



# HAVE A SATISFYING SUMMER

*Six goals to help you accomplish that*

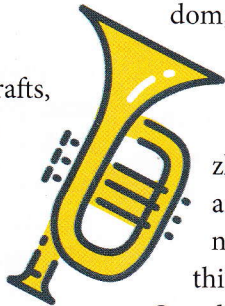
BY DR. PATRICIA M. MCCORMACK, IHM

## 1. Maintain a daily schedule.

Though summer days are more relaxed than school days, determine a time for wake-up, chores, play or free time, outreach (charity projects), learning (personal reading or tutoring), family time, hygiene, and bedtime.

## 2. Develop a hobby.

Pursue cooking, arts and crafts, a sports camp, a book club, babysitting, theater performance, or sewing. Learn a musical instrument, enroll in a class or online course, or read a book series.



## 3. Be faithful to spiritual growth.

Morning and nighttime prayer, grace at mealtimes, a prayerful environment on the food table, prayers of intercession during meals, participation in Mass on Sundays and the feast of the Assumption (August 15), and receiving the sacrament of Reconciliation are some ways of nurturing a relationship with God throughout summer.



Mass participation includes vocal prayer, singing, listening with the heart to the Scripture readings and homily, making a resolve for

the week ahead, reverent attention during the Consecration, receiving Eucharist, and taking time to make a thanksgiving after Holy Communion.

## 4. Encourage resourcefulness.

If your child complains of boredom, respond, “Be resourceful!” Resist the urge to problem-solve for him/her. Have on hand puzzles, art materials, books, and items of interest. If necessary create a chart of things to do: Write/telephone

Grandma, organize the bookshelves, make greeting cards for a nursing home, read to a sibling, alter the environment of the family prayer table/corner, make placemats for the next holiday, collect toys for the poor, help an elderly neighbor, and so on.

## 5. Prepare for the opening of school.

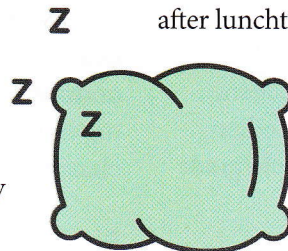
Two weeks before school opens, ease into the schooltime routines for rising and retiring. Purchase or prepare all school supplies. Have children prepare a heavy-duty cardboard box to be their “school box” for storing all school-related matters throughout the year.

## 6. Provide sufficient sleep time.

Insufficient sleep can cause irritability; angry outbursts; hyperactivity; listlessness; poor performance in school, sports, and games; and physical and social problems. Sleep feeds the brain; insufficient sleep drains brainpower.

Sleep needs may vary among individual children, but generally, in order to function effectively, preschoolers need 10 to 12 hours of sleep each night. Elementary school children benefit from 9 to 10 hours, and most adolescents need at least 8 to 9 hours.

If bedtime becomes problematic, try the following ideas: Avoid caffeine and high-sugar products after lunchtime; provide transition time, an appropriate warning signal, a wind-down activity, and a regular routine. Eliminate distractions. Dim the lighting and play soothing music or sounds. Be consistent. Hold your ground kindly but firmly, and let nature takes its course. **T**



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