



Empowering

your child through the summer

Empowering Creates the Foundation for Felt-Safety

Because of our children's history of unpredictable stress in early childhood, their foundation for feeling safe has shifted. They now might consistently scan the room (and that can look like being fidgety) and asking the question, "Am I safe?" The change in their body, behavior and biology requires us, the safe adult in their life, to give their body what it needs to be successful, as well as change the environment they are in to make them feel safe.

Our children need us to empower them consistently and warmly, to set the stage for felt-safety and connection.



Empowering takes a little more work during the summer season.

The kids are out of school and it seems like structure has gone out the window! Parents get tired and keeping routines can get a little monotonous because there is so much more free time and kids begin to use the dreaded phrase, “I’m bored!”

Below are some ideas for using the empowering strategies in the summer.

1. Have a “family meeting” where everyone has a say of what the daily routine will be. Teens will need to discuss expectations for the time they need to wake up and the amount of time they will be lent the car. This is going to take some compromise from parents to meet kids in the middle and be content with the routine that gets set.
2. Have a different daily routine for the weekdays and the weekends.
3. Use technology in a creative way, like the Echo Dot, to set timers and give your child cues that a transition is coming. “Alexa set a timer for 15 minutes.” “Alexa, play my favorite song in 20 minutes.”
4. Add something special to the summer bedtime routine. Maybe a dance party one hour before bed where everyone takes a turn picking the song before we put on our pajamas and brush our teeth. This can also serve as movement and exercise!

The creativity is endless! You can maximize safety through fun! When your child is having fun and playing and laughing with you, they are not in their fear brain. Play is the opposite of fear.

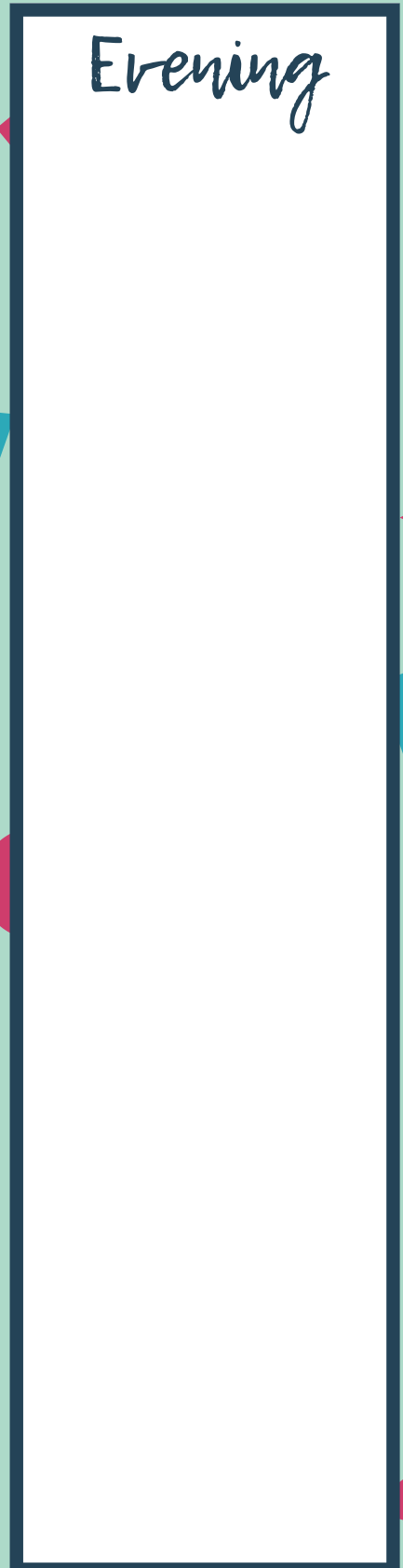
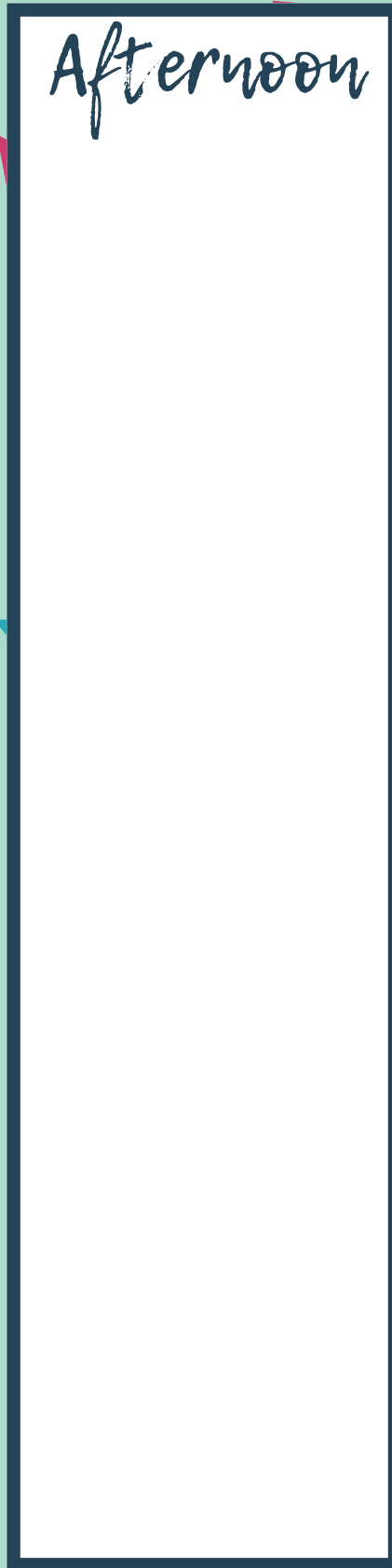
Use the chart below to brainstorm how you can change up your daily routine for the summer.

