

RESOURCE

Summer Survival: Tips + Strategies for Working Parents

Many working parents dread summer break. Whether or not you have activities or camps lined up, here are some ideas to help you keep your sanity and survive summer break!



01 Figure Out Schedule Ahead of Time

Engage your kids in the creation of calendars and activities. Look at your schedule starting with your non-negotiables (vacation, work, etc), then add the fun and activities. Determine what method works best to share your calendar with all family members - both the big picture and daily schedule.

02 Communicate at Home and Work

During shifts (like summer break), think about the 4 R's: responsibilities, roles, routines, and relationships. Communicate changes at work like hours, planned vacation, and changes in work needs. Communicate changes at home such as work hours and boundaries, expectations.

03 Say Yes to Fun Activities

Despite everyday life and work, summer is still fun and exciting for kids. Make a summer bucket list and find time for the fun little moments like puddle jumping, kitchen dancing, or playing frisbee at lunch.

04 Create Special Routines

There may be times your kids need extra TLC, build in new routines to spend time with them like coffee break dates, end of work activity of their choosing, or weekend plans to look forward to.

05 Build in Everyday Learning

You can include learning in everyday life at home. For example, take turns reading aloud, pick audio books, keep scrapbook of vacations, use a question jar at dinner, double cookie recipes for fraction practice, plan dinner and write lists, calculate back-to-school savings using percentages, or learn new technology.

06 Create a Daily Checklist

Create consistency and expectations with a daily checklist of things kids need to do, especially for older kids. Such as spend 20 minutes cleaning your room or other chores. This builds skills, executive function, and building new routines.

07 Engage Kids with Chores

This is the time to build those habits. Have your kids get used to folding laundry, making beds, changing sheets, unloading the dishwasher, walking the dog, or wiping down counters.

08 Be Flexible with Childcare

It's okay to ask for targeted help, for smaller children and older teens. Consider playdate and workday swaps, mini-camp with babysitters, library programs, rec programs, family sleepovers.

Summer Fun Reminders



09 Create Space for Boredom

Give your kids time to be bored! Boredom stimulates creativity and problem solving while allowing kids to explore their interests. Bonus: down time helps reset that parasympathetic nervous system which is a healthy practice for all.

10 Be in the Now

Remember, this is the time you can choose your attitude and mindset. Choose to be happy, seek moments of fun, and enjoy your summer vacation (it doesn't last for long)!



REMINDERS FOR SUMMER SURVIVAL

- Take what works, leave what doesn't.
- Most days won't go as planned, that's okay!
- Give yourself grace and speak up.
- Don't compare your summer to anyone else's summer.
- Keep priorities ("big rocks") in mind, not the small stuff.
- Recalibrate and re-evaluate those 4 R's at anytime: *responsibilities, roles, routines, relationships.*
- Downtime is needed for EVERYONE.
- Fun is only fun if it's fun for everyone (you included)!
- Fall is right around the corner - you got this.

Parento Provides Personalized Parent Experience

Three different offerings allow employees to mix-and-match what works best for them.



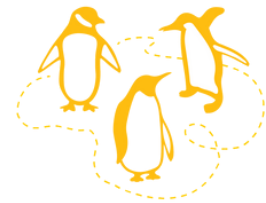
Parent Coaching

Virtual one-on-one sessions with an expert parent coach for help with work-life, parent questions and concerns, and high-touch emotional support at any parenting stage. Includes a postpartum anxiety and depression screening for all parents.



Parental Leave Pathways

Design and build a personalized birth, parental leave, and return-to-work plan alongside a parent coach and postpartum doula. Work together to identify and mitigate obstacles before and during leave, set communication parameters, and build your personal parental leave plan.



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