

Parenting during the Summer Holidays

Summer break can be both exciting and challenging. Parents often face some common problems during the summer holidays. Read below to learn about strategies to keep balance and enjoy summer.

Balancing Work and Childcare

Flexible Work Arrangements - Negotiate flexible work hours for the summer months or remote work options. Summer camps can help parents find a balance between work responsibilities and childcare.

Share Responsibilities Equally - Collaborate with your partner, co-parent, or other family members to share childcare duties, such as dropping or picking up the children to and from activities.

Keeping Children Engaged and Entertained

Planning Activities - Create a schedule and plan age-appropriate activities. Be sure to include outdoor experiences where possible.

Enroll in Summer Programs - Find out about summer camps, recreational programs, or specialized workshops tailored to children's interests.

Embrace Nature - Encourage children to spend time outdoors and explore nature. It can be as simple as going to your local park and observing, having a picnic, or playing.

Manage Screen Time - Establish clear rules and time limits for screen usage.

Family Rituals - Establish special rituals for your family. This gives some structure while still being fun and gives kids something to look forward to, like movie nights or cooking together.

Communicate - Discuss the expectations you have for the kids during their holidays. Also talk about boundaries, behavior and responsibilities.

Remember to practice self-care habits!

