

CONSIDERATIONS FOR SUMMER RULES AND ROUTINES “LITE”

ROUTINES	RULES	OUR PLAN - OR “CHECK” (WE KNOW WE’VE GOT THIS!)
Morning - including when/ how to wake up, get dressed, who/how/what for breakfast		
Lunch and Dinner - who, how, what?		
Screen Time/Device Management (Remember the opportunity costs if your child is on screens all day. What are they missing out on?)		Here’s the Family Media Agreement to help with your plan.
Chauffering (are there better times to take your child to activities or to see friends? Are there times that are off limits?)		
Chores		Household Responsibilities by Age and Stage
Parent Working at Home		
Having Friends Over		
Well-being Habits - Nutrition, Exercise, Getting outside, Reading, Hygiene		
Bedtime - When, How, Who		