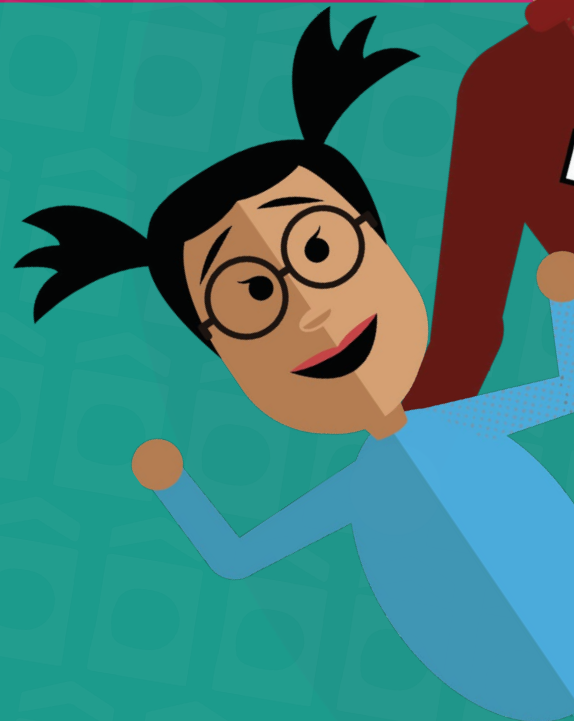


FROM SURVIVING TO THRIVING: HOW TO APPROACH SUMMER PARENTING WITH PEACE, PURPOSE, AND CONNECTION





Summer has a way of bringing two realities together at the same time:

More freedom... and more pressure.

The schedules relax, the structure disappears, and the kids are home more.

And suddenly, what felt manageable during the school year can start to feel overwhelming.

Parents often enter summer with good intentions:

"We're going to make memories."

"We're going to slow down."

"This is going to be fun."

But somewhere between the extra snacks, the sibling conflicts, the constant noise, and the lack of routine... it can start to feel like you're just trying to get through the day.

If that's where you've found yourself before, you're not alone.

But summer doesn't have to be something you *survive*. It can become a season where your family actually *thrives*.



1. Shift Your Goal: From Control to Connection

One of the biggest sources of stress in parenting—especially in the summer—is the desire to keep everything “on track.”

Clean house.

Happy kids.

No conflict.

Productive days.

But that’s not realistic. And more importantly—it’s not the goal.

Thriving families aren’t the ones who avoid chaos.

They’re the ones who stay connected in the middle of it.

When you shift your focus from:

“How do I manage everything?”

to:

“How do I stay connected to my child right now?”

...your entire approach changes.

Connection diffuses conflict, builds trust, and makes everything else easier.



2. Create Flexible Structure (Not Rigid Schedules)

Kids need structure.

Parents need predictability.

But summer doesn’t respond well to rigid schedules.

Instead, think in terms of **rhythms** rather than rules.

For example:

- A simple morning routine (wake up, breakfast, get dressed) happening in that order, not necessarily at set times
- A designated “quiet time” in the afternoon
- Consistent mealtimes
- A predictable bedtime flow

These rhythms give your family a sense of stability without creating pressure to “perfectly execute” every hour of the day.

Predictability lowers anxiety—for both you and your kids.



3. Expect More Emotion—and Plan for It

More time together = more opportunities for connection... and more opportunities for conflict.

That's not a failure. That's reality normal, healthy, and to be expected.

Instead of being caught off guard by meltdowns, sibling arguments, or emotional outbursts, expect them—and prepare your response.

Thriving parents don't eliminate emotional moments. They become more confident in how they handle them.

That looks like:

- Staying calm instead of escalating
- Coaching instead of controlling
- Setting boundaries with clarity and consistency
- Helping kids name and regulate their emotions

And just as importantly—giving yourself permission to not respond perfectly every time.

4. Take Care of Your Needs (Without Guilt)

One of the fastest ways to move into survival mode is neglecting yourself.

When your needs go unmet, your patience shrinks, reactivity increases, and your capacity to connect decreases.

Thriving in parenting requires a mindset shift:

Not *"me first"*

but

"me too."

Your needs matter—not because you're trying to escape your responsibilities, but because meeting your needs allows you to show up *better* within them.





This might look like:

- Protecting small pockets of quiet time
- Asking for help
- Setting boundaries around your energy
- Letting go of unnecessary pressure

You are not meant to pour from an empty cup.

5. See Summer as a Season of Formation, Not Just Fun

It's easy to feel pressure to make summer "magical."

Trips. Activities. Constant entertainment. But what your children need most is not a perfectly curated summer.

They need:

- Presence
- Relationship
- Guidance
- Love

The Church reminds us that the family is a **domestic church**—a place where love is learned, practiced, and lived.

Summer offers a unique opportunity to lean into that mission.

The everyday moments—the conversations, the corrections, the laughter, even the hard days—

These are the moments that shape your child's heart.





You Don't Have to Figure This Out Alone

Thriving in summer parenting doesn't come from having all the answers.

It comes from having the right support, the right perspective, and the right tools—especially in the moments when things feel hard.

That's exactly why we created **CatholicHOM**.

Inside CatholicHOM (Households On Mission), you'll find:

- **Real-time parenting coaching** from trusted Catholic pastoral counselors
- **Practical tools and strategies** you can apply in the moment
- **Monthly family resources and activities** to help you build connection and faith at home
- **A community of like-minded families** who are walking through the same challenges and striving for the same goals

Because parenting isn't meant to be done in isolation.

This summer, instead of just getting through the days, you can grow in confidence, deepen your family relationships, and step more fully into your calling as a parent.

And we'd love to walk with you in that.

Download the CatholicHOM app today or visit CatholicHOM.com.

