



Caregiver Encouragements for Summer

Rhythm and Routine:

Set a routine because when kids know what to expect for the basic flow of each day, uncertainty and outbursts tend to decrease. BUT...

Flexibility Matters:

A routine adds needed structure, but be ready to do things spontaneously for a dose of nurture. Kids may regress in behaviors or skills during summer break, but that doesn't make you bad at parenting. Cut your routine, yourself, and your kids some slack.

Good Times:

Create a summer bucket list as a family for ideas at the ready. (Also know that it's okay for kids to be bored from time to time. It can encourage them to be more creative and use critical thinking skills all at the same time.)

Easy-Peasy Meal Prep:

Use simple recipes, order takeout, and make a few freezer meals when you can. Create a snack bin for each child with her name on it (one can go in the fridge and one can live on the counter or in the pantry) for a quick go-to.

Time Well-Spent:

If babysitters aren't an option, playdates are a good support too. Planning time to connect with other caregivers (or just another adult!) can get you through even the hairiest situations.