

30-day parenting challenge

FOR THE SUMMER

<p>1</p> <p>Celebrate summer with frosty treats! Ice cream and popsicles..mmm!</p>	<p>2</p> <p>Ask your child one word they would use to describe themselves, and tell them one you would choose.</p>	<p>3</p> <p>Spend the night stargazing; take a drive out of town if you want to get a clearer view.</p>	<p>4</p> <p>Take in a local ball game.</p>	<p>5</p> <p>Have a picnic — even if it's just in the yard!</p>	<p>6</p> <p>Try a GPS-guided scavenger hunt (geocaching) with your kids!</p>	<p>7</p> <p>Have a no-tech day and put down the phones, tablets, and TV.</p>
<p>8</p> <p>Ask your child what their favorite thing to do with you is.</p>	<p>9</p> <p>Practice gratitude have everyone name three things they're thankful for.</p>	<p>10</p> <p>Ask your child to teach you something new.</p>	<p>11</p> <p>Practice mindfulness.</p>	<p>12</p> <p>Do something nice for a friend or family member together.</p>	<p>13</p> <p>Develop and practice a safety plan with your children.</p>	<p>14</p> <p>Go on a nature walk — look for flowers, frogs, etc.</p>
<p>15</p> <p>Find a new food and try it together.</p>	<p>16</p> <p>Take a beach day, hit up a local pool, or just have a good old-fashioned water fight in the backyard.</p>	<p>17</p> <p>Find a book to read and discuss together.</p>	<p>18</p> <p>Do a project together like arts, crafts, or even home improvement.</p>	<p>19</p> <p>Rainy day? Make it special with movies, snacks, and games!</p>	<p>20</p> <p>Create a chalk mural on the sidewalk.</p>	<p>21</p> <p>Support local and hit up a farmer's market!</p>
<p>22</p> <p>Ask your child what they need more of from you.</p>	<p>23</p> <p>Plant flowers or work outside together.</p>	<p>24</p> <p>Create a photo album of all your adventures together.</p>	<p>25</p> <p>Ask your child what they are most proud of.</p>	<p>26</p> <p>Talk to your kids about alcohol consumption they're seeing this summer. Get age appropriate tips at parentslead.org</p>	<p>27</p> <p>Sit down and have a long dinner together.</p>	<p>28</p> <p>Start a family journal together- where everyone can contribute when they want to remember something special.</p>
<p>29</p> <p>Do a random act of kindness.</p>	<p>30</p> <p>Teach your child a new skill or chore.</p>	<p>For ideas on how to continue the conversation, visit parentslead.org</p>				