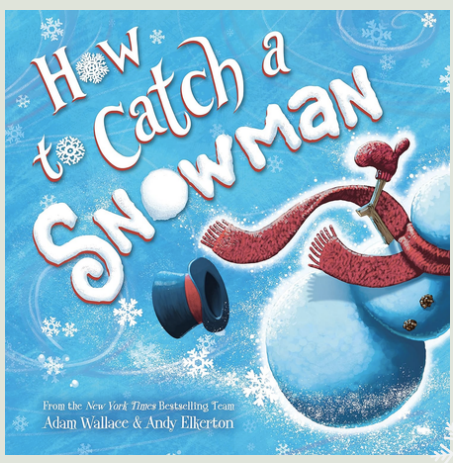
Physical Touch

As I said earlier, I suspect my oldest daughter has this as her love language as well as quality time. Many of the suggestions in the quality time section could also be applied for this love language because you'll be physically close to them when doing activities. Here are some tangible gifts to give your young child with the intention of being physically close to them while using the gift:

- **Holiday or Winter-Themed Books** Holiday books are fun to read surrounding the holiday, however winter-themed books will be applicable for longer. As always, each image is clickable!













- **Holiday-Themed Puzzles** Work on age-appropriate puzzles together. Sitting close allows you to guide and celebrate successes.









- **Parent/Child Date** Plan a day with just you and your child one-on-one doing things that would encourage closeness like teaching them to ice skate, going to a nutcracker-themed tea, or getting hot chocolate together at a local coffee shop. This will vary on your child's age, but spend the time engaged with them and allowing them to be the center of your attention (no phone!).

Receiving Gifts

Most young children will love new toys! Open any marketing mailer or scroll Instagram for five minutes as a parent and you'll be inundated with "the hot new toy" that your child must have or gift guides galore on recommended toys for specific ages and gender. If you need help finding what toys are on the market, take advantage of these resources, however be sure to keep the following tips in mind when finding a thoughtful gift for a young child:

- **Pay attention to the child's hobbies, favorite characters, or activities.** Select a gift that aligns with their interests, whether it's a toy related to their favorite character, a book on a topic they love, or art supplies for a budding artist.
- **Opt for toys that are not only fun but also contribute to the child's learning and development.** Consider age-appropriate educational games, puzzles, or building blocks that encourage creativity and problem-solving. From experience, the cheap plastic toys gifted to my kids get used a handful of times and then end up as broken up pieces at the bottom of their toy bin within a few weeks or months.
- **Match their abilities to the toy**. Gifting a toy that they can't use for a year due to their developmental progress may be more frustrating for them. Consider any medical conditions as well.



little planet by carter's Nutcracker Organic Cotton PJ's

If you have the tradition of opening a pair of PJ's on Christmas Eve, these Nutcracker-themed ones are adorable!

Tiny Land Toy Boxes for ages 0-24 months are great gifts!





Wooden toys last much longer in my house especially toys like these that allow open-ended play and can be used as your child develops. Here are some of our favorites:

Magnetic Alphabet Puzzle

My kids love playing with this and is great for travel!





Tender Leaf Spa Retreat Set

Has your daughter dabbled in your skincare or makeup products yet? Either of these sets would be great gifts!

Plan Toys Makeup Set



Have a train lover? My son plays with these wooden trains for hours! If you'd like to add wooden tracks to the gift, that would be great for a preschooler. However, I must warn the tracks infuriate my son because he hasn't figured out how to connect them yet. He instead uses his trains along the couch, dining room table, on the floor, or along his headboard. He's more fascinated with the magnets that connect the trains. Tracks aren't required!





For building blocks, this table is wonderful to keep everything stored and hopefully contained versus sprinkled all over the floor. This table is perfectly sized for little hands and has a reversible top for additional play other than building blocks. It also comes with bricks for a perfect gift!





If you'd like Duplo-sized bricks, here is a great option! This size is best for children who still put things in their mouths during play. These are also compatible with Duplo if you already have them.



For even younger builders, these blocks are soft and flexible making it easier for tiny hands. They will more likely be used as sensory toys for a one year old, however can be adapted as development progresses!



If you have a baby, both my kids adored these silicone blocks! They were great teethers. We also used them as an incentive for crawling by stacking them on one side of the room for our baby to crawl + knock over.



Now for some bath time toys! These are actually tallow soaps shaped into animals. Great gift for children with sensitive skin!



I made the mistake of letting my kids take non-bath toys into the tub for the longest time. It didn't occur to me how that isn't ideal until I noticed paint chipping from most of the toys which means my kids were bathing with paint chips instead getting clean. Here are some great mold-free toys that provide plenty of entertainment while bathing!



