

HALT SUMMER CHAOS: Create Harmony in Your Home

Parents often experience anxiety as summer approaches – we reflect on what occurred after we heard, “School is out for the summer!” To kids, summer vacation is a time for play and less structure –freedom. We, parents, visualize it as a time when there is more clutter, noise, quarreling, disorganization, dirty dishes in every room, nagging about chores, accountability, LESS SLEEP and MORE WORK.

Parents, it is time to 1) *evaluate* what generally takes place in your home during the summer, and, 2) *set the tone* you want for your family.

- **Steps you can take to achieve harmony in your home:**
- **Set firm and consistent rules** - It helps to repeat, “You get what you get and don’t get upset.”
- **Instill the importance of group effort** - Everyone must pitch in and do their part.
- **Choose your battles** - Focus on what everyone is doing right, instead of “nit-picking” on what everyone is doing wrong.
- **Make time to have fun together** - The key to harmony is to slow down and enjoy the “down time” together.
- **Use the “L” Word often** - Show affection by saying “I love you”, give hugs, pats, winks and acts of kindness; and, encourage it of other family members.

Prioritize (responsibilities, activities, etc.)

Show respect to each other