

# Summer Pandemic Planning: Activities that Promote Warm, Positive Parent-Child Connection (Root 1)

Prepared by The Purposeful Parenting Team at Southeast Psych



You can have a summer full of fun and meaningful memories with less stress, despite the pandemic. Here are activities that promote Root 1 of the 7 Guiding Principles to Parenting with

## PURPOSE:

Activities & play that promote warm **P**ositive parent-child connection:

- Engage in **regular one-to-one play with your child**. Play games that **your child enjoys**. Get on the floor and play with Legos or American Girl Dolls, sort Pokemon cards, do arts and crafts, play with or watch your child play Minecraft or Roblox, etc.
- As a family, create a “**Family Summer Bucket List**” of activities and games that are enjoyable for all.
- “**Family Game Night**” -- pick your favorite board game or create fun “Kids Versus Parents Minute-to-Win-It” challenges such as: build the tallest Lego tower, ping pong ball toss into cups, trivia question, cup stack, etc.
- “**Family Field Day**” -- good old fashion fun with outdoor events like water balloon toss, egg & spoon race, obstacle course, crab-walking race, backyard bowling, Limbo, etc. Get creative and make your own events.
- “**Family Fun Projects**” that are hands-on and interactive -- e.g., cooking, baking, puzzles, building & painting a birdhouse, creating a raised garden, building a backyard zipline, planting a garden, etc.
- Read the same book and discuss -- make a “**Summer Book Club**” with your child and invite cousins and other family members to join via zoom.
- **Play a video game with your child** -- although electronic time can often be used as a “parent break,” engaging in this activity together can promote interest in their chosen pastime.
- Take a walk together, go for a hike, or go on a bike ride -- **outdoor activities** are great for fresh air, exercise, and family bonding!
- **Make a photo album** -- you know all those pictures that you have *always* been meaning to do something with? Now is the time! Plus, kids love to hear stories about “when they were younger.”
- **Write and illustrate** your family story together -- call up grandparents, make a family tree, use family pictures...even search genealogy sites. When it's done, make copies and send it to family members.

Check out these additional resources for more ideas to bond and connect as a family:

- Greater Good In Action: Science-Based Daily [Wellbeing Practices](#) for promoting connection.
- CommonSense Media: [What to Watch, Read, and Play with Your Kids While Stuck at Home](#)

Go to [MyPurposefulParenting.com](#) or Follow Southeast Psych on Facebook and InstaGram for more family summer fun activity ideas and Purposeful Parenting Tips for kids in all ages and stages.

**Purposeful Parenting Program** provides parents with the **key knowledge** and **practical skills** for **what matters most** in parenting.