

The Wellness Family

Dr. Roller Keeps You Informed

Summer Fun

Summer's here: the days are turning warmer and lasting longer, the kids are out of school and your halls are ringing with the sounds of cartoons, video games, and "I'm bored!"

While this may be the normal summer scenario, it doesn't have to be: Dr. Roller wants to give you some great ideas to help make this summer fun.

Family Time

Sure the school year was busy, packed with after-school activities like sports, dance classes and club events; and it didn't leave a lot of time for togetherness, but what about now? It's summer, the afternoons are open, why not take this opportunity to reconnect with your kids?

- Enroll in a family yoga/fitness program: many community gyms are now offering family exercise programs. With the government finally recognizing the growing obesity problem in our country, you'll find more options offered than ever before.
- Bicycling as a family: there was a time when it wasn't so unusual to see a whole family ride by on their bikes. Take a moment and contact your local Chamber of Commerce or City Hall and get a map of the bike routes in your area.
- Block Party/Yard Sale: help your children to engage the neighbors in doing a little spring cleaning and, instead of throwing away all the stuff they no longer need, have a block party/yard sale. Advertise in the local paper that your block is having a huge yard sale and the proceeds will go to a worthy cause. Then, when the yard sale is finished, collect what didn't sell and donate it to your local Boys and Girls Club, Rescue Mission or other worthy cause along with the proceeds from the yard sale.
- Community Service: every community has the abandoned lot, the neglected park or the wall covered in graffiti that just needs a little consideration and elbow grease. Your family can adopt a project in your community. Twice a month, take a few hours on Saturday and clean up the

abandoned lot, pick up trash and clean the playground equipment in the neglected park, or take a 5 gallon bucket of paint and cover the graffiti on the wall. Help your children learn to give back to their community with a little bit of family time and a lot of togetherness.

- Adopt-a-Neighbor: perhaps there is a widow or a widower living nearby who would benefit from your family's assistance. Perhaps a meal once a week during the summer, or help mowing their yard. This is a great opportunity to spend time with your children while offering them the rewarding experience of helping others.



"Take this opportunity to reconnect with your kids."

- Meal Preparation: children love spending time in the kitchen but they don't have to be underfoot. Maybe it's time to teach your son or daughter how to cook. They may not be old enough to take on the entire meal but they can help, which gives them the opportunity to spend time with you and learn something new.
- Backyard Playtime: nothing will surprise and delight your children more than finding out that Mom and Dad can be playful, too. Consider arming yourselves with a bucket of water, balloons and some squirt bottles and have a water fight.

Educational Time

Sure they're out of school but learning can be fun. This summer, look into the educational opportunities being offered in your community.

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Some typical local summer programs include:

- Reading Programs at the Local Library – for the younger children the library usually has a “Reading Time” where an assistant or volunteer reads to the children. Contact your local library to learn more.
- Educational Programs for Kids – contact your local Chamber of Commerce to see what your community offers in the area of educational programs. Some possibilities include, but are certainly not limited to, the following:
 - Planetarium
 - Museum of Natural History
 - Science Museum
 - Philharmonic
 - Discovery Center
- Art and Music Classes – contact your local junior college and/or adult summer school program and ask about classes for pre-adolescents and adolescents. Several of their art and music classes aren’t limited to adults and are offered to children age 10 and over.
- Swimming Lessons – contact your local Red Cross and inquire about their swimming program. Most swimming lessons include life saving advice on water safety. Your children will have fun while gaining valuable knowledge.

While most kids won't like the idea of spending their summer in a classroom, you'll find them more excited about these opportunities if Mom or Dad will be there with them; either participating in the class itself or volunteering as a teaching assistant or coach.

The Chiropractic Factor

Your family Chiropractor knows that an active child is a healthier child. Don't let your kids spend their summer

cooped up indoors playing video games and watching TV. Instead, get them outside, keep them moving, and help keep their minds active. It will be worth the effort.

For more information on fun summer activities visit:

www.mothering.com
www.kidsturncentral.com

The greatest gift you can give your children this summer is time with you. Don't miss out on this opportunity to reconnect with your kids and give them memories that will last a lifetime.

Summer Weekend Checklist

We had a family outing this week.

We had a family game night this week.

We learned something new this week.

We helped a neighbor this week.

We did something good for our community this week.

We did something new that we've never done before this week.

Next week we're going to... _____

Dear Parent,

Dr. Roller is dedicated to providing you with the absolute best in family wellness care and along with that dedication comes an understanding that an active child is a healthier child. Take a moment today to ask your family Chiropractor any questions you may have about your child's overall health and wellness.

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