Speech Season Survival Tip Card

What: Be an organized mess thinker

When: Always put items in your house back in there place or at least in an organized mess.

How: Have children of any age put away their things/toys. Have children do a simple daily chore (put chores on sticks and have children pick a stick daily). Decide what chores are most important; maybe assign chores on calendar.

Speech Season Survival Tip Card

What: Stock up

When: October & November

How: Plan a grocery trip before/early in the season to stock up on basic items; laundry soap, garbage bags, Kleenex, toilet paper, birthday cards, Christmas cards, dish soap, hand soap, toothpaste, etc. Plan for a 2-3 month supply. Then put a restock date on your calendar in January.
**Speech Season Survival Tip Card**

What: Reserve a family time

When: Reserve a weeknight or weekend time to spend with your family ~ each week

How: Schedule your practices, meetings, and schoolwork around this family time. Yes family games! Yes movie night! Yes family dinnertime! No phones! No electronic video games! No social networking! No compromises!

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**Speech Season Survival Tip Card**

What: Scheduled meals

When: Weekly plan or two-week plan or monthly plan

How: Take out your calendar and plan/write down meals. Have a pizza night, Subway night, taco night, eat at the basketball game night, etc. Plan grocery trips and ingredient buying so that older children/spouses can help with the cooking. Assign certain nights to family members to be their night to cook the supper.
Speech Season Survival Tip Card

What: Accept what can get done and what can’t get done.
When: During the stress filled times of the season
How: Hire a housekeeper. Make arrangements with daycare for extra time one night to run errands, pay bills, do school work, etc.

Speech Season Survival Tip Card

What: sick days
When: Arranging doctors appointments
How: Take the whole day off for scheduled (in advance) appointments. Give yourself a break ~ organize, rest, and recover.
Speech Season Survival Tip Card

What: Pack a speech contest bag
When: Now
How: emergency kit – bobby pins, safety pins, Kleenex, pens, crayons, extra comment sheets, money, etc. Grab & Go on contest day!

Speech Season Survival Tip Card

What: Take care of yourself
When: Throughout the season
How: Schedule hair & nail appointments in advance and keep them. Schedule a massage, a date for coffee or shopping with friends and keep the date. Have date night with your spouse or special friend.
Speech Season Survival Tip Card

What:

When:

How:

Speech Season Survival Tip Card

What:

Wh

How:
Speech Season Survival Tips

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October 19 & 20, 2012
Speech Coaches Convention
Speech Season Survival Tip Card

What: Have a family calendar.

When: All year long

How: Have a family system of recording events, plans, and activities. Do this all year around; so that when speech season begins everybody has the routine down.

Speech Season Survival Tip Card

What: Make children accountable

When: Always

How: Have a family calendar. Have a message/white board. Have children text/email you important and unimportant information. Train them the way you operate, but being willing to learn the way they operate.