



EMPOWERING YOUR CHILD

ON





Routine & Hydration



Summer Sanity

Empower Your Child



Hydration

By the time we start to FEEL thirsty, we have already lost approximately 10% of our brain's capacity to function. Check out our creative ideas on how to keep you and your kids hydrated!



Routine

Our children need us to empower them consistently and warmly, to set the stage for felt-safety and connection, even away from the structure of school and through the unpredictability of summer. Read below for ways to implement schedules & routines that help your child or teen feel safe and have a foundation for regulating.

NEED SUPPORT?
CONTACT US



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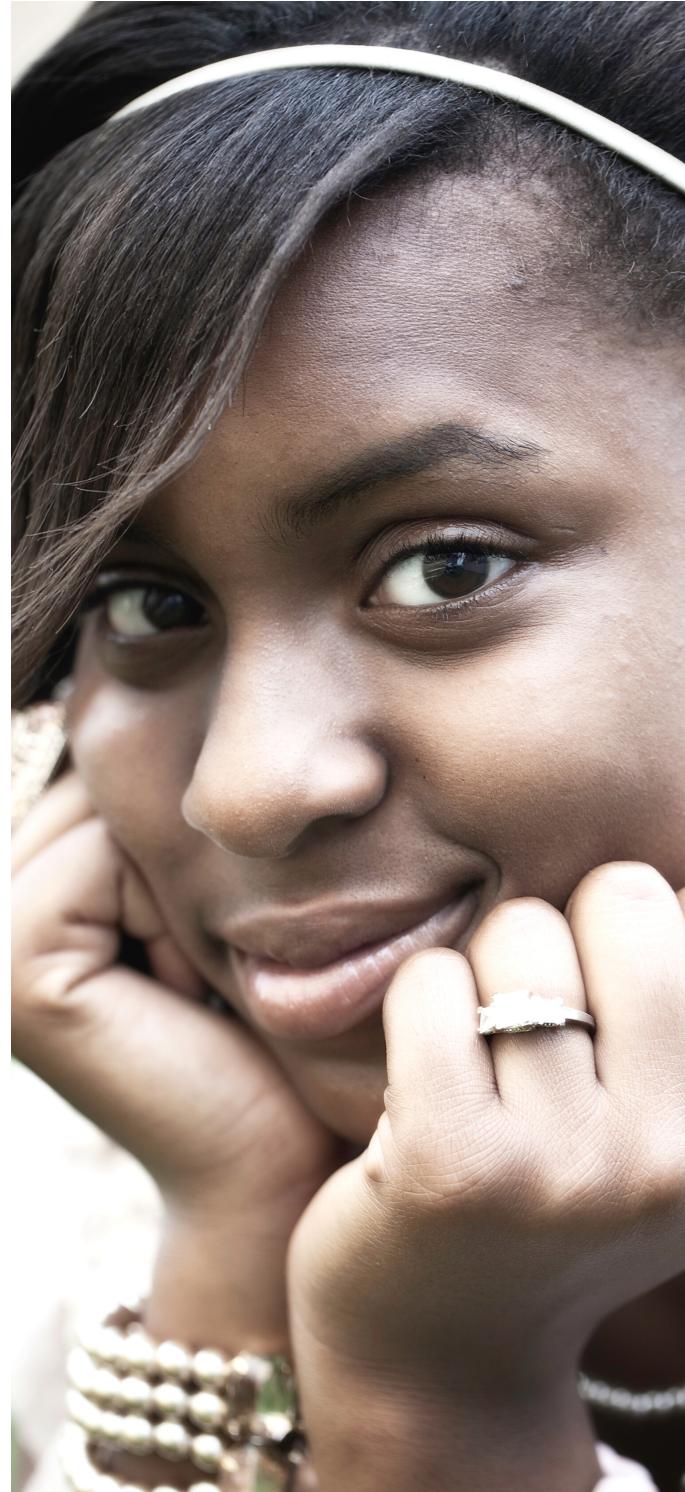
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Our children's history of unpredictable stress in early childhood, often leads their foundation for feeling safe unsteady and their ability to regulate themselves hindered. This might look like consistently scanning the room (might look like being fidgety) or finding other ways to answer the question, "Am I safe?"

Our children need us to empower them consistently and warmly, to set the stage for felt-safety and connection, even away from the structure of school and through the unpredictability of summer.

