

Transition to Summer

[00:00:00] Welcome to the Peaceful Parenting Podcast. I'm your host, Sarah Rosensweet mom of three young people, Peaceful Parenting Coach, and your cheerleader and guide on all things parenting. Each week, we'll cover the tools, strategies, and support you need to end the yelling and power struggles, and encourage your kids to listen and cooperate so that you can enjoy your family time.

I'm happy to say we have a great relationship with our three kids. The teen years have been easy and joyful. Not because we're special unicorns, but because my kids were raised with peaceful parenting. I've also helped so many parents just like you stop struggling and enjoy their kids again. I'm excited to be here with you today and bring you the insight and information you need to make your parenting journey a little more peaceful.

Let's dive into this week's conversation.

Hey, all welcome back to another episode of the peaceful parenting podcast. We are heading into the end of the school year. It is late may and a lot of schools are getting out now or going to be getting out soon. And this time of year can be [00:01:00] tricky. So I've got a few things that I wanted to remind you about.

And also I have a few tips about summer, from my perspective, as a parenting coach working with thousands of families over the last 10 years. And of course from my own perspective as a mom, first I wanted to remind you that the end of the school year is a transition. Transitions can be tough for kids. They can bring up a lot of anxiety, especially if kids are moving from for example, kindergarten to grade one or first grade or from elementary school to middle school or middle school to high school, or even high school to college or gap year, if that's where you're at.

Especially in those transition years, there can be a lot of talk. You know, for example, in kindergarten you know, when you're in first grade this, or when you're in first grade that or when you're in middle school, it's not going to be like this. And of course, these are all coming from helpful teachers who want to prepare kids for the next step in their evolution as a student. However, it can also be very anxiety [00:02:00] inducing.

If your kid isn't in a transition year, it can still be a time of transition from the known of school. This is what we do every day to the unknown of summer. And

even though for us as grownups, we, we think, well, how can. The end of school, be a difficult time for kids, you know, they're, they're going to be done school.

They're going to be on summer vacation. So even just going from the, from, as I said, from the known to the unknown can be a time that causes some anxiety because of that transition because of that unknown. If this is resonating for you, if you think your kid has been having a harder time than usual.

I know in my membership. We've had a couple people show up and say, oh, my kid just seems to be struggling right now. And you know, not only are we heading into this transition time, but they've also been in school all year and it can be hard right. They're tired. And it's just been a long year. If your kid is having a little bit of an extra hard time right now, It could be that. Anxiety about the next steps or the unknown, or just tired from, having [00:03:00] been in school all year.

If that is you. You might want to check out episode 50 where we talked about that end of school year anxiety and transitions. And what you can do about it. And we'll also link to that in the show notes, but just, just so you know, you're not alone. You're not imagining things. This can be a difficult time anxiety.

And transition-wise the other thing that I wanted to say is this can also be a time of you know, report cards coming out. And you may be hearing from your child's teacher, your child is not where they're supposed to be. At grade level or there, you know, behind in this or behind in that, I want to remind you to just take a big, deep breath. We often have, especially at the younger years, we often have very high expectations. Of where kids should be academically and kids develop at different rates.

And of course, if you think your child is experiencing some challenges, like perhaps some learning disabilities, of course you want to look into that. I'm not saying that we ignore it. If our child is quote behind or. Not at grade level, but if you [00:04:00] think that your child is sort of typically developing and there's no. Red flags in terms of learning disability, it may be that your child is just, taking a little bit more time to learn, to read or catch onto the numbers or math thing or whatever. I think there's a lot of pressure on teachers. Shout out to all the wonderful teachers out there, but I think there's a lot of pressure. On teachers. Because of standardized testing and expectations from administration. That kids should be in a certain place.

And most teachers know that kids do develop at their own rate. Especially in north America, we tend to have a lot of pressure on early academics. So I want us to remember that kids do develop at their own pace. Trust the process, trust that your child. He wants to be a learner. We are born with this innate. Any drive to learn, right?

Where we're curious, we're exploring and look at any baby or toddler, and you can see that. It's the same for our kids who are school age, they do want to learn. So just trust that process, trust [00:05:00] that they are, where they're supposed to be. Again, as I said, if you do have a concern. That they may need some extra support for sure.

Investigate that. But just remember that your child is where they're meant to be at this moment in time. I just wanted to take another minute to talk about. The pressure that pressure, you know, I, I alluded to that a minute ago, but the pressure that we feel to have our children. B high-achieving right.

Or to be at a certain level. The research really shows that students from high quote, high achieving families, depending on what study you look at, they're either two to six times more likely to suffer from anxiety, depression, and substance use disorders. As they're looking at teenagers from high achieving families. Then then kids who are from, you know, average families, right?

So that pressure to achieve can be very damaging for children and their. Their happiness and their. Actual success in the world. Because it's hard to be successful. If you're suffering from [00:06:00] anxiety, depression, or substance use disorders. At the younger years, I think what that high achievement. Culture. Really. Makes us lose out on his play. So take some time this summer to really remember that what your kids need to do is play.

