



Stress free
Summer With
Kids
2022

SUMMER TOOLKIT

Darlynn Childress
CALM MAMA COACHING

A Note From Darlynn

Hey Mama,

Summer is here. And as much as summer brings freedom and less-structure, it also brings increased demands on parents, especially us Mamas.

Extra snacks, lots of meals, late nights, long road trips, sand toys, boredom, hot weather, stress about water safety and a lot less time for yourself, can be a recipe for exhaustion and resentment.

The summer doesn't have to be like that. When school starts again in the Fall, you don't have to limp across the finish line. Instead, you can wrap up Summer 2022 with a bucketful of good memories and feel rested and connected.

This training is designed to help you create a plan for the summer that will set you up for a calm summer filled with joy and peace - and avoids burnout!

This training has 3 parts

1. **Summer Mindset:** Create an intention for the summer and design your ideal day. Mindset is all about setting your mind to think and act in specific ways.
2. **Summer Plan:** Make a plan for screens, sweets, sleep, showers and self care. Predictable rhythms and some house rules make calm and peaceful moments happen more often. When life goes sideways (which it will), your plan will get you back on track.
3. **Summer Confidence:** Know exactly how to overcome boredom and other parenting obstacles.

This toolkit provides everything you need for creating a summer you will want to remember. Start planning your summer...right now

You've got this, Mama!

xo,
Darlynn



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10 years from now, you aren't
going to say:

I wish I had spent less time with my kids.

I wish we had done fewer fun things as a family.

I wish I had been more stressed about screentime.

YOU WILL SAY...

I wish I had been more present.

I wish I laughed more.

I wish I enjoyed my time as a mom.

I can't believe how fast it went by.

WHY NOT DECIDE TO
ENJOY YOUR KIDS RIGHT
NOW?

Day 1

Stress Free
Summer Mindset

Your Ideal Summer Day

Imagine you've got a whole summer day with your kids, and there are no sibling squabbles or any behavior problems. A day that just flows easily. An ideal summer day, with perfect weather.

What would make a summer day dreamy and fun to you? Would you head to the beach or a local lake? Go for a bike ride or hike? Turn on the sprinklers and let the kids splash and play? Sit by the pool (in-ground or kiddie pool - whatever you've got!)? Water balloon fight? Movie time? Quiet reading? Baking? Crafting?

Write about your ideal summer day - an entire day where you don't feel angry, frustrated, overwhelmed or checked out. A summer day that flows with easy mealtimes, clean up, screen time and bedtimes. Be as detailed as possible.

What are the primary feelings you feel during your ideal day?

Stress Free Summer Mindset

What does Mindset mean?

Intentionally choosing to think thoughts about this summer, you feel better and take actions that reflect the results you want.

A Stress Free Summer Mindset starts with an intention.

Let's create your intention for this summer right now.

Bucket List Time!

What are 5 things you want to do this summer?

	With Your Kids
1	
2	
3	
4	
5	

	For Yourself
1	
2	
3	
4	
5	

What feelings do you want to have this summer?

Choose 3 feelings you want to chase.

	Your Kids
1	
2	
3	

	You
1	
2	
3	

Feelings to chase: Peace, joy, calm, fun, hope, support, connection, strength, acceptance, kind, generous, loving, open, positive.

How do you want to act?

Choose 3 specific actions you want to take with your kids this summer?

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(examples: smile more, be patient, laugh, play, not yell, speak kindly, ask questions, be silly, etc.)

Intentional Thoughts

To feel the way you want to feel and act the way you want to act, choose thoughts that make you feel better.

Pick 5 thoughts that you want to borrow for the summer. Write them on a post it note. Then rewrite them every morning.

- *I'm a great mom.*
- *I love hanging out with my kids.*
- *I can spend time with them doing simple things.*
- *We don't have to do something special to make great memories.*
- *Sometimes simple is best.*
- *Simple makes things easier for me!*
- *I can have a great time, even if my kids are complaining.*
- *I get to choose to think and feel how I want.*
- *This season of my kid's life is temporary.*
- *Summer is short.*
- *Someday they will be grown up.*
- *I won't remember the laundry I didn't finish putting away.*
- *I want to remember this summer with joy.*
- There's nothing wrong with me.
- All of this is normal.
- Mindset shifts take time.
- I'm a work in progress.
- Peace in this home is possible.
- I'm 100% committed to my intentions for this summer.
- I'm not alone.
- The more joy in my thoughts, the more joy in my actions.
- I like my kids.
- It's fun to play.
- I can take excellent care of myself.
- I am an amazing mom right now. Exactly as I am.
- My kids can figure this out.
- My kids love me.
- My kids are doing their best.
- Behavior is an expression of emotion. Feelings drive actions.
- Tomorrow is a new day.
- I have permission to take care of myself.
- I have permission to pause.
- The more present I am in this moment, the more joy I will feel.

