



Summertime is Here!

Summer is going to look a little different this year, and that is a disappointment to us all. Vacations, summer camps, community pools are all things that are called into question at this point. So what do we do? We believe that with the right attitude and the right plan, this could be a summer with some of the most positive memories yet!



Keep These Things In Mind...

Check out our [Pre-Summer Check-in Tool](#) to help your family plan the best summer yet!



1. Keep Positive: If there were a time we feel like we could use a vacation, it would be now. We're all a little disappointed. But remember you set the tone for how this summer is going to be viewed in your home. Use our Pre-Summer Check-In Tool to help your family talk about both the disappointments and redefine things to look forward to.



2. Keep Fun: Just because traditions may look a little different doesn't mean that we can't make this a memorable and fun summer. Rather than "waiting it out", capitalize on the rare opportunity this summer is. Plan small celebrations, involve your kiddos in planning activities, enjoy the simple things together as a family. You might find with less travel, people, and distraction there is more genuine fun.



3. Keep Structure: The school year is finished! And with that comes the temptation to toss the schedule. Though it doesn't have to be the same school year schedule, keep some rhythm of routine. With more time at home, and fewer opportunities for our typical 'outlets', emotions are running high. Help your kiddos out by getting plenty of sleep and feeling a sense of stability.



4. Keep Expectations: Breaks and rest are a good thing, our brains and bodies thank us for them. But just because school takes a break, doesn't mean that your kiddos no longer need to be a contributing member to your household. Lay out your expectations from the start. Some contributions may include summer chores, academics, and ways of helping the family.



5. Keep Tabs: Quarantining and social distancing have tested all of us emotionally and mentally. As we start this summer, give an honest check-in with yourself and your kiddos on your mental health. Don't put off reaching out for help to make it through this trying season. Our therapists are always there to support you and to help connect you to great resources.