They've been in structured environments all year with school adult focused and adult organized activity. Of what that school is. If you're somebody who this is going to be impossible for you. Because you don't have any options other than to have your kid in day camp or daycare all summer, and you have zero options. Please, don't take this as a moment to beat yourself up because we are all doing the best we can.

However, if you do have any options and it's not too late, because your summer isn't already completely organized. I want to try to encourage you to take some time for play. So what would that look like? And I know today, That most kids are in camps. Most of the summer, this is actually something that I struggled with.

When my kids [00:07:00] were little, I was a stay at home mom. So I had no need for care in the summer, right. Because I was at home. However, most of my kids' friends had full-time working parents. And they did deep care over the summer. And what that left was no one for my kids to play with. So, we would maybe do a week or two of canoe camp or something like that, just for fun. But sometimes in the summer I would actually offer to take different kids. So that they could take a week off from camp and we could just have, park days and hanging out days and play days that may or may not be possible for you. But I would really love to see kids if possible.

And again, there's no judgment here. If your plans are already made for the whole summer. Or if it's actually impossible for you to do anything different than camp or daycare for the whole summer, but I would love to see kids in, a week to three weeks of unstructured. Time this summer some ways to make that happen. Hire a teenage babysitter, if you can.

You know, I think it's probably actually would be cheaper than day [00:08:00] camp. Hire a teenager to hang out with your kids at the park all summer. I remember when I was a teenager, we spent our summers babysitting and most of my friends also babysat in the summer. And we would actually get together with our friends and the kids that they were babysitting for.

And, and I'll hang out in the summer. I don't know if that's a. A bygone era or if teenagers do still babysit, but you may find some teenagers who love kids who would hang out with your kids for a week or two weeks. Another really fun idea. If you can take a week off from work. And you also have friends who could stagger taking a week off from work.

My girlfriend had kids earlier than I did. So I didn't even have kids when this was going on. But her daughter had this little group of three best friends. They must've been around 6, 7, 8 at the time and they made up something called do what you wanna do camp. So again, it was do what you wanna do camp. And one week one parent would have all three kids and they would do field trips. Go to the beach, go to the park, hang out, playing the sprinkler.

And then the next [00:09:00] week, the other parent would have all three kids. And they did that for three weeks in the summer. I'm not saying there's anything wrong with camp. I should've said that right off, right at the beginning. There's nothing wrong with camp, but it's more structured activities.

It's sort of like school in a certain way where everyone's doing things at a certain time and there's not that space for free play. And free play is so

important. Free play is shown to be essential for emotional cognitive social. And physical wellbeing research really, really shows that. That kids need free play to develop. Two there. Highest potential in all of those areas, free play is absolutely essential and free play is play that is not organized or structured by adults.

Kids do need time to do that. If you can. Try to have some time this summer where your kids are not in structured activities. Where you either trade off with somebody else or you, do the, do what you want to do camp, or you [00:10:00] have a teenage babysitter. But have that, if you can have that time for kids to just hang out and play and be kids. I think, , again, talking about the achievement culture. There is so much pressure to keep up the academics during the summer. Really though when we put in too much academics or too much. Enrichment activities.

Again, the adult adult structured stuff, it takes away from free play. And, you know, I am such a fan of reading. I think just reading to our kids all summer. And you know, finding ways to naturally encourage them to keep their new, their numeracy skills up. Through baking or playing games that have numbers in them.

We can do that without it being a pressure environment. So read books, read chapter books. Remember that play is the most beneficial thing that we can give our kids in that free play, especially it's the most beneficial thing that we can give them. And if this stuff is too late for you, I should [00:11:00] have maybe told you earlier, but if it's too late for you for this summer, Make a note next year, when those day camp signups are happening to try to work in a week, two weeks, three weeks of unstructured time for your kids.

I consider myself. A champion of children. And I do that through supporting you. I would love to support you to be able to give your kids the gift at least a week or two of that old fashion summer where they're bored. And they make things up because they have no choice because nobody else is organizing their time.

And really, I think that's going to have the best outcome for our kids. Let's call it a low achieving summer. So let's go for that low-achieving summer and watch our kids just blossom in that freedom and that playtime. And I hope you have a wonderful summer. But we'll see you next week.

Don't worry. I'm not going anywhere. Enjoy the, these last days of spring into summer. And these last days of school, again, check out episode 50. If you are

finding some end of school year, anxiety is popping up for you and we will see you [00:12:00] next time on the peaceful parenting podcast.

Thanks for listening to this week's episode. I hope you found this conversation insightful and exactly what you needed in this moment. Be sure to subscribe to the show on your favorite podcast platform and leave us a rating and review on Apple Podcasts. Remember that I'm rooting for you. I see you out there showing up for your kids and doing the best you can.

Sending hugs over the airwaves today. Hang in there. You've got this.