

Every year our family looks forward to our summer vacation and summer traditions. This summer looks like it may yet again be different since our annual extended family reunion at the shore has been cancelled. I expect this will be a difficult conversation to have with our kids.

A: Given the continued uncertainty regarding COVID, this summer will be a break from tradition for most families. The cancellation or postponement of summer plans will be disappointing and sad for everyone. Be prepared for these emotions to emerge when you inform your children of these changes. Allow yourself and your children to [freely express feelings of disappointment](#) and sadness. Expressing these feelings together as a family allows the children to see you are all in the same boat. A sense of togetherness can be helpful. Acknowledge their disappointment and loss and also remind your family that families all over the world are struggling with these feelings as well. Consider planning day trips to nature centers, local parks/beaches or a camping trip with your family this summer. Start new traditions where you can safely distance from others and still be able to relax, connect and have family fun.