



STRESS-FREE SUMMER!!

6 weeks of summer ahead...are you ready?

With a little preparation, there's no reason why you can't have the best summer possible. Leave the 'meltdowns' to the ice-cream and follow our tips for a successful summer!

Sharing



Parenting

Choose to relax and enjoy the holidays.

Even if you have to work, make the most of the time you do have with your kids. They will pick up on your mood so try and relax and see them do the same.

Limit screen time!! Give your kids the opportunity to be bored...its amazing how creative they can be with made up games , craft and role play.

Don't say 'Goodbye' to structure all together, we all need a little to help us feel safe.

Make Mornings 'busy' time, get chores etc done and then leave the afternoons open for fun!

Plan ahead....just a little!

Make a calender of the holiday with one planned, fun. And FREE (if poss) activity per day.

E.g-rock painting, hide and seek or baking.

Practise listening! With the longer and hopefully, slower days take the time to talk with your kids.

Make up stories, talk about films, have silly chats but focus on hearing them and getting to know all about their amazing personalities!



For more information about our courses, ideas and resources check out our website and Facebook pages or email us.

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