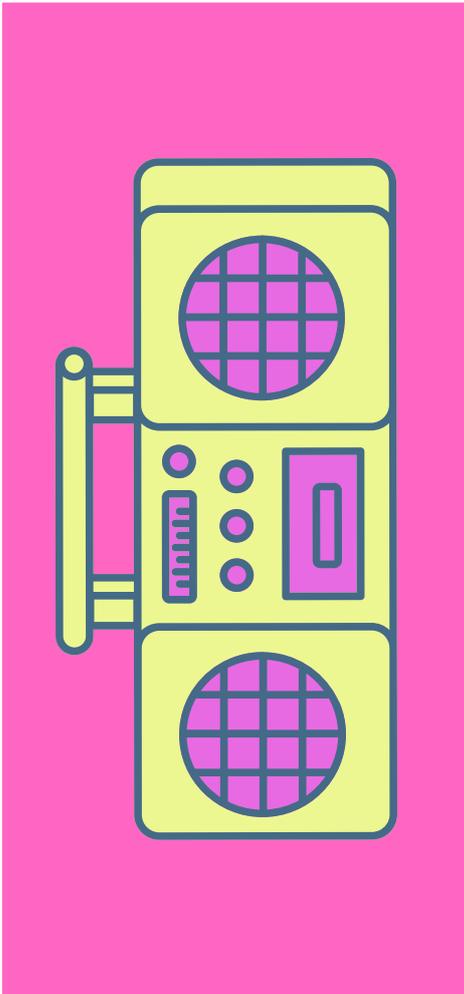
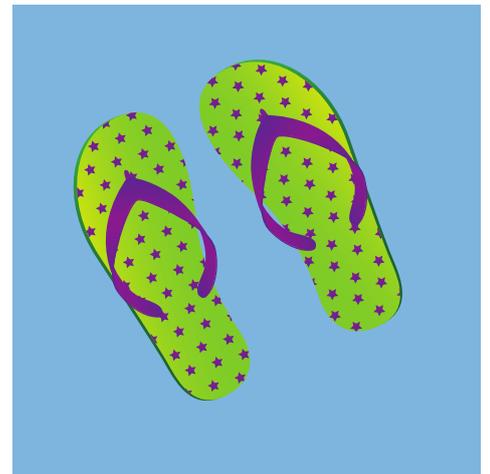




# PARENTS OF TWEENS AND TEENS SUMMER SURVIVAL GUIDE



**SUMMER BUCKET LIST  
SCREEN FREE  
CHORE IDEAS**



# SUMMER'S ARRIVED! KIDS ARE HOME! NOW WHAT?!

Rock Your  
Summer!

Great ideas!

Have a blast with  
your family!



By Sheryl Gould

Don't allow technology, the extra messes or your tweens and teens sassy attitude to stand in the way of having a great summer and making memories that last.

Here's your summer survival kit to make summer easier, less stressful and more fun!

Kick off the summer with our killer bucket list of fun ideas that will guarantee laughter and fun with your family. Set up your family for less nagging and more success with our 6 summer screen time rules and a chore chart idea that's easy and really works. Create positive outcomes with our specific affirmations that speak to your tween and teen's heart. Last but not least, relax and sit back and enjoy our summer family friendly movie list.



# SUMMER BUCKET LIST

## Family Fun with Tweens and Teens

WATCH THE SUNRISE OR SUNSET  
ORGANIZE A BLOCK PARTY  
MAKE TIE DYE TEE SHIRTS  
ATTEND A COUNTY FAIR  
EAT A SNOW CONE OR COTTON CANDY  
HAVE A WATER GUN FIGHT  
PLAY FRISBEE  
WASH THE CAR TOGETHER  
CLIMB A TREE  
HAVE A HULA HOOP CONTEST  
MAKE HOMEMADE ICE CREAM  
PAINT ROCKS  
ENTER A PIE BAKING CONTEST  
VISIT A LOCAL LANDMARK OR MUSEUM  
WALK A DOG AT AN ANIMAL RESCUE  
HAVE A SCAVENGER HUNT  
HOST A LEMONADE STAND  
PLANT A BUTTERFLY GARDEN  
PLAY CROQUET  
WALL CLIMB  
HAVE A WATERMELON SEED SPITTING CONTEST  
GO TO THE ZOO  
WATCH A PARADE  
PLAY HOPSCOTCH  
HOST A BARBECUE  
GO ON A BOAT RIDE  
PLAY BADMINTON  
ATTEND AN OUTDOOR FREE CONCERT  
GO TO A BASEBALL GAME  
BUILD A BAT HOUSE  
GO TO A LOCAL CARNIVAL  
HAVE A WHIP CREAM "PIE" THROW CONTEST

