

IT'S SUMMER TIME!

Make this summer the best one yet with these fun tips and ideas from MSPCC!

GET OUT AND ABOUT



TV, video games, and indoor activities are all part of relaxing, but spending all day inside isn't healthy. Plan family outings to get everyone outside and moving! Trips to the beach, pool, or park are easy and fun when everyone is involved!

KEEP A SCHEDULE

Summer months can be a time to bend normal household rules, but too much change in routines can be stressful for children and make the return to school much more difficult. Keeping bed times, chores, and meals consistent allows kids to keep a schedule and leaves room for fun!



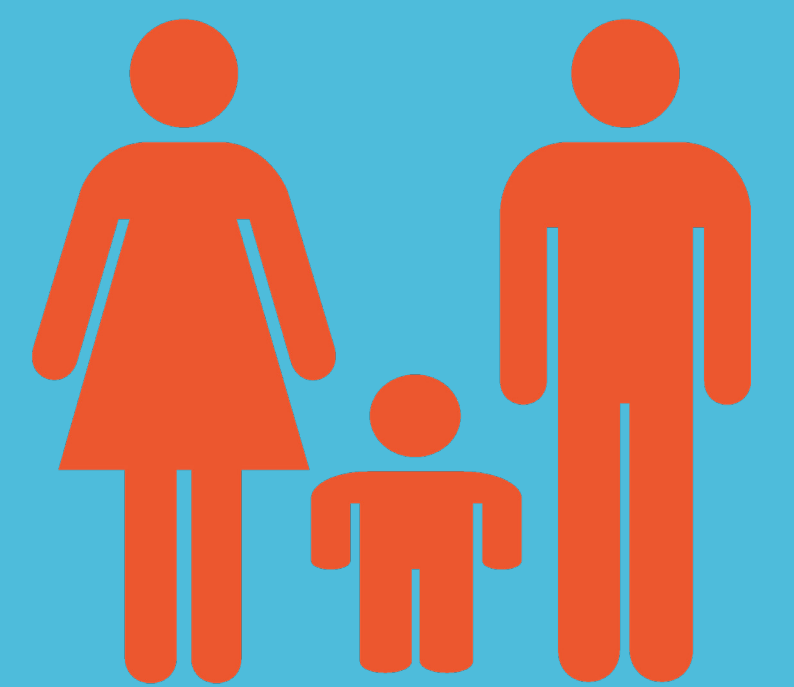
MAKE LEARNING FUN



Many schools assign summer work – don't let the last days of summer be filled with homework! Read along with kids, schedule due dates throughout the summer, and make the work a fun activity. Science projects, book reports, and math equations will be more fun for kids when you get into the work as well.

HELP OTHER PARENTS

Working parents find it difficult to take time off in the summer. By coordinating with other parents, you can organize playdates around each other's schedules. Five parents can schedule a week of activities and only need to take one day off from work.



HAVE FRUGAL FUN



Summer camps and vacations can be financially draining, which is why many towns offer free activities for residents. Check out your local library for free or discounted passes to museums, zoos, and the movies! Be sure to follow @MSPCCBoston for updates on local activities near you!