

# THE Counseling CONNECTION

St. Hilary School

Mrs. Eldred and Mrs. Parisi

## Caring for Your Child's Mental Health Over the Summer

Summer is often an exciting time for students when they can take a break from their studies, spend more time outdoors and take part in activities that aren't offered during the school year. However, as celebrated as summer often is, it can be a difficult time for students who thrive on structure and more organized times for them to interact with their peers. In addition, students may fall into patterns of sleeping late and lounging around the house too often. This decrease in activity for some can lead to an increase in depressive symptoms, especially for students who are predisposed to this condition.

Here are some tips for parents to help their children take care of their mental health during summer break as well as some signs to watch for:

- Establish a routine
- Practice healthy habits: eat healthy, get enough sleep, stay active
- Encourage journal writing or another outlet for emotions
- Encourage children to try a new activity, hobby or project
- Take time to engage in activities together, both family and one on one
- Keep an eye on behavioral patterns
- Watch for signs of excessive worry or concern

## May's Focus:

Caring for Your Child's Mental Health Over the Summer

<https://wcpastl.com/caring-for-your-childs-mental-health-over-summer-break/>

Have a wonderful and safe summer!  
Thank you for all of your support this year!

Sincerely,  
Mrs. Eldred and Mrs. Parisi



# THE *Counseling* CONNECTION

## Self-Care During the Summer:

1. Meditate daily
2. Check-in through journaling
3. Try a new hobby
4. Leave your phone
5. Set boundaries
6. Spend time outside
7. Maintain a sleeping schedule
8. Be active (but have fun)
9. Connect deeply with friends
10. Give yourself a break!

 [LIBEROMAGAZINE.COM](http://LIBEROMAGAZINE.COM)

## May's Focus:

**Caring for Your Child's Mental Health Over the Summer**