What do I need to be thinking and feeling RIGHT NOW
to create THE MOST JOY for myself and my kids?

- Kids are so immature! Kids grow up!
- I can handle this.
- I get to be me.
- I want to show up as a loving mom.
- Joy is possible.
- This is fun.
- I will miss this one day.

THIS IS WHAT I ASK
MYSELF WHEN I
WANT A MINDSET
SHIFT.

Shifting Your Mindset

There are going to be moments when you get stuck in a funk. That's ok. We all have negative thoughts that create negative feelings. Don't judge yourself. Allow yourself to feel whatever you're feeling. Feelings are temporary.

When you're ready for a mindset shift, notice the thought you have that is creating your negative emotion. Then reframe that thought to one that feels better.

Here are some examples of how you can reframe your thoughts to help you shift.

#1 When you are feeling **overwhelmed**
Stuck Thoughts: *I can't handle this. It's too much to be with kids all day, every day. There's no way I can do another day.*

Shift Thoughts: *Today is hard. That's ok. I only have a few more hours until bedtime. I can handle a few more hours.* New feeling: Confident

#2 When you are feeling **angry**
Stuck Thoughts: *These kids are so rude and ungrateful. They are brats actually.*

Shift Thoughts: *My kids are young. Their brains aren't fully developed. This behavior shows me they have a lot to learn. I can teach them how to be in a family. I'm going to do something about this behavior...tomorrow, because I'm too tired today.* New feeling: Hopeful

#3 When you are feeling **resentful**
Stuck Thoughts: *No one appreciates me. I'm the only one who does anything around here. I feel like a maid/cook and I hate that.*

Shift Thoughts: *The world will not fall apart if I stop cleaning and cooking for today. It's ok to have cereal for dinner again. I want a plan to get more support from my partner and kids. I'm going to reset some limits and routines so that this summer works for me. It's worth the trouble because my sanity is worth it.* New feeling: Supported

your turn

I am feeling _____.

My Stuck thoughts are:

My Shift Thoughts could be:

My new feeling is _____.

Day 2

Stress Free
Summer Plan

Stress Free Summer Plan

HOW DO YOU WANT YOUR DAYS TO FLOW?

In the summer, there's a temptation to let things be super free-flow. That's awesome if it actually works for you. For most moms, too much free-flow only creates a feeling of overwhelm and stress.

Routines are the tools you use to make your day to day life flow with ease.

Think of routines as the things that come up every day. Some examples are meals, tidying up, bedtime, screen time, bath or showers, drop offs at day care or camp, pick ups, and your self care.

When routines in a family are predictable, there is less confusion, negotiation, threats and arguing over basic things. Your kids might protest the routines, but the intensity and duration of this protest will be easier to manage when you are committed to your routine.

The areas of parenting that create the most frustration during the summer are:
Screens | Sweets | Sleep | Showers | Chores | Self-Care

Which area do you think will be the most frustrating for you this summer?



start
with
this
one

On the next few pages, I've listed the 6 basic routines that come up in a family each day.

Spend a few minutes thinking through the questions to decide what you want this summer to look like.

No matter what the parenting experts say, **you don't have to be consistent** by doing the same things every day. That's not possible, especially in the summer.

You can decide your summer plan for these areas every morning. **The point here is that you feel like you have the ability to set up your days in a way that works for you.**

For example, imagine you've noticed that no one has cleaned their room all week, and your kids haven't actually washed their hair for days.

You can set up a routine for that day by setting a limit that establishes a plan for that day by using the Limit Setting Formula.

It would sound like this, "*Hey kids, we can [watch a family movie/go to the pool/use the ipad/do a bonfire tonight/or whatever you've planned], as long as your room is clean and your hair is washed before 1:00.*"

Having a plan for what you want will help your kids know what's expected of them. And that means fewer conflicts for you and more fun for everyone!

Routines That Work For You

SCREENS How many hours a day total do you want your kids to use technology? How many hours at a time? When are ideal times for your kids to use screens? Which devices are ok and when?

