



STRATEGIES FOR A SUCCESSFUL SUMMER BREAK

Most kids are excited about the end of the school year, looking forward to the lazy days ahead, sleeping in and the prospect of no homework. Parents, on the other hand, may be approaching the coming summer with a bit of trepidation. And if you have a child who is challenging at the best of times, nothing calls on your super powers more than the long break that lies ahead!

All children do better with structure and routine, but those with anxiety, ADHD and autism spectrum disorders are especially dependent on the predictable “safe zone” that school provides.

Here are a few tips to help keep your family on track this summer courtesy of an article from the [Child Mind Institute](#):

- **Maintain your schedule** – Try to maintain the school year’s daily schedule with the same meal times and bedtimes as much as possible
- **Post a visual schedule** – Kids who thrive on structure may benefit from a posted schedule of the day or week
- **Get outdoors** – Physical activity is good for everyone’s physical and mental health
- **Mimic home routines** – Especially when on vacation or when traveling this summer



Last but not least, don’t be afraid to call in the reinforcements. A babysitter, grandparent or good friend may be able to give you and your child(ren) a much needed break. Happy summer!

HEALTHY EATING AND NUTRITION TIPS

Eating right and staying active during the day not only affects the health of school-age kids, it also impacts their ability to learn and succeed. Research shows that healthy, properly nourished students are better able to concentrate on their work, miss school less often and perform better in class.

Celebrate with non-food rewards. Using food as a reward for good behavior and achievements can encourage kids to eat outside of meal or snack times, even when they are not hungry. This can lead to over-eating and a habit that is difficult to break.

Start the day with a healthy breakfast. It’s the most important meal of the day!

Make a meal plan. Sit down with your child and make a menu for the week focusing on healthy choices. During the school year, make time to sit down and read through the school lunch menu and discuss the healthiest options.

[Learn more from the Alliance for a Healthier Generation here.](#)



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