Below you will find ways to empower your children and teens using routines, rituals and hydration.

**SET YOUR KIDS
UP FOR SUCCESS
THIS SUMMER**





Pool days, summer camps, beach trips and long hours at home ... that's right, it's summer time!

and biology require additional help from their safe adults to help them regulate. 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!"

Empowering takes a little more work during the summer season. The changes in our children's body

01

Family Meetings

Have a "family meetings" where everyone has a say of what the daily routine will be for that day. Rotate who "leads" the meeting so everyone feels included!

Mix it up!

02

Mix it up! Have a different daily routine for the weekdays and the weekends.

03

Tech Timers

Make technology your friend! Use a Google Home or Echo Dot. Set timers and give your child cues that a transition is coming. "Alexa set a timer for 15 minutes." "Hey Google! Play my favorite song in 20 minutes."

PJ Party!

04

Before Bedtime Dance Party! During summer make your bedtime ritual special. Everyone gets to choose their favorites & we can get the wiggles out together.

05

Muscle Movement!

Keep your days balanced. In addition to having water and nutrition scheduled every 2 hours, make sure you have some physical activity spread out through your day too!

A background photograph shows several children outdoors in a park-like setting. In the foreground, a girl with long dark hair and a pink headband looks towards the camera. Behind her, another child's face is partially visible. In the lower left, a boy in an orange shirt looks down. In the lower right, a boy in a blue shirt holds a large slice of watermelon. The scene is bright and sunny.

OUTSIDE DAYS OF PLAY

WATER-BOUT HYDRATION?

WAYS TO STAY HYDRATED

IAMFOSTERINGHOPE.ORG



Be a role model!

The start of summer days means more opportunities for beach, pool and outside days of play.

Did you know that by the time we start to FEEL thirsty, we have already lost approximately 10% of our brain's capacity to function. Stress hormones like norepinephrine, dopamine and cortisol have already started to increase and our ability to regulate things like behavior, temperature and "good listening ears" decrease significantly. With the long summer days ... we can't have this happen!

These changes may seem same small, but it gives our children the foundation of felt-safety and an ability to regulate. Staying hydrated helps concentration, energy and focus!

Here are some creative ways to makes sure you're kids (and YOU) stay hydrated this summer.