These suction toys are fun and open-ended that appeals to many ages! They are also free of BPA, PVC, and Phthalates.



My kids love more realistic-looking animals so these make great bath toys + mold free!

Not sure if any of the above toys will interest your child? It's hard to go wrong with coloring! For younger kids, chunky crayons and jumbo coloring pads work best. Here are great options:





Travel-friendly crayon set!



Stocking Stuffers

These snack bars and cookies are a staple in my pantry! My kids are constantly asking for them, and I know they are going to be delighted to find some in their stockings this year. Use "JUSTTHEINSERTS" for 20% off (protip: this stacks on the bundles for even more savings!)



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Gifts for Older Kids

If you haven't yet, read through the "How to Give a Good Gift" section at the beginning of this guide. The following recommendations will make more sense!

Words of Affirmation



Promptly Parent-Child Journal

If your child loves writing and is yearning for more written connection with you, this journal is great! It includes thoughtful writing + drawing prompts that will spark open conversation and genuine connection with your son or daughter (5 years old and up). Includes a mini booklet of prompts to start conversations.

Quality Time

For older kids, quality time can look like you participating in activities they enjoy like allowing them to teach you how to play Minecraft or taking them to a local coffee shop to sip on craft drinks while they tell you about middle-school friend dynamics. Like any gift of quality time, make sure you are 100% present and consider something that is meaningful to them.

Additionally, some older kids want to spend time with you by learning something they may have been too young to participate in previously. For example, if you work on kit cars (or cars in general), a great gift for an interested older kid might be getting them their own tool and spending dedicated time to teach them how to perform a certain task. Or if your older child has asked many times to decorate a cake with you, get them a high quality frosting tool just for them and then spend the afternoon teaching them all your inside tips. **Remember, the real gift isn't the product, it's the time you spend with them!** Make sure you eliminate any distractions and allow your focus to be solely on them for this gift to truly resonate with them.

For an early gift, you could write little daily activities on a piece of paper for each day in December and put them in an advent calendar. Each day, your child opens them, and picks when to do the activity. Be creative on what you realistically could do each day, but also something you believe they would be excited to do with you!





Acts of Service

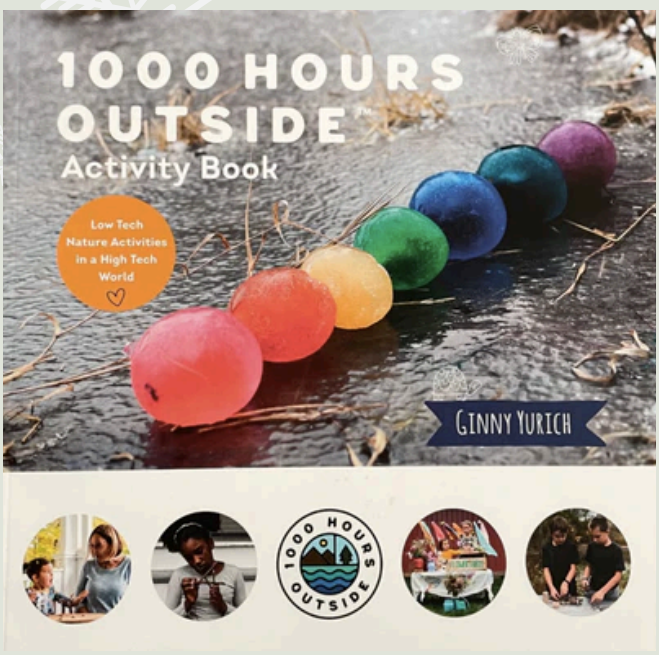
As children get older, it will be easier to determine if this is their love language. One way to "test" if this is a primary love language is to try the "Acts of Service" recommendations in the "Younger Children" section and see how your older kids react. Do they express joy providing an act of service? This could be a sign they value it themselves. If so, here are some recommendations to brainstorm as a gift to your older child:

- **Personalized Chores Coupon Book** Create a coupon book with personalized tasks or chores that the parent will take care of. The child can redeem these coupons when they need assistance with specific activities that they would normally be responsible for.
- **Cook a Special Meal Together** Plan a day to cook a special meal together. Allow the child to choose the menu and participate in the cooking process. This not only provides a service but also creates a bonding experience.
- **Room Makeover or Organization** Offer to help the child with a room makeover or organization project. This could involve rearranging furniture, decorating, or decluttering their space.
- **Car Wash and Detailing** Offer to wash and detail the child's car. This act of service not only helps keep their vehicle clean but also shows consideration for their belongings. If your child is typically responsible for gas costs, add a gas gift card to this gift! My uncle once gifted me $20 for gas when I was a nanny in high school and I'm still appreciative for his generosity!
- **Homemade Snack Delivery** Prepare a batch of the child's favorite homemade snacks and deliver them to their room. This is a sweet and thoughtful way to provide a service while indulging their taste buds.
- **Spa Day at Home** Create a spa day at home, complete with pampering services like a homemade face mask, foot soak, or massage. This gift focuses on relaxation and self-care.

