

## Got those Summertime Blues...?

The air outside is stagnant, the cicadas are chirping, the sun is beating down through the still air, and the kids...the kids are draped over the family room furniture like cast off blankets. Then the whining begins.

Mommmmm, we're BORED! Sound familiar? I reply, "Go outside and play." Hope springs eternal that they might do just that. But no, that would be much too simple.

I remember the days when a Saturday morning meant sleeping in, coffee in bed, basking in not having to grab my travel mug and rush out the door to make it to my office on time.

Reality crashes in as the complaining continues, the laundry lays piled up on the laundry room floor, the beds unmade, and I'm already exhausted, even though I've been up a mere two hours.

What to do? I head downstairs to the cool dark basement. Surely there is something I can come up with among the shelves of stuff to keep these little people we created busy for some reasonable period of time.

Aha! There is our old camping tent we haven't used since our college days. I spread the tent out on the floor and get all the parts laid out for assembly. This could work, this could be good! No tent? Drag some chairs together and get out those blankets in the linen closet! Add in some camp songs and games! Find ideas here at [www.campsongsandgames.com](http://www.campsongsandgames.com)!

Have a box of chalks on those shelves? When the kids are done with their camping adventure, (and you have the beds made and a load of laundry put in the washer in relative peace) send them out to the driveway for a sidewalk chalk art contest! Find art ideas here: [www.sidewalkart.com](http://www.sidewalkart.com) and BOOM! You have time to sit down to get in a couple of chapters of that book you've been dying to get back to!

Don't forget to put the sprinkler out first, so your messy little artists can have some cool off time after the chalk art is finished...and throw in some balloons for a balloon toss!

We hope these summer activities help you to get your creative juices flowing when it comes time to find things for your kids to do on those long, seemingly endless summer days. We, here at Happy Days In-Home Day Care, are always here to support you. We are parents too, and we understand the frustration of the "we're bored" syndrome. Share some of your own great summer fun ideas on our social media pages or in the comments below. Check out our blog archives for more ideas on summer activities for your family and information on our awesome staff if you find the need for an extra set of hands and some much needed "you time" right at home!!

Happy Summer, Portland Moms!!  
Chill the wine, brew the tea,  
Cheers!