

Movie Day

Its summer time and you don't want the kids cooped up in the house in front of the television set. But a day here and there is not going to hurt and it could be a sanity saver for you on a wet and cold day.

Make it a planned event. Go to the video store and let each child pick out their own video. Make sure the ground rule is set. They can pick out their own videos but have to agree to watch what the other children pick out too. Make sure to pick up some popcorn if you don't already have some at home.

Set the mood; let the kids create their own movie theatre in the living room. Their movie theater can take the form of a fort, lawn chairs, or whatever else they can think up to make themselves comfortable for the movie marathon.

As the parent you will have to be in charge of the concession stand. Popcorn is a given but also have some healthy snacks on hand to satiate their appetites. Vegetable sticks and sandwiches are easy to make and if you are letting them eat in front of the television they won't make a big mess.

When children are in front of the TV for extending periods of time their energy gets pent up and they are going to need a way to release it. Come in between movies and have a stretch or exercise burst to shake away the sillies. It can be just like the 9th inning stretch at baseball games. Play follow the leader in the house or do jumping jacks - make it fun.

When the rain stops, send the kids outside. You will find they won't ask for TV as often with a few of these days thrown in each month.