

# 7 tips to keep your sanity — this summer...

Life @ home with kids

Meg Dangler June 3, 2020

# 7 tips...

— Have family meetings

Create a “loose” structure in your home

Everyone contributes

Use enforceable statements

Learning every day

Play with your kids

Get time by yourself, spouse and adult friends

# Family Meetings

1. Have them on a regular basis
2. The first meeting:
  - a. Explain the purpose of family meetings
  - b. Apologize if appropriate
  - c. Explain any changes or implementations
  - d. Have fun – eat, laugh
3. Start with a checkup – “how are we doing”
  - a. Listening – as a family - as parents
  - b. Follow through
  - c. With each other (siblings, friends, etc.)





# Create a “loose” structure in your home

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A planned wake up and bedtime

Daily and Weekly Chores

Exercise

Mom Time, Dad Time, Adult Time

Learning time / Screen Time

5 Minute Dash

# Daily Chores

[sample chore grid](#)

Dishes

Sweeping

Pick up own belongings

Meal prep

Feed pet

# Weekly Chores

Laundry

Bathrooms

Dusting

Vacuum

Bedroom Cleaned

Yard Work/ Pet/Etc.

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# Enforceable Statements

**Want them to listen? Don't tell them what to do...**

**Instead tell them what YOU will do or allow!**

**I will allow...**

**You may...**

**Feel free to**



# Avoid the Summer Slump

- ❑ Read a minimum of 20 minutes every day...
- ❑ alone, with a parent, in a hammock, on Audible
- ❑ Do some sort of math every day
- ❑ Virtual Field Trips/ Museum Tours
- ❑ Research a fun topic
- ❑ Explore the outdoors together
- ❑ Common Sense Media



We live in one of the best  
playgrounds in the world...



Get creative

Make a bucket list (in your family meeting)

Try something new

Teach some life skills

Bake

Have a water day

Make homemade ice cream

Go camping

You name it... but you have to plan

**You are a better parent when you  
fill your own bucket...**

**Schedule these sacred times and don't cancel them....**

**Time by yourself**

**Dates**

**Time with friends**

**1:1 time with your kids**

**Thank you for joining us today!  
Have a great summer!**

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**Next week's presenter: Emily Supino, MA LLC**

**Building Resilience in your kids  
Wednesday @ 4:00**