

# HELP FAMILIES ENJOY THE SUMMER.

**Kids — and families — benefit from a summer that’s a balance of activities and times when they’re doing nothing at all.**

Summer can be a stressful time for families, as parents juggle school vacations and kids figure out what to do with their free time. Here are some good-to-knows to share with parents as they enter a fun — yet sometimes challenging — season.

## Screens help — but they can also hurt

Let’s face it: Smartphones, tablets and gaming systems can be great for keeping kids busy and entertained, especially when school’s out for the summer. But research shows that kids are spending almost 8 hours a day on electronics — and less than 6 hours a week outdoors.

**Encourage parents to look for ways to help their kids unplug now and then.**

## Not every minute needs to be planned

There are actually benefits to kids being bored: Unstructured time is an opportunity for kids to build independence and imagination, giving them space to be creative, problem solve, and seek out activities that they enjoy. **Share the benefits of boredom with parents, and that it’s ok to let their kids experience boredom sometimes.**

## Find activities for independent and together time

In addition to helping parents discover what their kids are interested in and care about, open-ended and child-driven ideas can help kids learn about themselves. **Ask parents about planning screen-free events that are good for everyone’s wellbeing**, like relaxed friends-and-family get-togethers or free community events.

## Use the *My Summer Badge Grab* activity materials

Designed to offer screen-free outdoor activities, the *My Summer Badge Grab* gives parents and kids ways to connect and plan fun things to do, plus build in breathing room for child-guided activities. **Share the materials and help parents get started!**



If you have summer classes or activities coming up, be sure to share these events with parents too so they can make the most of the services and connections your organization provides. You could even consider planning a special *My Summer Badge Grab* event to launch the season!