



THE FAMILY TREE

Ways to Keep Your Cool in Summer

- 1. Simplify! Don't overbook your family during the summer!** More activities for them can also mean more running around for you! Don't overdo it.
- 2. Acknowledge your children's feelings.** Especially when they complain about being bored. Use phrases like "So, you're feeling like there's nothing interesting to do right now?" or "If you could do anything, what would you like to do?" This will go a long way toward helping them see you as a resource rather than an adversary. Then, start planning activities together!
- 3. Model the way!** Demonstrate when you are happy and also how to ask for quiet time when stress does wear you down. Don't forget to show how important compromise is during these busy times.
- 4. Plan ahead for the unexpected during the season.** Plan all outings thoughtfully; some summer attractions can be more crowded than usual. Trips that include children require age-appropriate preparation.
- 5. Reaffirm the true joy of summer for you and your family!** Celebrate your home, your free time and each other.
- 6. Come to The Family Tree's Keep Your Cool Family Fun Fair at Druid Hill Park on Saturday, June 6th from 1-4 p.m. It's free and there will be lots of things to do for parents AND children!**

For support, call The Family Tree's StressLine statewide at 1-800-243-7337.



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Resources for Families on Summer Fun!

To help families navigate the long, hot summer with children underfoot, please check out these resources to help find fun activities for you and your children!

- Baltimore's Child Calendar www.baltimoreschild.com/calendar
- Baltimore City's office of Recreation and Parks provides a booklet of summer events and classes. www.ci.baltimore.md.us/government/recnparks/index.html
- Visit the Baltimore Office of Promotion and the Arts. www.bopa.org
- Check out events at your local library – www.enochpratt.org; www.aacpl.net; www.bcpl.info
- Head to some of Maryland's "hot" local attractions:

www.thewalters.org - The Walters Art Museum

www.artbma.org – the Baltimore Museum of Art

www.mdsci.org – the Maryland Science Center

www.aqua.org – the National Aquarium

www.thebmi.org – Baltimore Museum of Industry

www.portdiscovery.org – Port Discovery

www.avam.org – the American Visionary Arts Museum

www.borail.org – the B & O Railroad Museum

www.ngbiwm.com – The National Great Blacks in Wax Museum

www.africanamericanculture.org – the Reginald F. Lewis Museum of Maryland African American History & Culture

www.baberuthmuseum.com – the Babe Ruth and Maryland Sports Legends Museum

www.geppismuseum.com – the Geppi Entertainment Museum

www.marylandzoo.org – the Maryland Zoo in Baltimore

These websites have fun ideas for summer activities at home.

- www.familymonth.net
- www.preventchildabuse.org
- www.childwelfare.gov
- www.bored.com
- www.familyfun.go.com
- www.momsminivan.com
- www.mainstreetmom.com
- www.funology.com
- www.travelforkids.com
- www.funbrain.com/kidscenter.html
- www.pbskids.org/cyberchase/games.html
- www.nationalgeographic.com/kids/activities
- www.nasa.gov/audience/forkids/home/index.html
- www.scholastic.com/kids/games.htm
- www.thekidzpage.com/

To find resources for child care in your area visit www.mdchildcare.org.