

care/solace.

Family *Survival Kit*

For the Summer ~~~~~



ENROLL YOUR CHILD IN
SUMMER CAMPS

TEACH HEALTHY
EATING AND
PHYSICAL ACTIVITY

HAVE COMMUNICATION ABOUT
SUBSTANCE USE

ENCOURAGE
SOCIAL INTERACTION

ESTABLISH A ROUTINE

PLAN FAMILY ACTIVITIES

SUMMER TIPS FOR FAMILIES

as you navigate your child's transition
into the summer

LET YOUR CHILD
ADJUST TO THE NEW
SCHEDULE

FIND SUPPORT
REACH OUT TO CARE SOLACE

IF THEY SEEM DISCONNECTED, ASK THEM
IF THEY WANT TO TALK TO SOMEONE.

AS A PARENT, REMEMBER TO
TAKE CARE OF YOURSELF






Set a HEALTHY Summer Routine

HELPFUL
TIPS

SCHEDULE
WIND-DOWN
TIME

WEEKLY CURFEW

10 MIN
OF SCREENTIME!

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ROUTINE FAMILY DINNERS

Chore List:

- Make your bed
- Do your dishes
- 20mins of summer reading
- Take out trash

DAILY REFLECTION QUESTIONS:

1. What was the high & low of your day?
2. What is something kind that happened today?
3. What are you grateful for today?

Finding a Therapist Over the Summer

Notice signs your child needs therapy.

Impairment in classes, mood changes, dissociation, strained relationships or home life are indicators that your child may need a therapist.

Make note when your child may be ready for therapy.

If your child's behavior persists both inside and outside of the home, it may be time to consider therapy.

Talk to your child about therapy.

Remind your child that therapy is a safe space to learn healthy coping strategies, they can try it and if they don't like it they can move on.

Look for a therapist.

Call or text (888) 515-0595 to talk to one of our 24/7/365 multilingual Care Companions, or use your district's custom Care Match link.



Prepare for the first appointment.

Acknowledge that therapy can feel uncomfortable at first, and remind your child that they have control over what they share.

Look for signs of progress.

It takes time to notice growth, but common signs are changes in mood, being more talkative, and more articulate of their feelings.



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