

Extension Tip of the Week

The Iowa Commission on Children, Youth and Families distributed a list to encourage ways to spend time with your family and to let them know you understand and appreciate them. Be sure to be sincere and generous with your praise to your children!

Here are some summer ideas to promote family fun!

- Make a list of what each family member would like to do this summer, narrow it down to what will work in your schedule and put it on the calendar!
- Clean out the garage together
- Visit a greenhouse and plant a garden
- Have a bonfire and roast hotdogs and marshmallows!
- Mow the lawn of someone in need or in poor health
- Swing on swings
- Play old fashioned games such as hopscotch, kick the can, gunny sack races or "mother may I"
- Try a new sport such as canoeing, horseback riding or fishing
- Start a rock collection
- Play yard darts or croquet
- Organize a neighborhood picnic
- Change roles for the evening
- Visit neighboring towns and see what they have to offer! You can drive or check out their website!

Have Fun!!!