Physical Touch

Depending on if your older child has gone through puberty yet, physical touch with a parent may not be appealing to them. I remember physically cringing every time my mom tried to trap me in a hug as a teenager. Use discretion with this love language + follow your child's lead! Just like the "Younger Child" section, the recommendations in this section are more focused on activities that bring your physically close to your child + can also serve as a gift of quality time.

For the Outdoor Lover

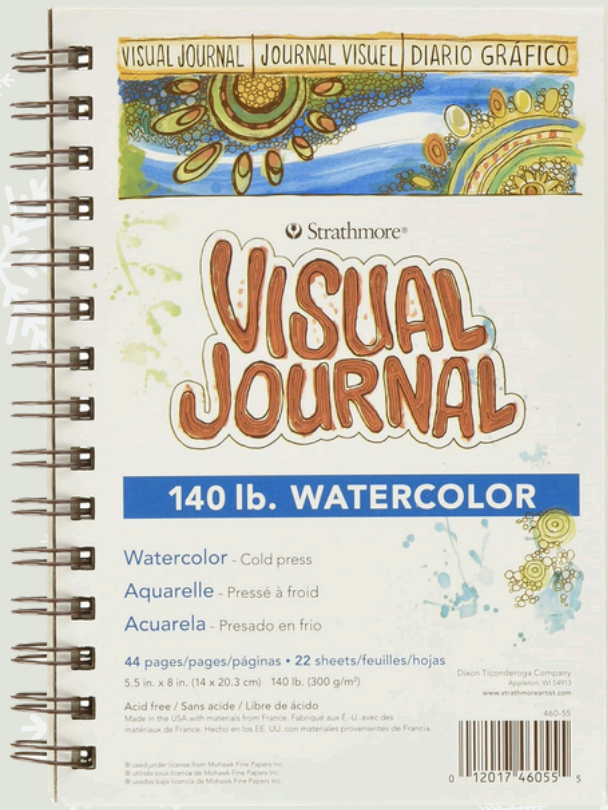


This is such a great book that can be used year-round for all ages! Not only will it encourage your child to spend more time outdoors, but the crafts will bring you and your child closer.

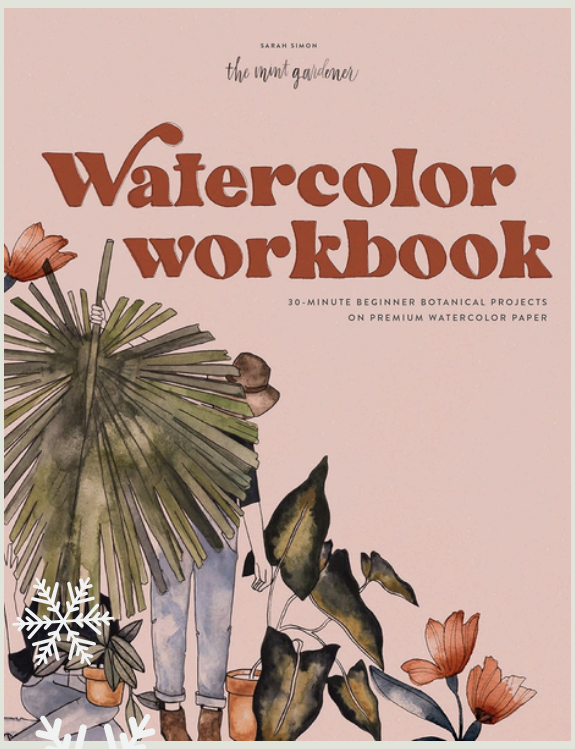
Nature journaling is a wonderful activity to do outdoors with your older child no matter the season. There is always something to paint! Here are some watercolor essentials that can be easily packed to bring out along a nature trail:

