



Some Parents Let Their Children Ride the Subway by Themselves. Here's What a Parenting Expert Says About the Fine Line Between Boundaries and Healthy Freedoms.

Dr. Kyle Pruett, M.D., Clinical Professor of Child Psychiatry at Yale School of Medicine and member of [The Goddard School's Educational Advisory Board](#), shares his thoughts on [free-range parenting](#), which emphasizes more freedom for children and less supervision.

Screen Time Guidelines for Summer Break

Searching for a summer camp program? A high-quality summer camp provides fun, hands-on activities that aren't reliant upon technology. Technology may be used to enhance the activities, but screen time is used sparingly. Here are [four ways to curtail screen time](#) at home during the summer.



Learning Through Meal Prepping: Five Benefits of Encouraging Children to Pack Their Own Lunches

Teach your children about responsibility and portion control while boosting their creativity and decision-making skills by inviting them to help meal prep. Here are [five benefits of encouraging children](#) to help prepare their own lunches.

How to Make Your Own Slime

Slime can be a great teaching tool that incorporates STEAM learning. Help your children learn about science by [creating slime with them](#). Use technology to research slime recipes, and use math to measure out ingredients.

Try [this recipe](#) for making slime, and then use the slime for the fun activities below.

- Use slime to teach your children about shapes. You can create more than one batch of slime. Use one batch to demonstrate things to do with slime, and encourage your children to use the other batches to mimic your actions;
- Make silly slime masterpieces. Encourage your little ones to use food coloring, confetti, glitter, various buttons and other trinkets to decorate the slime;
- Optimize the use of sensory learning. Incorporate scents by adding scented food coloring or essential oils, and ask your children how the different smells make them feel. For example, ask how a



Eight Ways to Make a Weekend at Home Feel Like a Family Vacation

Weekends at home feeling kind of blah? Here are [eight ways to add some vacation vibes](#) to your days off!



discreet calming scent makes them feel compared to a more distinct scent;

- Boost your children's exploration skills by having them search for hidden items in the slime;
- Strengthen your children's gross motor skills by working with them to imprint objects into the slime, such as letters or numbers.

*An adult should oversee all activities. Activities may not be appropriate for all ages.

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