

# A Benefit For You

BEST CARE EMPLOYEE ASSISTANCE PROGRAM



## EAP Notes Schools Out for the Summer

Ask a child, "What's your favorite part of school?" and the response is often **summer vacation!** Kids look forward to it all year, however, creating a memorable experience for your child while working full-time can be a challenge. Today, parents are working more than ever before. In fact, according to the National PTA, there are 30 percent more dual-income households today than in the 1970s and 27 percent of children are from single-parent households.

The following are practical tips to keep your children occupied while you're at work.

✳️ **Create a family bond.** Spending time with grandparents, aunts, uncles and cousins can be an exciting experience for young children. It's important to surround your child with fun, interesting and positive people to provide interaction and adult supervision.

✳️ **Utilize community groups.** Parks and recreation centers, camps, churches, university athletic departments, the YMCA and health clubs offer day camps and activities. These groups are accustomed to planning activities for children and can help make the school break go more smoothly.

✳️ **Get Creative.** Having art and craft materials on hand as well as project ideas readily available for your children can provide hours of entertainment. Art projects, library books, educational videos and software help to keep their artistic juices flowing.

✳️ **Plan a vacation.** Give your child something to look forward to by planning a family summer vacation. Get the kids involved by having them help plan the trip and activities.

✳️ **Take care of you.** The most important thing you can offer to your children is your health and energy. Remember to balance your work and family responsibilities so that you don't become overwhelmed or burned out. Even taking a few minutes alone during the day can help re-energize your spirit.

### If children will be spending time home alone:

Make sure your child is mature enough and feels comfortable at home alone.

- Educate your child on what to do in case of an emergency or fire.
- Leave a number where you or other trusted adults can be readily reached.
- Leave prepared meals and a list of possible snacks.
- Make a list of fun activities.

*Remember your support network is only a phone call away. Your Best Care EAP can help you balance work and home challenges. For a confidential appointment with a professional counselor please call, (402) 354-8000 or (800) 666-8606.*

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