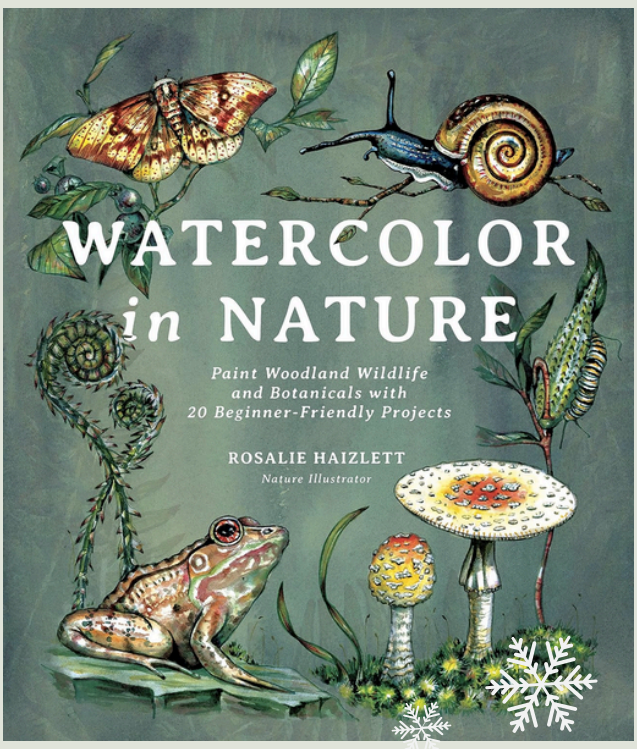






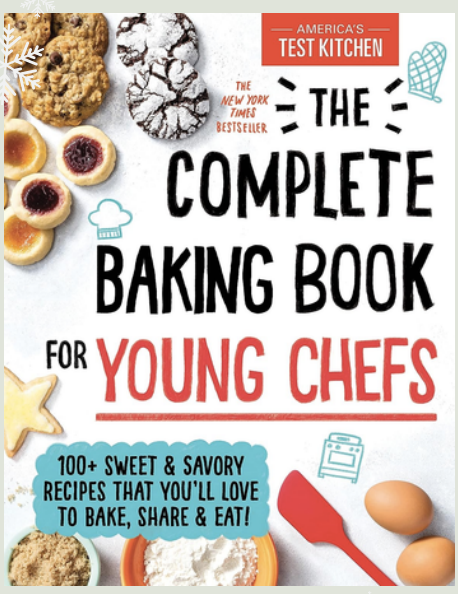
These are great workbooks to hone their watercoloring nature skill:

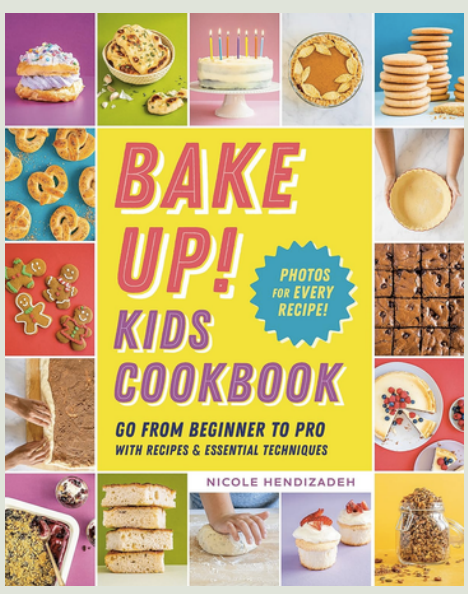


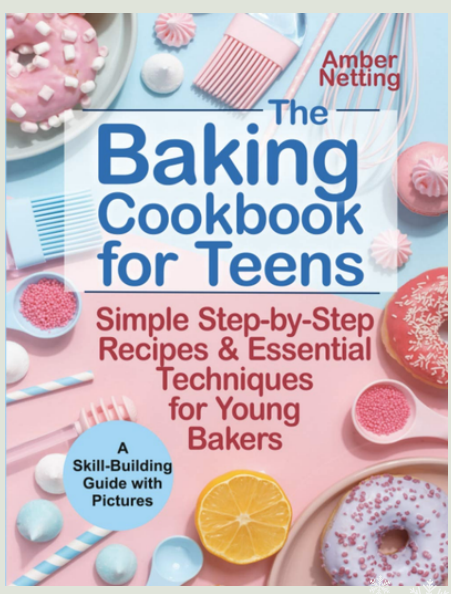


For the Baker

Cultivate any interest your older child has in baking! There are a plethora of benefits to baking especially for children including math skills (fractions/ratios), chemical reaction understanding (dough leavening or sugar caramelization), reading comprehension (following a recipe), and time management (waiting for dough to rise or cookies to bake). If you bake from other cultures, they're also exploring diverse culinary traditions. Here are some great gifts to ignite their curiosity and help you physically create something together:







For British Bake Off fans, these recipe prints were created by a contestant!



If you need a place to jumpstart their baking journey, these are great kits!









