

5 Strategies for a Successful Summer Break

Create routines and set boundaries. Summer routines will most likely be different than school routines, but it's important to establish a routine for your kids. Kids need to have less structure than during the school year, but they also need the security of knowing that some things will remain the same. Keep the same bedtime, maintain the same chore schedule, etc. Setting boundaries and expectations also help to discourage behavioral problems.

Make plans for fun. That way your kids, and you, have things to look forward to doing this summer. Visit your local parks and community centers to see what they offer. Many have summer day camps, activities for kids and community events. Search for free admission days to the zoo or art museum. Plan a picnic or day by the lake or river. Mark the date on your calendar for the local fireworks show. Pick a day to get up and watch the sunrise and a sunset together.

Get outdoors. Find something that your child enjoys, and give them the opportunity to do it! Ride a bike or scooter, play tag or hide-and-seek, go for a hike in the park system or take a walk around the block after dinner. Find a local water splash pad, community pool or hook up a sprinkler for them to cool off in.

Create a summer memory box or board.

Kids love to collect things. Get a board, poster or box and have them fill it with memories of their summer. They can collect pictures, ticket stubs, receipts, trinkets, pieces of paper with a description of something fun they did – anything that reminds them of their summer fun.

Exercise their brains and creativity.

Visit your local library and get a library card. See how many books they can read in a summer, or pick out books you can read aloud together. Put together puzzles, learn to juggle, write in a notebook or journal, color in coloring books, hold a photo shoot, chalk the sidewalk or learn to cook something together.

Spring past allergies!

3 EASY THINGS to beat allergy season for your kids.

1. Stop pollen at the door

Remove shoes, wash hair before bed, and use a damp towel on outdoor pets to prevent pollen from entering the home.

2. Remove allergens from your house

Keep windows closed, clean carpet and furniture often.

3. Watch pollen counts

Use weather apps to monitor the pollen forecast in your area.



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