

# Great Ideas to Survive the Summer During COVID-19

From Dr. Deborah Groening-Rother, PsyD clinician and founder, Well Baby Center



The summer season has always been a special time for families to make magic memories, however, with camp cancellations and summer staples like museums and swimming pools closed for business, Summer 2020 is setting up to be emotionally exhausting for parents and a lot more isolating for children.

It's challenging, but you can still create wonderful family memories. In fact, our family relationships are more important than ever. So, what can your kids do this summer?

Try these relationship-enhancing, developmental and social-emotional activities:

- Nature-themed scavenger hunts
- Homemade play dough for happy messes
- Homemade bubble play using whatever utensils you have around the house
- Journal writing and art-making
- Mindfulness exercises
- Online groups and counseling – FREE or low fee offered at the center during this challenging time

You can do all these activities with your children by downloading Well Baby Center's FREE Parent Survival Handbook.

Why are these joining activities so important?

For starters, they provide important sensory input while they are limited in their physical activities outside the home, enhancing your child's ability to focus. And they stimulate the imagination while calming the nervous system. Most importantly, they enhance the parent-child attachment relationship through shared joyful activities.

- With many people out walking their dogs, write an inspiring message on the sidewalk using chalk or draw a beautiful picture.
- Camp out in the backyard or create a day at the "beach".

- Paint kindness rocks with complements to loved ones.
- Do some Gardening together. Dirt is very therapeutic!!!

Dr. Deborah Groening-Rother is a marriage and family therapist. She is founder of Well Baby Center; a nonprofit counseling center offering free and low-fee sliding scale mental health and supportive services for couples, individuals and families.