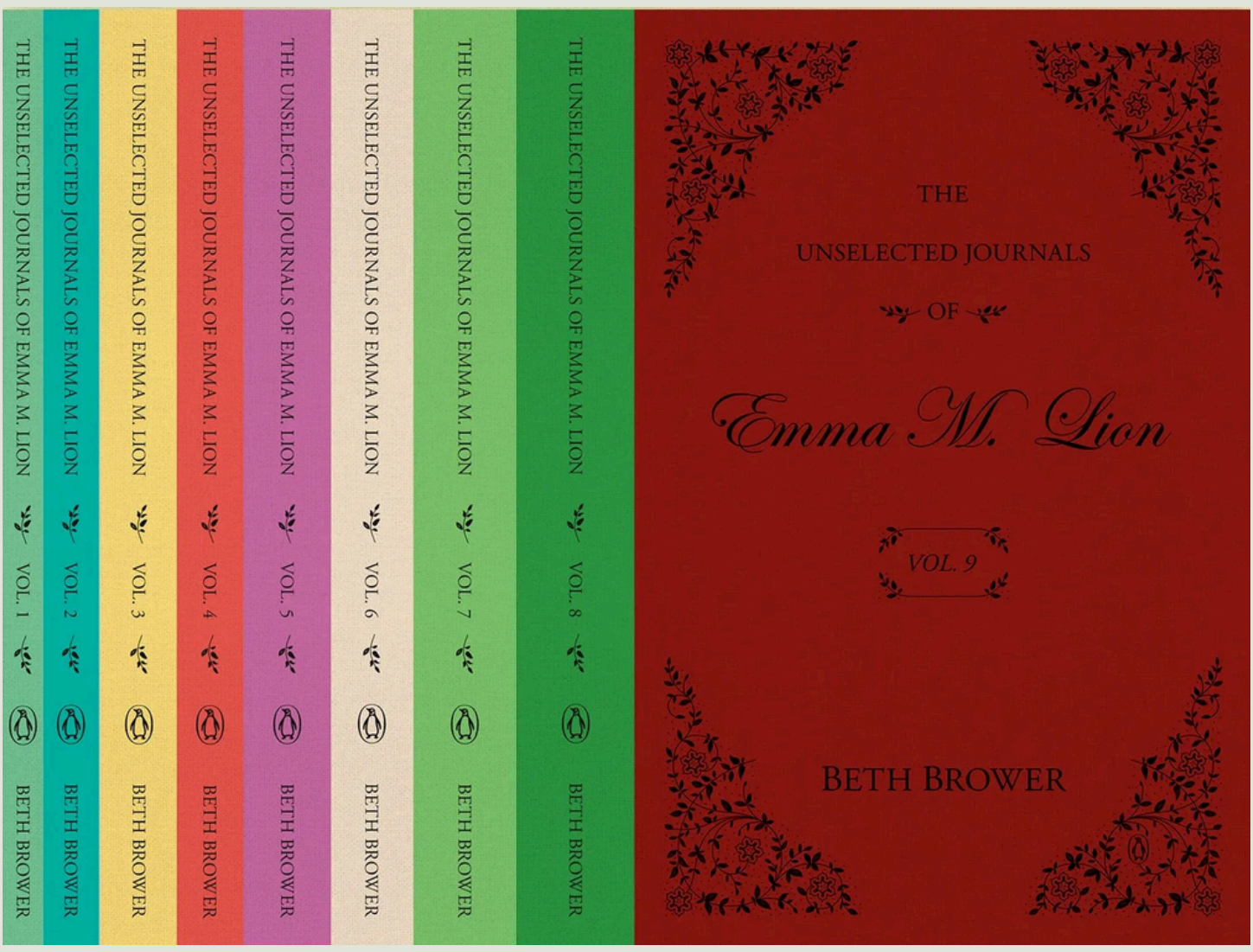
Receiving Gifts

Older kids can be tricky especially when their interests may be governed by their friend group or pop culture. If you're lost on what to get them + they have this love language, do some recon up front. You will probably give away your intention, but at least you'll have a better idea what to get them! Here are some questions to ask:

- **Is there a specific book, movie, or video game you've been wanting?** This question can help uncover their preferences in terms of entertainment and provide ideas for a gift they've been looking forward to.
- **Do you have a favorite subject in school or a particular area you'd like to learn more about?** Discovering their favorite subjects in school or areas of curiosity can guide you towards educational gifts or experiences that cater to their intellectual interests.
- **Are there any activities or experiences you've been wanting to try?** Encourage the child to share any new activities or experiences they've been curious about, such as a cooking class, a sports lesson, or an art workshop.
- **What type of clothing or accessories do you like?** Asking about clothing preferences, favorite colors, or accessory styles can help you choose a gift that aligns with their personal taste.
- **Are there any specific brands or items you've had your eye on?** Inquiring about preferred brands or specific items can guide you in selecting a gift that matches their preferences.
- **Are there any role models you admire?** Discovering who the child looks up to can provide insights into their values and interests, helping you choose a gift that resonates with their inspirations.

