

Do come and tell us how you are getting on too....

 [www.kiddycharts.com](http://www.kiddycharts.com)

 [www.facebook.com/kiddycharts](https://www.facebook.com/kiddycharts)

 [www.twitter.com/kiddycharts](https://www.twitter.com/kiddycharts)

# Surviving the Summer Checklist for Parents

Get some time to yourself

Go to a softplay to sit down..

Out of the house twice a week

Don't beat yourself up if they watch a bit of telly

Speak to someone other than the kids

Don't be over ambitious

Get some playdates lined up

Get time with YOUR friends too

Find affordable childcare if you're a working parent

Keep Drinking; even if its cold tea (not gin!)

Have a Plan A, and a Plan B

Go to the loo on your own

Check email; work ones if you need to to keep sane

Buy a KiddyChart to help with child behaviour

Do something creative

Custom: \_\_\_\_\_

