

Your Employee Assistance Program is a support service that can help you take the first step toward change.

Parent's Summer Survival Guide

Children have high expectations of the summer months when school ends and the days become warm and long. However, you know what usually comes next—plaintive cries of “Mom, I’m BORED! I’ve got nothing to do!”

Plan Ahead

A little planning can make a world of difference. Start early, as soon as you know the dates when your children finish school.

If you’re planning on summer camp, be sure to research the camps available in your area and, if possible, ask other parents which camps they recommend.

If your children will be spending the summer at home or at the cottage, you can still ensure that their summer is packed with new experiences, new learning and fun.

How to Ensure Your Children Survive the Summer

Fill in a summer activity calendar. Before school ends, book a night with your children to plan the summer. Make or buy a big calendar that covers the summer months, and share information on available activities and outings.

Invite your children to tell you what they’d like to do, then fill in as many days as you can with planned activities. Each week:

- Aim for an outing to somewhere new
- Plan for physical activity
- Include entertainment options
- Plan some activities with your children’s friends
- Include plans for quiet days at home

By planning a summer schedule in advance, you can rest assured that you and your children’s months away from school will be full of excitement. Be sure to involve your children in the planning in order to keep their interests at heart. And if you run out of activities, consult with other parents in your neighborhood to find out which activities work best for them.
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