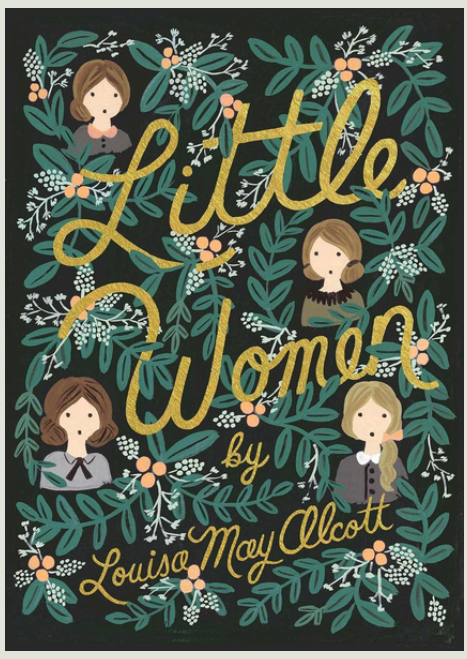
Asking some (or all) of these questions may help narrow down some potential gift options. If you need smaller items, like stocking stuffers, keep reading!

If you have an older girl, I humbly present this book series. I wrote an entire Substack article on how incredible it is and am thrilled for the next volume to be released in Feb 2027! This would be a great series to read alongside her, especially because there are some heavier themes (which I discuss in my Substack).

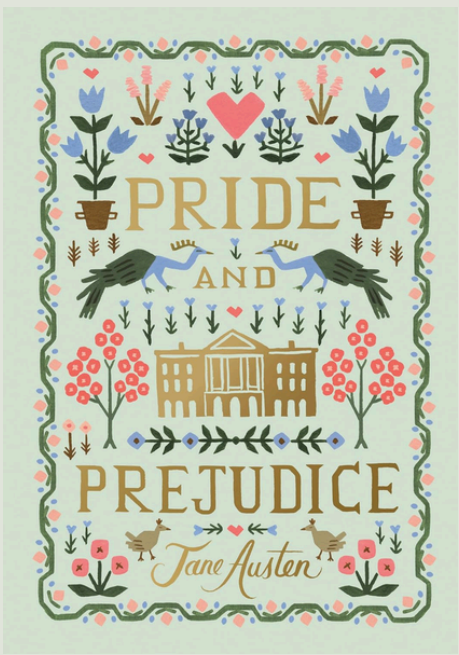


And then when you both are ultimately inspired to read (or re-read) these literary Classics, here are some beautiful copies to help build your teen's home library!









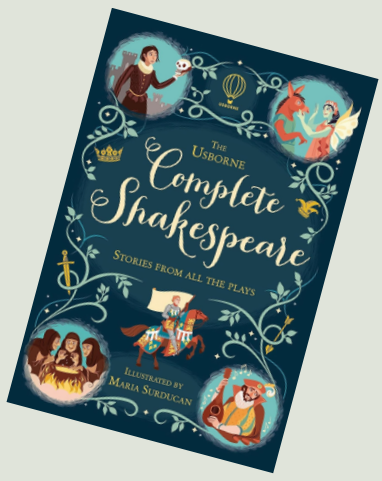






Depending on your reader, this might be a lofty gift. But, once she reads Emma M. Lion, she'll likely want to understand more about Shakespeare.

I've been reading this one to my own kids during read alouds and they love it!



Stocking Stuffers

Better (hormone-friendly) options than what you'd see in the checkout lines at Target, Old Navy, or Ulta! Click on each image to learn more. Use "JUSTTHEINSERTS" for discounts.



Hand lotion perfectly sized for a backpack or purse



Gua Sha Stone (pair with depuffing face oil!)







Exfoliating lip scrub and tinted lip balm - great for teen girls!

Gentle makeup removers







Travel-sized non-toxic mascara

Bath bombs for sleep, muscle relief, calm, and immunity!



Pretty much anything from this brand would be a great stocking stuffer for a teen!



Travel-sized electrolyte packages in delicious flavors (made from real ingredients!) Or this BPA-free can if your child likes drinking canned beverages.



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Gifts for Acquaintances

Concerning love languages, you may not know an acquaintance well enough to properly discern which love language they have. Therefore, the following recommendations are general, however great for neighbors, your kid's teachers, or anyone else you want to bless this season.



This mulling spices bag kit will cover 40 acquaintances! All you need to order is the spices, which you can get in bulk to save overall. These are great for cider, milled wine, or Hot Toddy drinks.



JoJo's Dark Chocolate Bites

This 4 pack would be great to get and then gift one bag in a small gift basket paired with a gift card or any other gift in the guide. Not into pistachio? Here are more delicious Holiday Sweet Treat options on Amazon!