PLAY ON A SLIP 'N' SLIDE  
WATCH FIREWORKS  
PLAY BINGO  
WATCH OLD FAMILY MOVIES  
GO TO A DRIVE-IN MOVIE OR MOVIE IN THE PARK  
HAVE A DANCE CONTEST  
PAINT POTTERY  
RUN OR WALK A RACE  
GO FISHING.  
GO ON A FAMILY BIKE RIDE  
GO TO A COOL SKATEBOARD PARK  
PLAY TENNIS.  
GO - GO KARTING  
HIKE ON A LOCAL NATURE TRAIL  
TAKE AN ADVENTUROUS DAY TRIP  
CAMP IN THE BACKYARD  
STAR GAZE  
FIND A POOL, WATERPARK, OR BEACH  
BUILD A SANDCASTLE  
HAVE A BONFIRE WITH S'MORES  
TELL GHOST STORIES AROUND A CAMP FIRE  
FLY A KITE.  
PLAY KICK THE CAN  
CATCH LIGHTNING BUGS  
ATTEND AN AMUSEMENT PARK  
DINE AT AN ETHNIC RESTAURANT  
GO TO A LOCAL FARMERS MARKET  
PLAY GOLF—MINIATURE OR ADULT  
GO KAYAKING OR CANOEING  
HAVE A KARAOKE PARTY AND INVITE FRIENDS  
RUN THROUGH THE SPRINKLER  
BLOW GIANT BUBBLES  
FACE PAINTING FOR KIDS  
SIT IN THE SUNSHINE AND DO NOTHING







# Summer Screen Time: Six Rules Your Family Needs to Set Now

Summer season is here and kids are excited to take a much-needed break from school, catch up on sleep, and most likely spend hours upon hours on their digital devices. With more time on their hands come more opportunities for them to plug in and play video games, scroll social media, watch YouTube and Netflix all day long. Although spending time online can provide entertainment and give your kids a chance to connect with friends, limits need to be set before things get out of control.

Now is the time to set specific screen time rules for the summer months ahead. Even adults understand how easily our screens can suck hours of our time if we don't put limits in place, so how on earth would our tweens and teens manage them without our help?

Before summer officially kicks in (And if it already did, then do this stat!), have a family meeting to discuss how the kids will be managing their screen time during these months. It's important your kids are included in the conversation, so ask them to give their input and work together to set detailed rules that will help provide healthy expectations for the season. The key is to end up with a non-negotiable guide to follow for these mostly unstructured months.

## **SOME IDEAS FOR YOUR FAMILY SCREEN TIME RULES MAY INCLUDE THE FOLLOWING:**

**Kids must complete their responsibilities before they plug into their screens every day.**

This rule will help your kids manage their time more effectively and address one of their most special talents- procrastination. No access to their screens until their daily 'to do' list is done whether that be household chores, summer school work, or any other important responsibilities they are expected to complete that day. If you don't trust that your kids will follow through with this rule while you're gone, you can change the password to your WiFi each night and tell them they can have it when everything is completed.

**Family meals and events are designated "screen-free" times.**

The slower more easy-going summer months often make room for more family time together. There are cookouts, celebrations, family reunions and special events that are often planned during this season. Make it a rule that no one is allowed on their devices during these family activities. You may want to have a basket or bowl to put everyone's phones in at the door so you are assured that the family is disconnected from WiFi and connecting to one another instead.



## **Set a designated evening cut off time for all digital devices.**

Summer often allows for later bedtimes which means kids are probably staying up well into the night while probably plugged into the online world playing video games, watching YouTube videos or a Netflix series, and connecting on social media.

