

# Embrace Parenting

## Summer Tips

So, are you ready for summer?? Schools out! Kids are home! Endless summer days!!!!

We wait for it all year...

Yet, thinking about how we are going to keep everyone "entertained" and occupied, while minimizing screen time can be stressful!!!

We look forward to summer with our kids but as they start to get a little older, summers can be a bit more challenging ...

We may find ourselves stressed, spending so much time on logistics and 'fillers' aka activities that take up time.

Next thing you know, you're in a cycle of fatigue, frustration and maybe even yelling and it's only July!

It doesn't have to be this way!

What if, this summer, you went in with a whole different plan...a plan for a new mindset...

### **Here are some tips for a more conscious and mindful summer strategy**

- 1- Let everyone know you want them to have the best summer ever.
- 2- Find out what they need from you to make it the best summer ever...  
This will shock them and shift the conversation towards joy and fun as they feel 'heard'.
- 3- Let them know that you'd like to have the best summer as well!  
Let's face it, it's your only summer 2019 too!!
- 4- Discuss your family values around self-care basics like safety and sleep, and; maybe nutrition, learning, downtime and anything else your family stands for.
- 5- Let them know what you need from them to make it your best summer ever (ex. Curfews, chores or homework etc.)
- 6- Explore Solutions together, make a daily or weekly game plan.
- 7- Set an intention every day, for making it a cooperative, fun and peaceful summer!

You can even create a fun way of having this meeting monthly over the summer to see how you're doing towards your goal of making it the best summer ever!

Setting intentions and having mindful, conscious conversations with your children are just some of the tools for peaceful parenting. Creating more peace and connection in the home is something every family deserves; for summer and all year round.

To learn more, I invite you to a discovery session; a conversation where we can discuss your family's unique situation! I will let you how I can be of highest service to you...and it's free!

If it seems like we are a good fit for each other, we can get started right away!

Wishing you the joy of peaceful parenting! Have a great summer!