We are blessed with a tight-knit community in our area which means lots of acquaintance gifts! Our budget doesn't allow gifting most products for each of them which is why I started making large batches of holiday cookies to gift to those around us. My mom comes over and we bake over 20 dozen cookies! We let them cool and then put them in these cute holiday containers to gift when we see acquaintances. It's been a great way to bless others without breaking the budget!





Another option is to make a bunch of holiday chocolates in these molds and gift in smaller tins. These work out great if you're in a cold climate! Pinterest has plenty of chocolate recipes for you to experiment.

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Holiday Stress

Depending on your season of life, the holidays can bring a mixture of emotions. For myself, the joy and gratitude I have for my family co-exists with grief and stress about the loved ones gone or lost. Or, even if your family is whole, you may still experience elevated levels of stress while making the most of the "holiday spirit". So, while you stay up late to search for the perfect gift, prep festive recipes, or plan out a fun holiday activity, make sure to prioritize your own health this season.



No matter what is planned, your family won't remember it positively if it comes at the cost you being exhausted or stressed the whole season.

Here are some of my favorite tools to keep at the ready all year long, but especially during the holidays! Read through the descriptions, get what would work best for you, then keep it close at hand so you remember it when you're in the thick of the season.



Boiron Homepathy Stress and Sleep Solutions

If you find yourself stretched thin this time of year, these homeopathy remedies would be great to have stocked in your purse, nightstand, or anywhere you'll need some extra support.



Rowe Casa Organics Inner Calm Herbal Tincture

When life feels a little overwhelming, this soothing blend helps promote balance and emotional calm. Crafted with herbs known for their grounding properties, it supports relaxation and peace of mind through life's stressful moments. For first-time orders, use "JUSTTHEINSERTS" for 20% off.

If you really max out on stress this time of year, consider their Stress Bundle! It targets all the main indicators of stress on the body.



Did you just see this tongue scraper and think, “what does that have to do with holiday stress?” Well, I start every single day with this little guy! You know that white, coated layer on your tongue when you wake up every morning? That buildup can lead to a host of oral hygiene issues that pop up even more with holiday diets. This helps get rid of what is detoxed throughout the night and even helps with bad breath!





Four Progress Guided Anxiety Journal

Sometimes even the family we love can be the cause of our anxiety, especially around the holidays. The exercise in this journal is backed by Cognitive Behavioral Therapists who use these prompts in their own work to help clients learn how to own their thoughts to overcome anxiety and reduce stress.

Just Ingredients Nightime Relax Drink

Find a sense of calm and relaxation with Organic German Chamomile Extract, magnesium, and L-theanine. Plus, tart cherry extract may support your body’s natural melatonin production over time. This not your flavor? Any of the Superfood Steamers would be a great option, too!

