

Conversation Bites from Safe Homes

from www.parenting.com

“Managing the After-school Crunch”

Schedule things in moderation and choose activities with a child’s age, temperament, interests in mind. If something is too advanced, the experience is likely to be frustrating. If it isn’t engaging, kids will be bored. And when kids do something solely to please their parents, it defeats the whole purpose.

Try to balance activities for all of your kids...and yourself! Think about the health of the whole family,

Set ground rules ... plan on kids playing one sport per season or limit activities to two evenings during the school week.

Keep a balance between activities that promote physical, mental, emotional and spiritual health.

Make sure to keep some weeknights free to allow for family meals..

If your children are becoming too stressed or burdened by activities, allow them *and yourself* to drop something.

Extra-curricular activities are only worth the effort if they add value to your child’s life.

