

Summertime Parent Tips



Brainstorm ideas & consider trying something new with your children this summer. Creative kids can design a list or calendar to post on the refrigerator. Everyone will have something to look forward to!

Daily Schedule. Maintain a schedule including bedtimes routines, chores charts, & healthy mealtimes. While structure eases anxiety, over-scheduling may create the opposite. Allow for much needed downtime.



Limit Screen Time. Create goals with your children to limit gaming & social media. Provide incentives to earn additional time on devices. Encourage healthy sleep patterns by charging devices outside of the bedrooms & model appropriate phone usage.

Good Old-Fashioned FUN. Run through a sprinkler, sketch chalk driveway art, or play a board game. With such a wide variety on the market, games can span generations. Laugh and learn something new about one another.



Make Time To Read. Take turns reading pages & lean into a unique character voice. Older children can join a book club at the library or select literature based on recommendations online. Have a reluctant reader at home? Try an audio book!

Family Movie Nights. Pop some popcorn, make a pizza, or create a trail mix recipe & gather on the couch for a bit. Share reviews after the flick. Smile, listen & build mutual respect for another's perspective.



Socialize. Make arrangements for play dates, trips to the park, or even join a summer camp. Kids will develop empathy, teamwork, & confidence.

Day Trip. Go to a local zoo, museum, planetarium, or library event. Activities like these can spark new interests while increasing their vocabulary & knowledge. Your child may gain some new information to share when they return in September!



Thrive Alliance Group