Set a rule for all devices to be off every night at a specific time. Since these late hours are when most parents are sleeping, it might be a good idea to change that WiFi password before you go to bed so you are assured the kids comply with this rule.

## **Set up times for unplugged activities.**

Kids often spend much of their time at home during the summer months, and that leads to more media time. If they will be home for long stretches of time every day, set up a designated time frame for your kids to get offline and do something else for a few hours. Make sure you brainstorm activities the kids can participate in during this unplugged time based on their talents and interests. It's also important to plan regular family outings that take everyone away from their screens.

## **Get outdoors and stay active.**

It's easy for kids to lie around the house all day without going outside and staying active. Kids can look into some outdoor apps to increase their physical activity and take them on outside adventures. There are several different apps your kids can use for outdoor games, fitness goals, or nature adventures. The whole family can get involved too, with exploring wildlife, astrology, plants, insects, hiking trails, etc.

## **Use Apple's Screen Time feature to manage your kid's online activity.**

If you are concerned about what your tween or teen is actually doing on their digital devices, this is the app you need in order to track their online activity. The Screen Time feature will not only monitor all your kid's online behavior, but you can also use it to set up control restrictions for all their media use. You can schedule downtime where the device will shut down for a specific amount of time during the day, so rule #4 can be enforced. Review daily and weekly reports that assess how much time your kid is spending online and which areas they might be spending too much of their time and when.

It's easy to let summer fly by while your kids spend their days at home and much of their time online. Make sure you set some ground rules now so that their summer can have a good balance of spending time in the digital world and the real world too.

*Make sure you brainstorm activities the kids can participate in during unplugged time based on their talents and interests. It's also important to plan regular family outings that take everyone away from their screens.*

# 99 Best Summer Movies (Mother Approved)

Matilda	High School Musical	Lord of the Rings
Anne of Green Gables	Hugo	The Blind Side
Duck Soup	Old Yeller	Rudy
E.T.: The Extra-Terrestrial	The Princess Bride	Freaky Friday
Harry Potter (Sorcerer's Stone)	The Princess Diaries	Secret World of Arrietty
The Indian in the Cupboard	Willy Wonka	Arrival
National Velvet	Hoosiers	The Incredibles
The Red Balloon	Spellbound	Bill & Ted's Excellent Adventure
The Sandlot	The Wind Rises	Frankenstein
Beauty and the Beast (2017)	Wadjda	October Sky
Close Encounters of the 3rd Kind	Back to the Future	Star Wars: Episode VII
Fly Away Home	Gone with the Wind	Groundhog Day
The Hobbit	Hidden Figures	Indiana Jones/ Lost Ark
Ramona and Beezus	Holes	Rudy
Belle	Millions	Spider-Man: Homecoming
Maleficent	Akeelah and the Bee	Rogue One: Star Wars
Father of the Bride	Dan in Real Life	Elf
Remember the Titans	The Lake House	Frozen
Because of Winn-Dixie	The Rookie	Whale Rider
The Great Gilly Hopkins	Adventures of TinTin	Wonder Woman
The Fault in the Stars	Enchanted (Amy Adams)	Sense and Sensibility
Friday Night Lights	The Wizard of Oz	The Parent Trap (both)
Rookie of the Year	Soul Surfer	Bridge to Terabithia
I am Sam	The Sound of Music	Dolphin Tale
The Book Thief	Emma	Goosebumps
The Maze Runner	The Perfect Game	Jurassic Park
Gravity	Little Red Wagon	Mirror Mirror
The Spiderwick Chronicles	Moondance	The Game Plan
The Lion, Witch & the Wardrobe	Alexander	A Dog's Purpose
Hotel for Dogs	Superman: The Movie	A Christmas Story
Secondhand Lions	Cheaper by the Dozen	Max
National Treasure	The Karate Kid (old and new)	Nim's Island
	Cinderella (Ella & the Prince)	Spy Kids
	The Odd Life of Timothy Green	

# Specific Affirmations for Your Tween and Teens

What you focus on grows!



One thing I appreciate about you \_\_\_\_\_.

You did a great job with \_\_\_\_\_.

