

Parenting Tips: Make Popsicles with Your Kids This Summer



By [Haley Lerner](#)

In the summer, school is out and your kids are typically spending more time at home. This means that coupled with the sticky hot weather, you have rambunctious children to entertain! Everyone knows the perfect summer treat to cool down is ice cream, but instead of waiting for the ice cream truck to come down your block, why not make a yummy dessert yourself? Or even better, have your little tots help you make them. We have the [parenting advice](#) to help make your summer extra sweet with homemade popsicles.

Check out these parenting tips on how to make popsicles with your kids this summer:

1. Pick out ingredients: Head to the grocery store, and let your child pick out his or her favorite popsicle ingredients. If you're looking to go the simple route, any fruit juice is a good base. If you're ready to put more work into it (and have a juicer/blender at home), pick out some fresh fruit (and some green veggies if you can manage to sneak them in). Consider picking up whole fruits like blueberries or strawberries to throw in at the end as well.

2. Get a mold: It's important you have something to put all that fruit juice into, so while you're at the grocery store, pick out some small paper cups. Some stores even sell special popsicle molds. Don't forget to grab popsicle sticks, too!

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3. Put it all together: Once home with all of your ingredients, enlist the help of your kid(s) to help put the popsicles together. Help your child pour the juice or fruit puree (after you blend it) into the popsicle molds. It's the perfect parent-child activity that will be super fun for your little chef.

4. Let it freeze: After placing popsicle sticks in the middle of your fruit juice, carefully put all the molds in the freezer and take them out when the pops are frozen. Then, carefully pull the mold off and give your child the perfect frozen treat!

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5. Eat the popsicles outside: It's summer, so enjoy the nice

weather while it lasts! Set up a picnic in your yard or at a park, and enjoy the fresh popsicles with your children. Spend a perfect summer day eating your healthy cold snack and playing in the sun.

Do you have any more tips for making the perfect summer popsicles? Comment them below!