

TIP #1 this summer:

***LIMIT SCREEN TIME to 30 min-1 HR A DAY (after doing other activities.)**

- Aim for NO screens at meal times
- Role model healthy screen time use
- Create a Family Media Plan

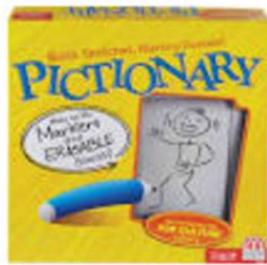


These skills show up at school as:
Not needing a screen when upset or bored,
and being good at waiting and listening.

TIP #2 for summer: Play games!



Apples to Apples



Pictionary



Monopoly



Connect Four



Jenga



The Game of Life



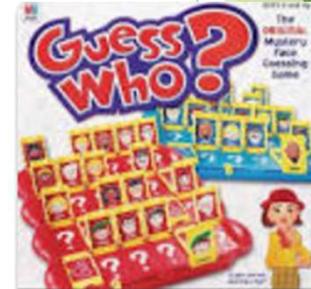
The Game of Life



Yahtzee



Cranium



Guess Who?

These skills show up at school as: working well in groups, being a good sport when losing, and knowing how to play games like these at free choice in class. It is also a way to practice reading in a FUN way!

Parent & Child Play



Praise your child's play:

"I'm so impressed with that tower you built."

"What a great game you invented".

TIP #3 for summer: GET OUTSIDE every day



These skills show up at school as: getting along well with others, knowing how to play recess games, having endurance for PE and recess, and having a great imagination! 😊 😊

1. All kids need is a place to play and use their own imagination!
2. Cut back on extra curricular activities
3. Invite the neighbors/ other same age friends
4. Limit screen time
5. Let your child get “bored”
6. Be realistic- there will be arguments and meltdowns!
7. Teach by example- get active and have fun!

But my child is bored!

You are not a bad parent if your child is bored.

How many of us have had to manage feelings of boredom before?

Learning how to deal with being bored is a great skill for kids to have.

Create a list of activity choices for them to look at when bored

Plan one outside activity each day (going to the store, riding bikes, going to the park) so that there is something to look forward to.

Have your child help plan for the next week (a local park, hiking, playdate, library, making a recipe, making a craft)

If you wait long enough, your child will 'find' something to do!

BE CONSISTENT! If they have finished their screen time, then they should not get to do more if they are bored.

TIP #5 for summer: <https://blog.thetripclip.com/2018/05/08/free-printable-summer-schedule/>

Create a daily schedule for your family just like teachers do at school!



Summer Schedule

<input type="checkbox"/>		8:30 Eat breakfast, get dressed
<input type="checkbox"/>		9:00 Empty dishwasher, pick up, help with laundry, check with mom
<input type="checkbox"/>		9:30 SCREEN TIME
<input type="checkbox"/>		10:00 Play outside, work on a project, play a game
<input type="checkbox"/>		12:00 Lunch
<input type="checkbox"/>		1:00 Go on an outing
<input type="checkbox"/>		4:00 Practice, read, quiet time
<input type="checkbox"/>		5:00 Help cook dinner, set the table
<input type="checkbox"/>		7:00 Watch TV
<input type="checkbox"/>		8:00 Take a bath
<input type="checkbox"/>		9:00 Read a book
<input type="checkbox"/>		9:30 Lights out!

TIP #6 for Summer: Practice skills needed for school!

- ▶ Packing and Unpacking their own items.
- ▶ Helping to make a snack or lunch
- ▶ Organizing! This is a skill that has to be learned. “Clean Your Room” often needs to be taught.
- ▶ Getting dressed by themselves
- ▶ Eating Manners
- ▶ Carrying their own items
- ▶ Having EMPATHY for others: volunteer or helping a neighbor



These skills show up at school as: being polite, having manners at lunchtime, self-sufficiency, empathy towards others and having more self confidence! 😊 😊 😊

TIP #7 FOR SUMMER: Practice social skills.

BE WITH OTHER KIDS, TALK TOGETHER AND GO DO STUFF!



Kids Can:

- Practice making conversation and being a good listener at meal times.

Play with other kids! Go to the park or plan a play date.

Help with errands such as grocery shopping (without holding a screen)

- Get out of the house for outdoor adventures

These Skills show up at school as: BEING KIND, BEING ORGANIZED, HAVING INTERESTING THINGS TO TALK ABOUT and BEING SOCIAL WITH OTHER KIDS.



*What you do at HOME
Makes a Difference for us
at School*

Thank you for your partnership

*It takes a VILLAGE and we
appreciate our Creekside
Families*

*I hope you have a great summer!
See you in August,
Ms. Hopp*