

# CAYA 2024 Gift Guide!

December 5, 2024

**What's inside?** 1 quote // 1 Happy Holiday Challenge // HOLIDAY GIFT GUIDE // POP  
(Progress Over Perfection)

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*"Healthy boundaries are not walls. They are gates and fences that allow you to enjoy the beauty of your own garden."*

— Lydia Hall, nursing theorist and mother of the "Care, Core, Cure" model. (I had no idea who she was, but she's amazing. Check her out).

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## Happy Holiday Challenge

It's here, Moms. Our Super Bowl.

Lighting up the holiday spirit for our kids, partners, parents, in-laws, siblings and friends is our charge.

That's not a complaint or an exaggeration. It's an honor, and a fact.

If they feel loved, it's because we've been plotting and planning for months, and will set aside hours to prioritize this moment.

If their bellies are happy, it's because we spent days preparing latkes and pies.

If they still believe, it's because we mailed the letters, wrote the notes, ate half a cookie and drank just enough milk.

And it can be pure joy!

But it won't be if we don't set real boundaries.

**Your Holiday Challenge, then, is to make it to January 2, 2025 without having said these things:**

1. "We have too many plans."
2. "I'm completely depleted."
3. "Why do I have to do it all?"

All of these are avoidable with the right boundaries and expectations in place. We *can* get done what needs doing with joy, while being present for the magic.

On the other hand, encouraged phrases include:

1. "I need help."
2. "I'm taking a break."
3. "No."

I BELIEVE IN YOU!

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## HOLIDAY GIFT GUIDE 🎁

Don't miss these favorite finds from Team Caya! Tried and tested for you, or the lucky folks on your gift list.

These belts for adventure, utility and life. Lightweight, durable, and mission-forward.

These good lookin' "normal" wears from up-and-coming Missouri-based, The Normal Brand. Kirk and I both own some stuff.

These face masks, one of our Caya Founding Members has tried (and approved) all of them.

This book set for kids. One of our Caya kids has re-read them about 5 times. They're THAT good.

This photo book maker, because what's better than a photo book??

One of these plush, hotel-style robes. Treat yo'self!

These customizable socks. One of our Caya Dads wears his to meetings as ice breakers.

This lip sleeping mask. Yes, you read that right. Pucker up!

These for the car-loving kiddos like my baby, Colt.

These energizing eye masks for keeping black circles in 2024.

These games for family game night... Domino Train, Brain Box, Headbandz, Farkle

This red light therapy for rejuvenated skin all winter long.

This newspaper for kids, full of current events, contests and more.

This classic bean bag chair, because kids LOVE bean bag chairs!

These build-a-car sets, for the tinkerer in your tribe.

Plus, some of our favorite gifts cards...

- Self-care (massage, mani/pedi, facial, therapy, sound baths, yoga, i-cryo)
- Airbnb
- Apple

**And THE BEST gift for good that keeps on giving...**

A write-off'able donation to The Iris Fund, for a future full of healthy outcomes for moms and babies.

- We're so close on the website and I love it. Stay tuned next week for a link. 🤗
  - The app is looking amazing and should be ready for testing before the holidays. 🎉
  - As I near my due date, I'm working on a realistic plan for the brand launch that honors progress over perfection, while giving me space to soak up my last newborn. More to come.
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Today, I'm thankful for friends who step up when you need to be in 8 places at once. I'm thankful for Team Caya, and all the progress we've made as the year comes to a close. And I'm SO thankful to be spending the weekend with two of our Caya Founding Members, Katya and Dina, in a new place, with absolutely NO agenda. 🙌

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