SWEETS Do you want to have set times for meals? When would those be? Are kids expected to sit at the table? For how long? If you are ok with grazing, what are your kids allowed to eat? When? How much?

Sleep What time do you want your kids to be in bed, lights out with you out of the room? What time do you want them to get up (especially teens)? What rhythm works best for you - kids staying up late with you or them going to bed early so you have kid-free time?

SHOWERS/HYGIENE How often do you want your kids to bathe? Wash their hair? What are your expectations for appropriate attire in the summer? What are your rules around teeth brushing (when and where)?

CHORES How can your kids help you keep the house clean? What chores do you want them to do daily? Weekly? Monthly? What are your expectations for tidying up between activities or before going somewhere?

SELF CARE What time of day do you like to have for yourself? How much time do you need to feel rejuvenated? Who can you ask to support you in creating time and space for you to take care of yourself?

this is the most important one

How to Create a Routine

Setting limits is the key to creating routines.

Limits are statements you tell your kids about what they can do or have and under what conditions.



LIMIT SETTING FORMULA SCRIPTS

You can...as long as...

You may...once you've...

You are welcome to... as long as...

Feel free to...after you've...

I will be happy to ... as long as ...

I will ... once you've....

GENERIC LIMITS FOR EVERY SITUATION

You are welcome to [blank] as long as no one gets hurt & it doesn't cause a problem.

I am happy to [blank] as long as there are no problems.

HERE ARE SAMPLE LIMITS FOR SUMMER ROUTINES

Screens: You are welcome to use your device as long as there are no problems getting off.

Sweets: You can have one sweet treat today as long as you eat a piece of fruit.

Sleep: I'm happy to read books to you as long as your teeth are brushed and you're in your pajamas before the timer goes off.

Showers: You can go swimming tomorrow as long as you shower off the chlorine today.

Chores: You are welcome to have this toy back after you've done your chores.

Self Care: Mommy will play Uno with you after I've done my exercise video.

Day 3

Stress Free
Summer Confidence

Overcoming Obstacles This Summer

There are going to be moments this summer when you feel super overwhelmed and have NO IDEA what to do.

That's normal.

In this section of the toolkit, I'm giving you specific strategies for all the tricky parenting moments that come up during the summer.

WHEN YOUR KIDS WON'T STOP BICKERING/FIGHTING

SIBLING CONFLICT is TOTALLY NORMAL. In fact, it's actually healthy. Sibling relationships are one of the safest relationships for kids to try different things to see how relationships work. But their conflicts can be annoying to us!

Here's the quickest way to get your kids out of the sibling spiral when they are bugging you. *"You kids need a break from each other. You can be in the same room after a 5 minute separation break. Who is going [to their room] and who is staying here?"*

If you have the energy to teach your kids to problem solve, you can do the following steps.

In a normal roughhousing situation or bickering or squabbling, handle it like this.

1. Do nothing. Let the conflict play out a little longer than you usually would. Don't intervene. Observe and listen to see if this is a mutual tit-for-tat situation or is it one child needing a limit.
2. Listen/Limit Set: notice if the tension is getting higher. This will happen when the children come to you to solve their problem. Even if just one comes, still view it as a sibling conflict that they need to solve. Say "You two sound mad at each other. I will listen as long as you speak quietly and one at a time."
3. Reflect back the conflict and ask them how they want to solve the problem. "So, David wants to jump on the trampoline alone, and you Sarah want to jump right now too. 2 kids but only 1 trampoline. What are you guys going to do?"
4. Reset and start again. - most of the time sibling conflict is easy to resolve.

Sometimes conflicts escalate and you have to separate kids. That's ok.

Here's how you handle that: Say *"I see two angry children who are about to hurt each other. We will talk about this after a 5 minute separation break. Who is going [to their room] and who is staying here?"* (Or you can decide how to separate.)

Overcoming Obstacles This Summer

WHEN YOUR KIDS ARE HITTING EACH OTHER

A foundational principle I teach is this: EVERYONE STAYS SAFE in your house. Safety means that no one gets hurt by someone else, either physically or emotionally. That means the bodies and hearts of the people in your house don't get hurt. By you. By their siblings. It also means YOU don't get hurt either.

When kids are being physical, implement "The Hard No" (not harsh, but firm). The "hard no" is a firm communication that child's feeling is ok, but the hurting others isn't

Everyone stays safe in this house. It's ok to be mad. It's not ok to hit.

