

Summer Values Planner

Gratitude

Spend some time reflecting on previous summers with your family. Write down a specific memory you are grateful for.

Reflection

Think about some of your best summer days - the ones that leave you feeling glowing and refreshed for one reason or another. Use the prompts below to help you reflect on what makes those days so great.

My kids _____

Myself _____

My spouse _____

Places and activities _____

State of my home _____

Food and drink _____

Other _____

Summer Goals

Ask God about your summer goals. What does He want you to work on this summer?

Personally? _____

As a parent? _____

What kind of devotion plan do you have for the summer? When will you do it? What will you be reading/studying?

Your Schedule

Summer requires a mix of structure and flexibility. Our days need a certain amount of order but also need to allow for those random, impulsive outings (which sometimes end up being the best memories!) Being well planned can allow for spontaneity in your family's life without the stress.

Weekdays

Look at your day in three parts: morning, afternoon, evening. How can you set up your day to balance quality time with the necessary tasks that keep your home running smoothly? What needs to get done? What do you want to do? What do your kids like to do?

Look back to the post on The Renewed Family titled "Your Kids Need Less Quality Time Than You Think". Use the 4 types of parent time (Provide, Arrange, Relate, Teach) to help you plan.

Mornings
Afternoons
Evenings

Weekends

Does anything change on the weekend? Consider how your family time looks different on the weekend and what changes this brings to your usual daily rhythm.

Weekend

Your Yeses and Your Non-Negotiables

Imagine a summer where you get to say YES to your kids as much as possible! Saying yes to your kids typically results in a happier kid and a less stressed out parent. Why not set yourself up to be a YES home this summer? In order to do this, you need to spend some time now thinking about your boundaries. What can you let slide? What might require a compromise? What are your non-negotiables?

Use the table below to plan your summer norms. Remember - your norms may look different than another family's. This is okay! Make a plan that works for your family and trust that others are doing the same.

Hint: It's a good idea to go over this with your spouse so you are on the same page.

<i>Screen Time</i>	<i>Food/Snacking</i>
<i>Wake Up/Bedtime</i>	<i>Other</i>

Questions to get you thinking:

- When can my kids go on a device? What can they do? (shows, learning games etc.)
- How much show time am I comfortable with?
- Do they earn their screen time or is it a given?
- Is the kitchen "open for business" all summer?
- Is there a snack/meal schedule?
- Can I offer a "YES" bowl? (Healthy snacks that kids can take anytime they want)
- What are my kids allowed to do in the morning?
- What should get done before breakfast? Before we leave the house?
- What time do the kids go to bed? Do they have to sleep in their own rooms?
- Do the kids have daily chores? Do you do chores as a family? Everyday? Once a week?