

Don't forget to give your kids time to unwind



Fun and learning can extend beyond the classroom. From music and the arts to organized sports, after-school activities can help kids stay active and make lifelong friends.

Here are some great tips to keep kids active and engaged during the afternoon:

Sign up early: Many programs fill up fast. Be sure to sign your kids up for programs as soon as

possible to ensure their enrollment.

Listen to your kids: As much as you would like your child to participate in certain activities, don't push too hard. Let them explore all their options to find activities they actually enjoy doing.

Make scheduling convenient: If your child is active, you will be too. Plan activities close to home or school to limit time spent in the car.

Go informal: When the weather is nice, consider organizing an impromptu neighborhood bike ride or soccer game. If your child is artistically inclined, invite his or her friends over for craft time.

Encourage academic interests: At-home supplies can inspire your child to get excited about learning. A science kit, for example, can be found at any hobby store and will augment lesson plans with fun hands-on experiments. Personalized journals for kids, will encourage your young writer to put pen to paper and compose stories or essays.

Don't overschedule: As with everything great in life, moderation is key. With rich, full school days, homework and after-school activities, don't forget to give your kids time to unwind.

With the right after-school programming, you'll be sure to keep your kids safe, active and happy, long after the bell rings.

—*StatePoint*

CAPTION: If your child is artistically inclined, invite his or her friends over for craft time.