Example: You have two kids playing nicely and the next thing you know, one of the kids is hitting the other. So you step in with your hard no. Everyone stays safe in this house. It's ok to be mad. It's not ok to hit. You can hit this.

As you are saying the sentences, step in between the activated kid and the person/object that they're being physical towards. Even if the action is over, still step in and say the same thing.

When you move closer, be calm. Don't rush at them aggressively. That won't help. say the words in a strong firm voice, with a calm presence.

This is usually enough to interrupt the moment. The firmness of your voice and the clarity of the limit will actually lower your child's stress. It will actually help them become less activated.

WHEN EVERYONE IS GRUMPY

When you decide on an activity or event, be flexible. Forcing something, or continuing to do an activity even when everyone is "done", will leave you all feeling frustrated.

Even if the snack bags already packed, or you're meeting friends or family, you can cancel or go later. It's ok. Everyone understands.

It can be hard to postpone an activity or switch gears because it might feel like all your hard work planning was for nothing. I understand that feeling of disappointment.

Try to remember how you want to feel and how you want your kids to feel while doing the activity. Chase that feeling. If no one is "feeling it" and you push through anyway, you might end up feeling more angry than if you would have stopped earlier.

WHEN YOU ARE SUPER BURNED OUT

Your mind and body need a regular time to reset your stress cycle. Scheduling a daily Calm Mama Break will prevent yelling and overwhelm.

A Calm Mama Break is the single most important thing you can do to take excellent care of yourself this summer.

The most effective Calm Mama Break includes a combination of the following:

- moving your body for 20 minutes
- connecting with an adult that cares about you
- doing something that delights you
- allowing your thoughts and feelings by doing calm mama thinking or a thought dump
- sleeping or resting if you're tired

Overcoming Obstacles This Summer

WHEN YOU ARE ABOUT TO LOSE YOUR SHIT

Whenever you become aware that you are feeling super angry, annoyed, yelling, lecturing, spanking, emotionally checking out, making a bunch of commands or threats take a Pause Break.

A Pause Break is 3 Steps. Stop. Delay. Reset. Let me break these down for you.

Step 1. STOP

STOP means to STOP. Don't Talk. Don't Engage. Whenever you become aware that you are feeling super angry, annoyed, yelling, lecturing, spanking, emotionally checking out, making a bunch of commands or threats. Stop yourself. Even if you are mid sentence. Just stop.

Step 2. DELAY

Delay is actually pretty simple. You just stop and wait. Don't decide. Don't act. Don't do anything about the situation. Give yourself time to think and get calm. Very few things are actually emergencies. Even 60 seconds of delay can shift your perspective from panic, overwhelm and anger to clear-headed and calm.

Step 3. RESET

Reset means to actively do something to calm your stress response. During a "Reset", you will move your body or move your mind...or do both. Reset helps you think and take action with intention.

What to say when you take a Pause Break:

- *I'm upset and I need a minute to think.*
- *I love you and I want to talk to you. And I will. After I take a few minutes to calm down.*
- *I don't want to say or do anything to hurt you. I will talk to you.....in a few minutes.*
- *Our relationship is too important to me to yell at you. So I will talk to you.....after I drink water.*
- *This behavior isn't working. But I need a minute to calm down. I will talk to you.....after I [finish folding this laundry, or any other simple task].*

WHEN YOUR KIDS ARE BORED

Boredom is a gap between activities. The gap is UNCOMFORTABLE. During the gap, your kid's brain has to work extra hard to find a diversion. But...Brains hate working hard. It wants the easiest way out of its discomfort. It wants the quick fix. The quick hit.

With kids, the 'bored brain freak-out' looks like complaining, bugging siblings, asking for sweets, asking for screens, rejecting solutions and even getting physical.

Your child's brain is trying to solve their boredom and discomfort in the easiest and fastest way possible. It doesn't want to draw, or play a game, or go outside, or read because those things require EFFORT.

Here's the good news.

Boredom is temporary. Kids are naturally drawn to play so they will find a way to stop being bored. The brain loves to be entertained and so it will find a solution. But it takes some time to get there.

Allow your kid's brain to struggle until it finds its own solution.

You can say, "Are you feeling bored? That makes sense. I'm sure you will figure out a solution that works. Let me know what you come up with."



PUBLIC SERVICE ANNOUNCEMENT

You are not your child's camp counselor.

Having options and ideas for "things to do" is a service you offer your children.

