

Let them Design Their Own Days—A Permission Slip for Parents

For parents and children, this time is really a homecoming. Coming home to our families and coming home to ourselves. My opinion is, let your children create a balance between self-growth activities (reading, baking, writing, drawing, painting, creating), movement and exercise (family walks, playing physical games, dance parties), and community growth activities (neighborhood clean-ups, offering up support, writing/drawing for someone who needs some cheer). Most importantly, let kids design their own schedules (within your parameters). Let them be a little bit bored—being bored is a quiet luxury that many in this generation have not experienced. Boredom is a rich garden for creativity to bloom. It is OK if your child is not doing a packet of work from school. This break will likely help us all return to some of the most important aspects of living, loving, and learning—none of which have ever been found in a packet of worksheets.

Sending you big love and warm inclusive wishes!
Julie Causton, Ph.D.



Signed: _____

Dated: _____

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