



Summer is officially here!

While we want summer to be a time for our kids to relax and enjoy themselves, we also know children thrive and feel most safe when there is a sense of daily routine. If you can maintain structure during the summer, it will make the transition back to school easier. It also reminds kids they don't need to forego structure in order to have fun!

7 Ways to Help Your Kids Maintain Summer Structure



1. Have set bedtimes, wake-up times and routines. The times may not be as early as during the school year, but should be consistent throughout the entire summer.

2. Don't throw away the rules and chore charts; maintain expectations. Make sure they are still aware of rules and responsibilities throughout the summer. This will help avoid power struggles, so you can maintain a positive relationship with your child all season long.



3. Have a visible schedule for your kids so they know when activities are happening throughout the week.

4. Eat meals at the same time each day – ensuring they are eating and drinking enough throughout the hot summer days. This also helps break up the day into smaller pieces, making it easier to manage.



5. Get children linked with summer activities (i.e., summer camps, sports, summer school). This will help them remain active and social so they aren't inside on their computers all day. Typically, summer activities have their own schedules which will also help promote routine.

Need ideas? Check out this [calendar of events](#) from Jacksonville Mom. You can also see what your local library has planned:

[Duval](#) [St. Johns](#) [Nassau](#) [Clay](#) [Baker](#)



6. Start getting back in the school year routine before school starts so you can work out all the kinks before the first day.

7. Most importantly, enjoy all this season has to offer and have fun!

Tips to Manage Summer Boredom

Without a routine, classmates or schoolwork, many children find themselves a little bored. Our behavioral health experts share ideas to manage summer boredom and help children get their creative juices flowing!

[Click here](#) to download Summer Boredom Busters to post on your refrigerator or bulletin board.

Summer Boredom Busters for Kids

Also, be sure to share the **Boredom Busters** you've tried using #OnOurSleeves and #OnOurSleevesJax on social media!

To access other evidence-informed educational resources and revisit the mission of *On Our Sleeves*[®], visit wolfsonchildrens.com/onoursleeves.

Want to share your *On Our Sleeves* story? Just hit the reply button and tell us why you joined our community and how you're using *On Our Sleeves*.

Sincerely,
Wolfson Children's Hospital



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