It's not your job to make things fun all the time.

It's not your job to entertain your children when they are bored.

It's their job.

80+ Things To Do

Boredom
Picnic in the backyard
Camping in the backyard/patio
Beach/lake day
Hike/Nature walk
Indoor scavenger hunt
Outdoor scavenger hunt
Hide and seek
Make cookies
Draw cards for grandparents
Turn on the sprinklers
Water balloons
Water blasters
Nerf war
Boredom
Pretend you are at "school"
Build a fort
Make a music band using kitchen utensils
Color
Draw
Water the plants
Tie-Die shirts
Make playdough
Slip & Slide
Play with playdough
Read a book
Put on a play
Be bored
Record yourself singing a song
Make a zoo/store with blocks
Do a mani/pedi party
Learn to braid hair
Get ice cream cones
Do relay races
Make an obstacle course with chalk
Plan a tea party
Book Club - Read a book and discuss
Puzzles
Board games
Do a workout video
Family movie
Family sleepover (everyone in one room)

Backyard Camp-out
Boredom
Building toys (lego, blocks, magnatiles)
Record yourself reading a storybook
Make a smoothie
Swimming - inground, above ground, kiddie pool,
Take a bubble bath
Scooter/Skateboard
Dance party
Make-overs with makeup
Play smashball
Vacuum/Tidy up
Paper Airplane contest
Indoor soccer with balloons
Make popsicles from juice
Juice lemons & make lemonade
Pillow fight
Make a marble run & race marbles
Put on a puppet show
Blow bubbles
Be Bored
Ride your bike
Play handball
Jump rope
Remote control car
Take the dog for a walk
Do a Mad Lib
Play cat's cradle
Solve the Rubik's Cube
Create something out of junk from the house
Play solitaire
Hula hoop
Take a nap
Look through photo albums
Look at yearbooks
Stare out the window
Stuffed Animal party
Listen to music
Juggle
Help make dinner

Stress Free Summer Take-Aways

What did you learn?

What do you want to start doing right away?

What do you want to make sure you remember?

What is one new thought you are choosing for this summer?

What do you still have questions about?

You are welcome to email Darlynn at hello@calmmamacoaching.com and ask them! Are you willing to do that?

What's Next For You?

You created a PLAN for a stress free summer. Good for you!

Now it's time to get real-life support to turn your plan into a reality.

Here's what parenting looks like for most moms. Your kid hits their sibling, refuses to stay in bed, won't do their homework, constantly asks for ipad time or minecraft, won't get off their devices, hits you, has a huge meltdown, doesn't do their chores, and, and, and....

Moments when you feel totally overwhelmed and have no idea what to do.

You've tried all the things. You've read all the parenting books, done time-out, taken away screen time and playdates, set up the sticker charts, yelled, ignored the behavior, explained and explained- basically do anything you can to get your kid to stop their behavior.

The "strategy" you read about seems to work once or twice, but things always seem to go back to the bad behavior. Nothing seems to work.

Listen, there's nothing wrong with you. You are a great mom.

The parenting strategies you've tried don't "work" because you aren't addressing the real reasons your kid is misbehaving and why it's making you feel so stressed out.

To improve behavior you don't just need another tool or strategy. You need solutions for the REASONS you feel like a bad mom and ANSWERS to why your kid's behavior never gets better.

In Calm Mama Club you get simple solutions that actually work to improve your kid's behavior and make being a mom easier.

Calm Mama Club is an annual membership program, specifically designed for moms who want to know exactly how to handle misbehavior without losing their shit, so they can enjoy their kids and stop feeling like a "bad mom".

In Calm Mama Club, you get a simple parenting system, a community to support you, and a coach who walks you through all of it, for an entire year, so you the feel better as a mom. Your kids feel more seen and loved. Their behavior improves. Your family brings you a lot more joy. You enjoy being a mom.

**To learn more & join Calm Mama Club,
check out the info page at
www.calmmamaclub.com/club**

Thank You!

Thank you for downloading and reading this kit!

I hope this kit planted some beautiful new seeds inside your brain.

New ideas. New beliefs.

A new attitude about what's possible for you and your family.

I'd love to hear from you!

Please send me an email and let me know how this toolkit helped you.

You can email me at
hello@calmmamacoaching.com

Or if you have any lingering questions, I'd love to help you!

If you want to learn more about me, check out my website: www.calmmamacoaching.com

Happy Summer, Mama!