

Summertime Fun with Dad

Kids love playtime. Dads make play even more fun. Summer offers sunny days and warm nights. Make time for relationship-building activities with your kids. Create summer traditions and memories.

- **Read a book before bed or outside at night.** Create a summer book theme — history, travel, science, arts.
- **Create a favorite recipe or meal, and prepare it with your child.** It could be a special sandwich or “fancy dessert”. Make it every summer.
- **Give each child his own magnifying glass.** Explore nature - bugs, flowers, dirt.
- **Enjoy bubbles and bubble wands.** Discuss bubble shapes. Search the Internet for homemade bubble solution.
- **Be a coach for your child’s sports team.** Meet other parents and kids.
- **Organize a game day with your kid’s friends.** Create your own summer Olympics. Make it a learning experience. Research past summer Olympic games.
- **Build an outside fort.** Use boxes or blankets and a clothesline. Pitch a small tent. Spend an evening in and around your fort. Look at the stars. Catch lightening bugs. Tell stories. Eat yummy snacks.
- **Wash your car.** Provide plenty of buckets, soft rags and a hose. Kids love playing in water, and you will love your shiny car.
- **Plan a drive-in movie outing.** Prepare each child’s favorite snack to take along.
- **Make a summer picture journal.** Take pictures with your phone or camera. Print the pictures at home. Or, check local drug and other stores for discounts on printing. Check out Picture Book apps or sites on the Internet.



*Brought to you by Parent Help Line at HSHS St. John’s Children’s Hospital
to help keep kids safe, healthy and happy.*



Call the Parent Help Line. Help is just a phone call away.

1-217-544-5808 or 1-888-727-5889
10 a.m. to 10 p.m., 7 days a week
www.parenthelpline.org

Revised 2017

