

**I'm Soooo Bored!
Keeping Kids Entertained This Summer**

What happened? Suddenly, the Fourth of July is over and the excitement of the first few weeks of summer has worn off. Without the structure and stimulation of the school year schedule, kids can get antsy and bored very easily.

Here are some ideas to help beat summertime boredom and help parents keep their sanity.

1. First of all, acknowledge that your kids' feelings are valid and summertime sometimes *can* be boring but it doesn't have to be. This will position you as a partner not an adversary.
2. Pull out the calendar and help your children come up with a game plan for their own summer. By putting the responsibility of planning activities (with your help of course) your children will feel ownership over how they spend their time - and whether or not they are bored.
3. Help your children create a list of goals for the summer. Then help them construct a plan to reach that goal. (i.e. Get 25 baskets in a row in the basketball hoop might be accomplished by practicing every day for 1 hour).
4. Find a listing in the paper or at the library of events happening around town. Have your children read through it and pick out things they want to do. This will keep them reading and also engaged in planning their own fun.
5. Mix things up a bit. Go to a different pool, play with different kids from school or explore a different park.
6. Set aside time for activities you and your children can do together. Sometimes "I'm bored!" really translates to a cry for attention or companionship.
7. Create an "In Case of Boredom Emergency" box. You and your kids can come up with items or games that you can put in the box and tell them you must save it for cases of extreme boredom only. This will help your kids gage how "bored" they really are when they say they are bored!

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