SUMMER HYDRATION

Bingo



WATERMELON



PEACHES



ICED TEA



ZUCCHINI



EDIBLE FLOWERS



BERRIES



ICEBERG LETTUCE



HOT TEA



SPINACH



SPARKLING WATER



FROZEN FRUIT ICE



CELERY



FUN STRAWS



BELL PEPPERS



PLUMS



MYO POPSICLES



CUCUMBERS



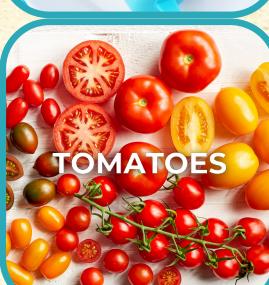
FUN STRAWS



WATER BOTTLE STICKERS



SET WATER REMINDERS



TOMATOES



APPLES



CANTALOUPE



INFUSED WATER



GRAPEFRUIT

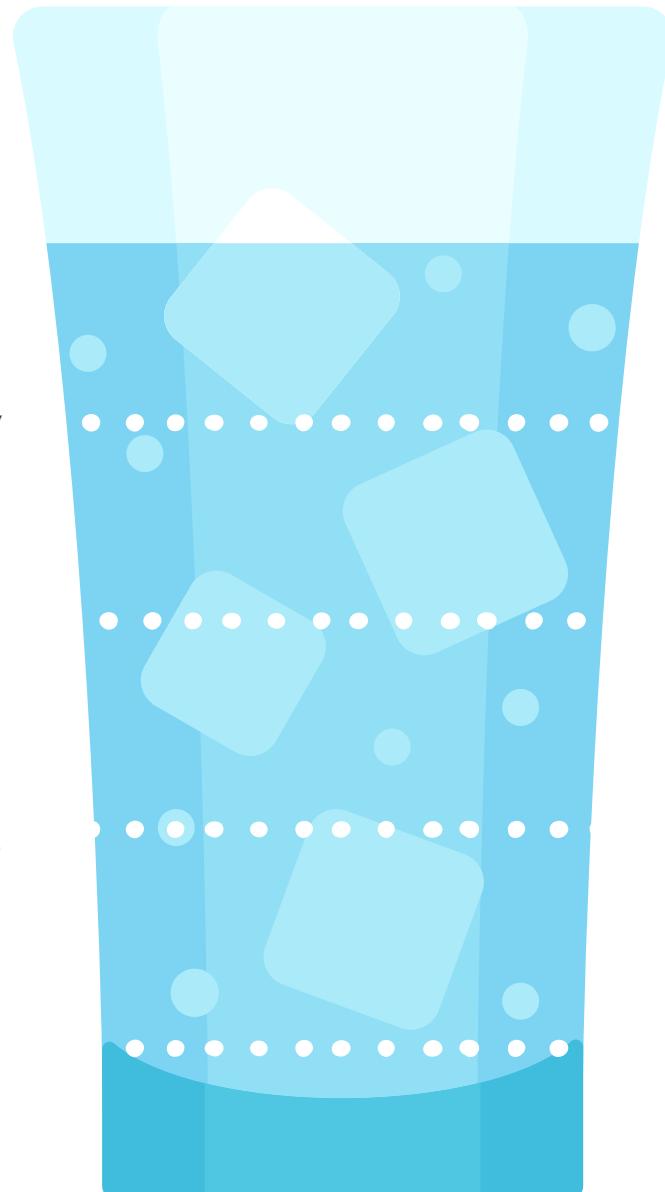
How much water should my child be drinking?

Ages 9-13 Boy

Ages 9-13 Girl

Ages 4-8

Ages 1-3



(Drink extra water before and after outdoor physical activities!)



SELF-ASSESS WATER INTAKE



PLACE A URINE
HYDRATION CHART
IN THE BATHROOM.

"Clear"

You're overhydrated.
Hold off on water for a little bit.



"Lemonade"

This is optimal hydration.
Keep doing what you're doing!



"Dark Yellow"

You're still hydrated, but keep
drinking water.



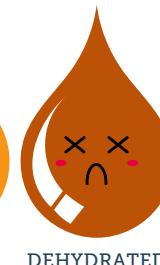
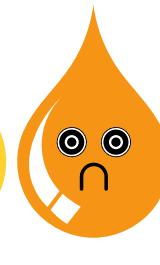
"Amber"

No need to worry, but time to
drink some water.
You could be dehydrated.



"Burnt Orange"

You are dehydrated!
Drink lots of water and electrolytes.



Foundation of Predictability



We can empower kids of all ages.

01

Creating a foundation of predictability through schedules and helping kids meet their own psychological needs empowers them. Remember hydration, nutrition and exercise this summer!



Empower kids with the two hour rule.

02

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



Scheduled meals empower kids.

03

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



Cut Out

Ask your child to cut out the rectangles.



Glue On

Glue the activities to a strip of paper.



Tape Up

When the activity has been completed, fold the tab over and tape it.



Write Down

They can write, "Done" or a checkmark if desired.

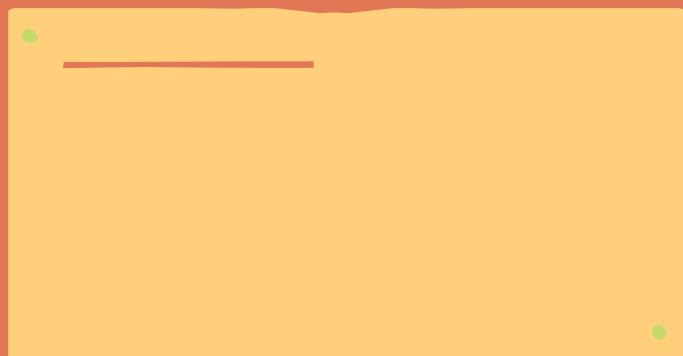
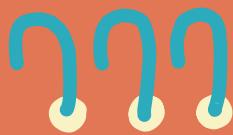




summer SCHEDULE

TO DO	S	M	T	W	TH	F	S
MAKE BED							
BRUSH TEETH							
GET DRESSED							
EAT							
READ							
CLEAN UP							
EXERCISE							
GET SUNSHINE							
CREATE							
HELP SOMEONE							
GIVE A HUG							

monday





wednesday



thursday







Saturday



Sunday

