

## Parenting in the Summer



Summertime and kids can be challenging at times because there is no longer the time and activity structure that school provides. Summer is a great time to nurture your relationship with your kids and share some new experiences.

### **How can you make the most of the summer with your kids? Here are a few ideas:**

- Set summer rules and regulations for the kids. Enrolling them in summer camp, team sports or summer school are ways to help keep some structure.
- If both parents are still working, make a daily schedule for the kids to follow. This way there is an understanding of what is expected while you are away and kids can continue to have structure and a feeling of trust and confidence from you.
- If your kids are going to camp or to visit relatives, be sensitive to their feelings about leaving you. Sometimes kids are reluctant to share these feelings but it is important that you talk about it and give them a schedule of when they can expect to hear from you.
- Summertime is a great time to do the day trips together that you have always wanted to do. Short trips to the zoo, museum or park for a picnic can make memories that last a long time. Be sure to talk about what they enjoyed or saw after your day together.
- Often communities will hold summer events and activities for kids so be sure to check your local newsletter or newspaper. Community events are also a good opportunity to meet other kids in the neighborhood.
- Finally, don't forget about your local library. Many libraries offer summer activities such as storytelling or reading groups. This is a great way to keep your child interested in reading and to keep their reading skills up for the next school year.

### **Other suggestions that don't just apply to the summertime include:**

- Playing with your children. This is what kids really want – your time and attention.
- Try to do simple things that you and your kids can do together. Kids want a sense that you spend time with them regardless of the activity.
- Take control of your time and your life. Simply put, schedule the important things only as you cannot do it all.

