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

Life a 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.)

#### Family Meetings continued...

- 4. Affirm the things that you see going well
- 5. Be careful to only cover issues that are best addressed to the entire family. 1 on 1 topics are best left to dates.
- 6. Discuss the week and plan the calendar (a visual calendar is super helpful)
- 7. Dream, make fun plans for the family
- 8. Expectations as a family

#### Sample Family Meeting Agenda

- a. Check in
- b. Apologize for time since last meeting
- c. Affirm grades came out!
- d. Laundry fold what's in the dryer
- e. Don't ask to leave until your stuff is done
- f. Reading Log
- g. Too much Tic Tok
- h. Discuss tattling
- i. Calendar
- j. Close with a goal

#### Create a "loose" structure in your home

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.

# **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....

Fool from 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!

#### www.aspenfamilyconnections.org



Next week's presenter: Emily Supino, MA LLC

Building Resilience in your kids Wednesday @ 4:00