

Hopping into Spring!

The beginning of spring sports and nicer weather



The end of school is drawing near and spring sports have started! With the weather changing kids are wanting to spend more time outside and less time on their homework...can we blame them! Below are a few tips for making the transition into spring a smooth one!

Tip #1: Rearranging schedules to make time for outside fun!

There is no harm in adjusting schedules late in the game to ensure your kids are finding a new balance between homework and spending time outside. Maybe your children are used to doing homework as soon as they get out of school or are used to having a break before starting their homework later in the evening. Whatever your schedule, it is okay to make some adjustments with the weather changing and the daylight hanging around longer. Perhaps your child is better at getting their homework done while they're still in "school mode" and would be motivated by time outside following the completion of their work. Or maybe your child needs to blow off some steam following school and would benefit from time outside before starting their homework. Each child is different and you are the expert on your child! Have the discussion with your child before rearranging schedules, however, to prepare them for the change and establish expectations for completing homework.

Tip #2: Getting into the swing of spring sports!

Yay for spring sports and additional responsibilities! In all seriousness, its about time our kids focused more on their physical activity and less on video games, however the addition of sports can be stressful for both kids and parents alike. Not only do you have to factor additional drive times into your daily routine, but what if your child complains about attending sports and decides he or she doesn't want to participate. Let's focus on problem number one first. For those of you parents who have older children, consider carpooling with one of your child's friends who is also participating in the sport to cut back on drive times. Take turns with other parents in helping one another out! If your child decides he or she doesn't want to participate in the sport, consider attaching motivation to attending practices and participating in games. Set a time limit on the length of time you want your child to participate in the sport before deciding whether or not that want to continue with the activity. He or she may be hesitant about participating at first and then come to like it!

Tip #3: Cutting back on electronics

Just because the weather is getting nicer does not mean your child is going to want to take advantage of it. Try setting time limits on electronics to encourage your child to get out of the house! Even if he or she doesn't end up going outside once electronics have been turned off, it will require your child to get creative and find other interests within the home setting.

Two more months of school....we can do this!!

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