

# **Pat's 5 Favorite Tips for a Successful Summer**



## **1. NO TV TUESDAY!**

Also, at the beginning of the summer, plan a "NO TV WEEK!" You'll be amazed at how much less the family turns on the television.

## **2. LENGTHEN YOUR BEDTIME RITUAL.**

Allow 20 extra minutes to read with your child, even if they can read by themselves. Spend extra minutes talking one-on-one with each child. Ask the question, "Is there anything that you want to talk about tonight?" You'll be amazed by the conversations that follow!

## **3. DURING THE SUMMER, TEACH THE CHILDREN TO DRINK PLENTY OF EXTRA WATER.**

Don't add sugar or flavors or bubbles. Don't even add ice. Get the kids used to drinking plain old-fashioned water! It's a habit they'll benefit from for the rest of their lives.

## **4. START OFF YOUR SUMMER BY PLANNING IT!**

Print off blank calendar pages for each month. Fill them with any trips, activities or camps that are already planned. Ask each child what they want to do that summer and schedule those things. Be deliberate about what gets planned and stick to your schedule.

## **5. HAVE A DIFFERENT THEME FOR EACH DAY.**

Get creative and have fun with it!

**Music Monday**

**Tasty Tuesday**

**Wacky Wednesday**

**Thoughtful Thursday**

**Field Trip Friday**

**Skillful Saturday**