I'm grateful for how you \_\_\_\_\_.

Because of you, you've taught me how to \_\_\_\_\_.

I had such a nice time with you when \_\_\_\_\_.

This family wouldn't be the same without you're \_\_\_\_\_.

You put a lot of effort into \_\_\_\_\_.

I appreciated how thoughtful you were when \_\_\_\_\_.

Thank you for helping me with \_\_\_\_\_.

You showed character when \_\_\_\_\_.

I love having you around because \_\_\_\_\_.

You should win the \_\_\_\_\_ award.

What I love about you is \_\_\_\_\_.

You showed a lot of courage when \_\_\_\_\_.

You have a great sense of humor.

I love to hear your stories about \_\_\_\_\_.

I love your laugh.

You're really good at \_\_\_\_\_.

I love when we \_\_\_\_\_ together.

I love watching the joy on your face when you \_\_\_\_\_.

I learn new things from you everyday such as \_\_\_\_\_.

You have great ideas \_\_\_\_\_.

You've helped me to be a better mom and person because \_\_\_\_\_.

I am so happy you're my son/daughter.

You're the only YOU in the entire world and I'm so lucky to have you in my life.



# GET YOUR KIDS TO DO CHORES THIS SUMMER WITH THIS EASY TO IMPLEMENT IDEA!

Are you sick of feeling resentful and nagging your kids about helping out around the house?

You're not alone and there is an answer to help!

Chore charts are great but if you're like me I lack the consistency to keep up with them.

This is the **BEST** and **EASIEST** way that I have found to get your kids to do their chores this summer!

- This idea will spare you a boat load of resentment, is actually fun and gets the whole family involved in helping out.
- It's flexible and you can make it work to your specific needs.
- You can change it up based on what chores you need done each day.
- Your tween or teen can pick and choose their chores based on a first come basis or you can assign them.
- The sticky notes make it easy for the kids to “chuck” off their chores by tossing them in the garbage once the chore is done, which tweens and teens love to do.

## EASY DIRECTIONS:

Get a pad of multi-colored sticky notes.

Take a piece of paper and write every single thing you can think of that needs to get done around your house that your tween or teen can do.

Take your sticky notes and assign each member of the family with a color.

Divide and conquer: Take what's on your list and assign a few or more tasks a day to each family member (it helps to take into consideration what they each enjoy doing and their age).

Stick on the wall lined up under each name.

Give them instructions: “Take one sticky note at a time and once it's done you can throw it out. Keep on going until your sticky notes are gone each day. Once your chores are done you are free to do what you want (within reason).

Remind yourself that chores are an opportunity to teach your kids responsibility, caring for belongs, being a part of a team (the family) and learning important skills as they are inching towards adulthood.

**Note: Don't expect them to know how to do things. If they don't do it properly or up to normal standards, rather than criticize, show provide guidance and direction. Teach them how to clean, use the lawn mower and organize things, etc. And make sure to affirm them when they do a good job! Positive feedback is the best motivator of all!**

**Here's a list of summer chore ideas for your tween or teen:**

- Mow the lawn**
- Trim the bushes**
- Spreading mulch**
- Weeding the garden**
- Wash/vacuum the car**
- Clean outdoor furniture**
- Gather unwanted items to donate or sell at a yard sale**
- Make bed**
- Put clothes away**
- Change sheets**
- Organize closet**
- Sweep or vacuum bedroom**
- Put items where they belong**
- Water plants**
- Feed the pet**
- Walk the pet or clean litter**
- Vacuum a room**
- Sweep kitchen**
- Dust a room**
- Vacuum the furniture**
- Straighten up a room**
- Organize drawers**
- Take care of items for recycling**
- Take the trash out**
- Cook dinner**
- Go grocery shopping (driving of course)**
- Wash and dry laundry**
- Clean the kitchen counters**
- Empty the dishwasher or wash dishes**
- Clean the bathroom sink, mirror, and toilet**
- Wash windows**
- Clean refrigerator shelves and door; inside and out**
- Mop floors**
- Organize the food in the pantry**
- Sanitize surfaces**
- Organize the garage**
- Organize bookshelves**
- Write a note of encouragement to someone or send a thank you**