



Summer Fun for Families

Dear Preschool Parent,

Summer is here! Busy days of spring are melting into a lazy time of outdoor fun and family vacations. The extra time with warm weather keeps us busy and the longer days push our activities later into the evening with more daylight hours available. Summer is a time when routines tend to loosen.

As your family plans summer activities, I hope you will keep some of your more important routines in place to help provide security for your preschooler. When life is unpredictable, preschoolers tend to become less cooperative and sometimes a little anxious. Here are a few suggestions that will help lessen those tense moments.

Keep a routine as much as possible. Bedtime, mealtimes, and family time are secure, predictable routines in a preschooler's life. If you have to vary the place, try to hold to the time and continuance of these events. For instance, if you are visiting Grandma's house, try to keep the same wake-up routine or bedtime routine for your child. This familiar process will add security to her day.

Try some summer fun activities appropriate for preschoolers to give your family many hours of happy memories. One of the activities might even become a summer family tradition!

Work together as a family. Your preschooler will maintain her feeling of security when you continue to take her to Sunday School. She will be less fretful at separation time if you develop a routine of weekly Sunday School attendance. If you are visiting other cities or states on Sunday, consider attending church so your preschooler will learn that other people enjoy church together just as her family does.

Summer will quickly pass and your family routines will return.

We hope you enjoy your summer!



Shed Your Shoes

Take off your child's shoes and go on a walk outside. Let him feel the grass or sand under his feet. Try walking on other surfaces made of rocks, bricks, or concrete. It will be fun to experience the various textures and also help develop eye-foot coordination when balancing on different surfaces. Say words of thanks to God for healthy bodies.

Wagon Ride

Take a walk through your neighborhood as you pull your preschooler in a wagon. Talk about the sounds and sights around her. Stop to watch a bird or a neighbor's cat. Imitate the sounds you hear, like a dog barking or a horn blowing. Be sure to let your child walk when she is tired of riding. Thank God for the beautiful summertime.

Feet Painting

Put a bathing suit or old play clothes on your child. Put a small pan of washable paint and a large piece of paper on a hard surface outside. Hold your child's hand and allow him to step into the paint pan with his bare feet. Tell him to walk across the paper to make prints with his painted feet. He will enjoy watching the trail he leaves on the paper. Say a prayer sentence thanking God for your preschooler.

Sight Seeing

Take your preschooler for a ride in the family car. Point out things to her and name the objects she sees. Stop the car to spend more time observing interesting things like a flock of birds flying overhead or a neighbor taking his dog for a walk. People-watching can also be fun. Relate family members to the people your preschooler sees. Talk about colors and loud and soft sounds you hear. Take time to enjoy each sight. Say a prayer thanking God for your preschooler's eyes and ears.

Visit a Zoo or Aquarium

Visit a local zoo or aquarium with your preschooler. Enjoy the beauty of nature that God made. Share your excitement through your facial expressions and the pitch of your voice. Watch your child imitate your excitement and learn to express his feelings with words and smiles the way you do. Talk about how much God loves your family.