'S DAILY SCHEDULE

Morning

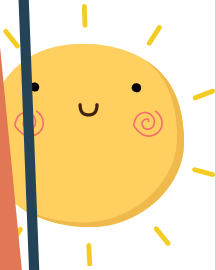
Afternoon

Evening



(SAMPLE) DAILY SCHEDULE

Morning



Afternoon



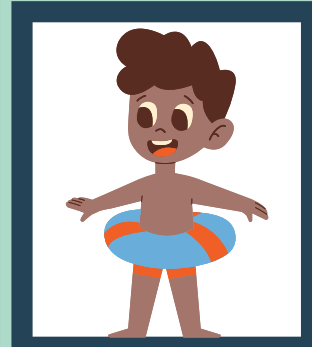
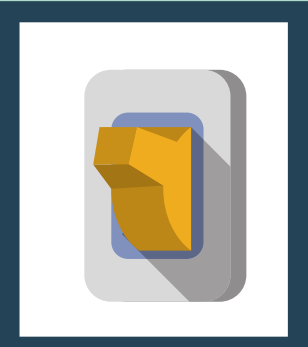
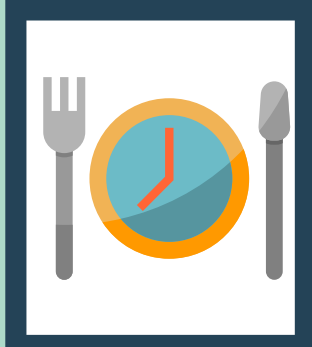
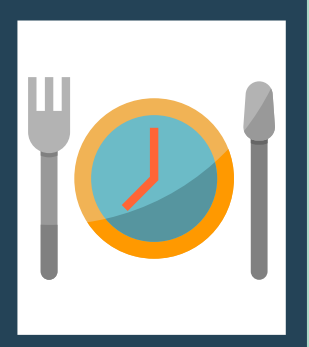
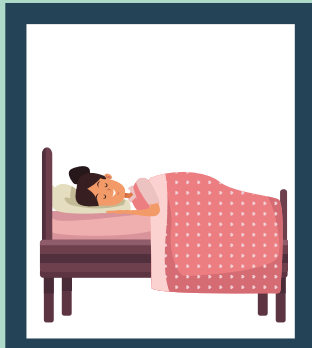
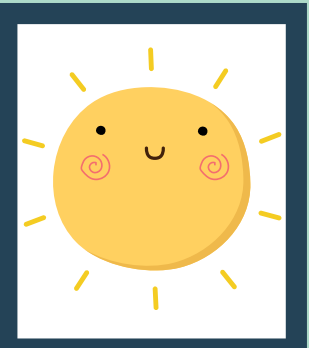
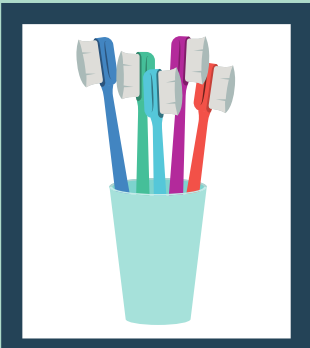
Evening

Mealtime can be a good way to add some predictability to your schedule. Try writing out meals the day before.

Transitions like getting in the car can be hard for kids ... give countdowns before bigger transitions.

We can empower kids of all ages by creating a foundation of predictability through schedules and helping them meet their own psychological needs like hydration, nutrition and exercise through the summer!

Kids need hydration, nutritional snacks and exercise every 2 hours! Get creative with incorporating it into your schedule.



Summer Hydration



Flavor Packets



Sparkling Water



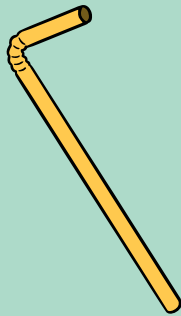
Hot or Iced Tea



Infused Water



Fun Cups



Fun Straws



Eat your Water



Frozen Fruit



For older kids, try time marked gallon bottles or buy water proof stickers for their water bottles!

Most of all, be a water role model!

