

# 30-day parenting challenge

## FOR THE SUMMER

<p><b>1</b></p> <p>Celebrate summer with frosty treats! Ice cream and popsicles..mmm!</p>	<p><b>2</b></p> <p>Ask your child one word they would use to describe themselves, and tell them one you would choose.</p>	<p><b>3</b></p> <p>Spend the night stargazing; take a drive out of town if you want to get a clearer view.</p>	<p><b>4</b></p> <p>Take in a local ball game.</p>	<p><b>5</b></p> <p>Have a picnic — even if it's just in the yard!</p>	<p><b>6</b></p> <p>Try a GPS-guided scavenger hunt (geocaching) with your kids!</p>	<p><b>7</b></p> <p>Have a no-tech day and put down the phones, tablets, and TV.</p>
<p><b>8</b></p> <p>Ask your child what their favorite thing to do with you is.</p>	<p><b>9</b></p> <p>Practice gratitude have everyone name three things they're thankful for.</p>	<p><b>10</b></p> <p>Ask your child to teach you something new.</p>	<p><b>11</b></p> <p>Practice mindfulness.</p>	<p><b>12</b></p> <p>Do something nice for a friend or family member together.</p>	<p><b>13</b></p> <p>Develop and practice a safety plan with your children.</p>	<p><b>14</b></p> <p>Go on a nature walk — look for flowers, frogs, etc.</p>
<p><b>15</b></p> <p>Find a new food and try it together.</p>	<p><b>16</b></p> <p>Take a beach day, hit up a local pool, or just have a good old-fashioned water fight in the backyard.</p>	<p><b>17</b></p> <p>Find a book to read and discuss together.</p>	<p><b>18</b></p> <p>Do a project together like arts, crafts, or even home improvement.</p>	<p><b>19</b></p> <p>Rainy day? Make it special with movies, snacks, and games!</p>	<p><b>20</b></p> <p>Create a chalk mural on the sidewalk.</p>	<p><b>21</b></p> <p>Support local and hit up a farmer's market!</p>
<p><b>22</b></p> <p>Ask your child what they need more of from you.</p>	<p><b>23</b></p> <p>Plant flowers or work outside together.</p>	<p><b>24</b></p> <p>Create a photo album of all your adventures together.</p>	<p><b>25</b></p> <p>Ask your child what they are most proud of.</p>	<p><b>26</b></p> <p>Talk to your kids about alcohol consumption they're seeing this summer. Get age appropriate tips at <a href="https://parentslead.org">parentslead.org</a></p>	<p><b>27</b></p> <p>Sit down and have a long dinner together.</p>	<p><b>28</b></p> <p>Start a family journal together- where everyone can contribute when they want to remember something special.</p>
<p><b>29</b></p> <p>Do a random act of kindness.</p>	<p><b>30</b></p> <p>Teach your child a new skill or chore.</p>	<p><b>For ideas on how to continue the conversation, visit <a href="https://parentslead.org">parentslead.org</a></b></p>				