

LET'S FOCUS ON MAKING MEMORIES




Let's focus on creating positive and lasting family memories this month!

During May, we are often waiting for the school year to end and looking forward to what summer has to offer! This makes it the perfect time to think about ways to enjoy time with our families! Family time does not always have to be huge celebrations or big vacations. It's also the simple things in life that lead to family bonding and heartfelt memories.

Here are some suggestions for making those positive and lasting family memories this summer!

Summer Routines

Summer routines does not mean that you need to plan out every minute of every day all summer long. It can be as simple as going to the library on Mondays, having water play Wednesdays, or visiting grandparents on Fridays. The idea is that it's something special you and the kids can look forward to each week. Adding 1-2 special events to your weekly calendar is a great way to make fun memories !

Visit New Places

Summer is a great time to visit new places! You may have the opportunity to take a vacation to explore things outside of your hometown or you may not. Either way, there is much to be explored. Maybe you can explore a local park or walking trail or visit a nearby town. What about trying new foods or restaurants or a new ice cream shop? How about visiting a local historic landmark or National or State Park? There are endless ways to explore your world, whether it's close to home or far away.

Fun Activities at Home

Fun activities do not always have to take place outside of the home. Special activities can easily be done at home! For example, have relay races in the backyard or basement. Have a water play activity, even if that just means filling a large tote with water and having small toys frozen in ice to play with. You can do crafts at home or make cards for local nursing home residents. This may take some creative thinking, but it's definitely worth the effort! You can even ask the kids what they might enjoy doing at home!

Family Fun Days

Another great way to make family memories this summer is to have special Family Fun Days. These can be as big as going to a local amusement park or they can be as easy as having a family pizza and movie night at home. This can be something you do daily (ex. story time before bed) or something you do once a week (ex. playing a board or card game). You can even use some of the ideas discussed previously. Whatever you choose to do, the goal is to do something that everyone in your family will enjoy. This allows the entire family to spend time together and have fun shared experiences.

No matter how you plan to spend your summer, make sure you have some time to enjoy your family. This can be more challenging if both parents work outside the home, but it is feasible! Again, you may need to be a little more creative at times, but the memories are worth the time and effort!

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