



MAKING MEMORIES WITH LESS STRESS



Family Fun List

DITCH DOING "ALL THE THINGS"! ROUND UP THE FAMILY & LIST OUT THEIR FAVORITES.

Here are some kid-friendly ideas, events, attractions and ways to be ForTheLou.
Tip: Let the kids help plan the fun and how to mark the moment.

AND, DON'T FORGET...

- Add in regular one-on-ones where you play whatever THEY want to - even if it's just for 15 minutes.
- Family-friendly summer fun activities are being added to the event calendar. Check back often!
- Baptism at The Crossing is June 23 from 5-9PM and is a great Christ-centered, family-friendly experience



Family Rhythms

KIDS THRIVE ON ROUTINE. CONSIDER RELAXING OR REIMAGINING STRUCTURE RATHER THAN REMOVING IT.

ENRICHMENT

Embrace boredom! Create and equip spaces where kids can go to learn something new or practice something they enjoy doing.

TECHNOLOGY

Build wisdom & courage! How? Check out Tech-Wise Family: book, summary, podcast, commitments and summer tips.

BEDTIMES

Stay healthy! Getting enough sleep keeps our bodies - and emotions - ready for anything!

RESPONSIBILITIES

Celebrate family! Assign household chores to be done before play begins.