

Family Activities that Make Memories

PARENTS
USE
YOUR
POWER



**Make
family
memories
a
priority
this
summer**

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A project of 360 Youth Services, Naperville School District 203, Indian Prairie School District 204, Naperville Police Department, Linden Oaks of Edward, DuPage County Health Department, Kankakee, Gateway Foundation, Marshall & Craig, McMorris, Naperville Police Department and 203 & 204 parents. Funded in part by IL Department of Human Services and City of Naperville.

When you think back on the best moments of your childhood, what do you remember? Most likely, it wasn't an expensive toy or elaborate vacation. Most great childhood memories involve laughter and loved ones. Creating those memories doesn't have to be complicated or costly—actually, the most valuable memories are often the ones that cost nothing more than your time. And don't worry, they're never too old for family fun!

Summer is quickly approaching and it holds 3 months of opportunities for families to create memories. Those days will fly by, so it's important to have a plan to capture as many memories as possible. Before classes end for the year, take a few minutes to sit down with your family to make a list of things you would like to enjoy together this summer. There are millions of possibilities, so it might be helpful to have some suggestions. The most important part of this time together is connecting, talking and being with your child. Here are some ideas to start the conversation:

1. **Nostalgia-** *share some of your favorite childhood memories with your child*
 - See a movie at the drive-in
 - Share some favorite "summertime" songs from your youth
 - Play one of your favorite childhood games
 - Ride a roller coaster
 - Play miniature golf
 - Win a prize at the fair
 - Catch fireflies
2. **Eat and Drink-** *enjoy these great memory-making activities that involve food!*
 - Pick berries at a local farm
 - Go get an ice cream cone
 - Roast marshmallows and make s'mores
 - Make lemonade from scratch
 - Make a meal together on the grill
 - Go to the farmer's market
 - Teach your children to cook your favorite dish
3. **Relax-** *the best way for kids to learn healthy relaxation skills is by practicing them with parents*
 - Nap in a hammock
 - Have a picnic
 - Sit on the porch and talk
 - Stargaze while lying in the grass
 - Watch a sunset from the beach
 - Bring a blanket and enjoy an outdoor concert
4. **The Great Outdoors-** *sharing fresh air and sunshine with your child is a great time to bond*
 - Swim in a lake
 - Go camping
 - Rent a bike
 - Go fishing
 - Go for a hike and look for wildlife
 - Go kayaking or canoeing
 - Toss a Frisbee
5. **Just because...** *spending time together is the most important thing!*
 - Take a last-minute trip
 - See a summer blockbuster
 - Read a novel together; discuss your insights
 - Take a walk in the rain
 - Make a play list of your child's favorite songs
 - Go to a ball game
 - Get to know your child's friends and their parents

Have a fun, healthy summer!



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