“JUSTTHEINSERTS10” for 10% off





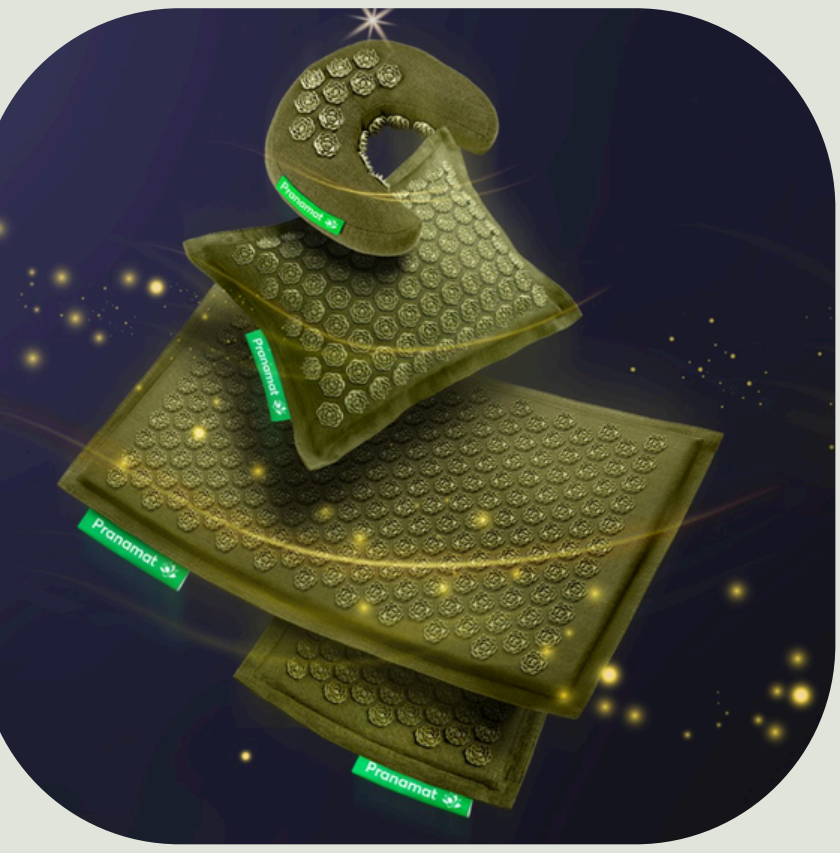
Daily Grace Advent Bible Study

If you share my faith, this 4-week Advent Bible study gently invites you to pause, delight in God's Word, and prepare your heart for the coming of Christ. Daily Scripture-based devotions helps replace holiday stress and re-centers your mind + spirit.

Daily Grace Peace for the Anxious Heart

Does anxiety show up more often than not? This is another great resource from Daily Grace. It’s designed to help you understand how anxiety affects our bodies, relationships, and faith.





Pranamat Acupressure Mat, Pillow, and Moon Massage Sets

"JUSTTHEINSERTS" for 15% off

Have you heard of acupuncture? You know, with the needles? Well, this is called acuPRESSURE and has similar benefits without piercing the skin!

I've been using acupressure mats for over a decade and love it for helping my body recover from a host of ailments.

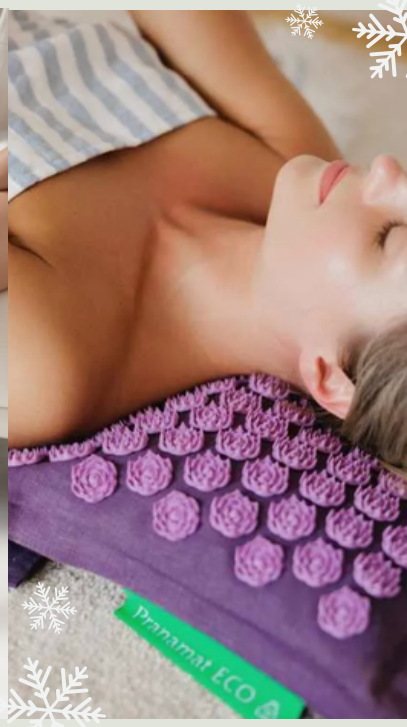


How it works: Simply lower yourself onto the Massage Set, positioning it under your back, shoulders, neck, or any other area you'd like to massage (except your face). You can also sit or stand on it, or apply gentle pressure to your feet while sitting. With no moving parts, all you need to do is lay still, breathe deeply, and let the mat do its work.









What if your stress is more than just during the holidays?



I highly recommend seeking some support from Dr. Beth Westie. After getting my hormones tested early last year, I discovered my cortisol was off the scale in the red! Which wasn't that big of a surprise when I thought about it because I was struggling with sleep, weight, and anxiety after having my third baby. Not to be dramatic, but working with Dr. Westie was life-changing. She gave me simple, budget-friendly, and attainable tools to help me heal and I feel SO much better than when I first met with her virtually. Depending on your needs, she has different levels of support. Read about them in the Guidance section of my Partner Page.

Also, these tests + consults would be great gifts! Just email her team for the best way to gift to a loved one.

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Travel-Related Stress

Traveling for the holidays? Here are some additional things that will keep you healthy, vibrant, and (hopefully) low stress!



Comes in many colors and even in silk!

nodpod Gentle Pressure Sleep Mask

My husband uses this every night! He is a very light sleeper and used to sleep with a pillow over his face (which always concerned me). This applies gentle, evenly distributed pressure that can even be used for side sleeping. I've used mine when I have a headache or when I go to sleep before my husband turns out his bedside light. Great for traveling!

Boiron Jet Lag Homeopathy Pellets

Jet lag is the worst during the holidays because you put so much effort into visiting loved ones only to be drowsy, stiff, and all around feeling your worst. These are great to combat any travel effects! Boiron has lots of other options for travel-related ailments.





Rowe Casa Organics Sleepy Salve

I use this salve regularly on my inner wrists and sometimes under my nose, but it's a MUST when I'm traveling. It's incredibly hard for me to sleep in a bed not my own, but this definitely helps.

"JUSTTHEINSERTS" for 20% off first order

Just Ingredients Nighttime Relax for Kids

And sometimes we can sleep fine while traveling, but our kids don't with the nighttime different sights and sounds. So, if our kids can't sleep, most likely we won't either. This delicious drink contains magnesium to support relaxation, along with tart cherry extract which contains naturally occurring melatonin and inositol.

"JUSTTHEINSERTS10" for 10% off





Looking for more of my travel essentials? Find everything on my Amazon Storefront!