

Greetings!

Welcome to summer! With the weather getting nicer, the days being longer and the children home from school it is time for some refreshing tips on parenting.

Sit back relax and enjoy this brief overview of strategies to help make this a comfortable summer for everyone.

Infant through 7 years old

Children seven years and younger are great fun no matter what the season, but here are a few tips to make summer less stressful for everyone:

1. Limit activities you enroll them in to 1-2.
2. Watch for signs that they are overwhelmed by the heat, length of activity, amount of activity or number of people involved. If you respond to the signs quicker, the melt down will be less severe.
3. Keep life predictable for the little ones, the more they are able to see patterns in activities the less stressed they will be and the better behaved they will be able to act.
4. Encourage at least a 30-90 minute nap or rest break to help them recharge their emotional battery.
5. If your child is placed in child car during the day focus on the child only for the first 20 minutes home. This will help them feel reconnected to you and the rest of the evening will go smoother.

7 years old and up

The summer with older children can be a real roller coaster of activities, friends, and new behavior challenges. Here are a few tips to help you enjoy your summer with the big kids:

1. Consistently maintain same behavioral expectations that you do throughout the school year.
2. Like with the little ones, try to make life as predictable as possible. We all do better when we are confident in what is coming up next.
3. Insist on a 30 minute reading break about half way through the day. It

What is a Parent Coach?



A parent coach is someone who:

- 1.) empowers parents with valuable information about establishing limits for children.
- 2.) provides easy to implement strategies to deal with the day to day struggles of the average parent.
- 3.) is a walking, talking "how to manual" that the children never came with when they first arrived.

Ruth E. Fett M.S.C.
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Ruth offers the "Empowered Parent Program: 5 Steps to a More Peaceful Home Environment with Children."

Call today for a free consultation.

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helps them maintain their reading level through the summer, gives you a short break and helps them to not become overtired from all the activity.

4. Limit activities they enrolled in to their age appropriate levels. Seven to eleven year olds should not be enrolled in more than three activities. After eleven you can safely add one or two activities, but be aware of how draining sports, music, school, lessons and other activities can be on a child.

5. Prioritize family activities when planning your summer. These are the activities that will strengthen the connections you hold with your child and will make the biggest impact on their behavior in the long run.

6. Limit "technology time" to one hour a day during the summer, making exceptions only occasionally. When children are cut off from their technological crutches it is amazing to see their creativity in play reappear.

Parent Team is here to help you with any parenting or child development concern. Anytime of year is a great time to empower yourself as a parent by calling for a free consultation today.

I wish you well this summer, may it be relaxing and full of fun!

Sincerely,

Ruth Fett
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