



Empowering Moms • Strengthening Families

5 Steps to a Successful Summer



Susan Heid

The Confident Mom

www.theconfidentmom.com



www.TradingCradles.com



5 Steps to a Successful Summer

- ❁ Establish summer house rules/expectations
- ❁ Create a daily schedule
- ❁ Summer learning
- ❁ Meal planning
- ❁ Creative activities



Establish Summer House Rules/Expectations

- Family meeting
- Discuss
- Post

1. When Inside Use Your Inside Voice
- 2. Treat Things With Care**
3. If You Get it Out, You Put it Away
- 4. Don't Talk Back**
5. No More Than Two Hours of Screen Time Daily
- 6. Follow Instructions**
7. Keep Your Hands to Yourself
- 8. Eat in Your Seat**
9. Do Not Make Unnecessary Messes
- 10. NO CLIMBING ON FURNITURE**

Rules & Consequences

- 1-2-3 Warning**
- 2 Minute Time-Out
- Loss of Privileges**





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Creating a Daily Schedule

“To affect the quality of the day, that is the highest of arts.” –Henry David Thoreau

- ❁ Create list of daily self-care tasks
- ❁ List other activities
- ❁ Create basic outline and evaluate
- ❁ Begin incorporating activities
- ❁ Write it down
- ❁ Tweak it





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Summer Learning



- List ideas
- Set goals
- Life skills
- Action steps
- Make it fun
- Family learning



Meal Planning

- 🌸 Weekly planning is a MUST
- 🌸 Compile summer recipes
- 🌸 Involve the kids
- 🌸 Outdoor dining





Creative Activities

- 🌸 Encourage creativity and imagination
- 🌸 Find FREE
- 🌸 Get outdoors
- 🌸 Volunteer
- 🌸 Create a play group





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The Four F's of Summer Parenting

- 🌸 Firm
- 🌸 Fair
- 🌸 Fun
- 🌸 Flexible





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Summer Survival Calendar

Over 90 ideas to bust boredom

 3 easy to read calendars

 Weekly planning page

Save \$2 with code: **trdcdle** until 6/9

ONLY \$5



and Summer
Survival calendar! **GET YOURS
TODAY!**

