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Practical Guide

Making Summer Holidays Work for Your Family



Holidays don't need to be perfectly planned. A little structure mixed with plenty of flexibility can help everyone enjoy the break.

1. Keep a few familiar routines
Try keeping meals, bedtime and morning routines reasonably consistent.

2. Show children what's happening
Talk about the day ahead or use pictures to show important activities and changes.

3. Plan active time
Include opportunities to run, climb, swim, dance, walk or play outside.

4.Practise everyday independence
Encourage your child to dress, pack their bag, help with snacks or tidy away their belongings.

5.Allow downtime
Busy days can be tiring. Balance outings and activities with quieter time at home.

6. Keep it realistic
Not every holiday moment needs to be an activity. Simple everyday experiences provide plenty of opportunities for children to learn and connect.

Get support from our children's therapy experts today!

enquiries@bestchance.org.au | 1300 224 644

Officer | Truganina | Notting Hill

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Easy holiday ideas!

Make a picnic together

Visit a playground

Cook something simple

Go on a nature walk

Have a family games afternoon

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