



Helpful Resources

Explore St. Louis:
<https://explorestlouis.com/>

KidsOutAndAbout.Com:
<http://saintlouis.kidsoutandabout.com/>

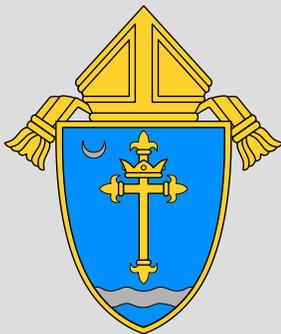
St. Louis Public Library:
<https://www.spl.org/>

St. Louis County Library:
<http://www.slcl.org/>

Gateway Region YMCA:
<https://www.gwymca.org/>

2-1-1: 24/7 phone number for locating community resources. Operated through United Way.

Child Mind Institute:
<https://childmind.org/article/strategies-for-a-successful-summer-break/>



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School Tools

May 2017

Making the Most of Summer



Dear Parents and Teachers,

As the school year wraps up, children and adults alike are preparing for how to spend the next few classroom-free months.

Waves of excitement and apprehension are common during this time. While a season away from textbooks and bell schedules presents opportunities for free time and fun, it also marks a period of adjustment for children and their

families. Schedules change and new routines need to be established. This creates chances both for stress and positive growth.

Making the most of the summer means maximizing the growth and managing the stress as effectively as possible. With the right resources and a few thoughtful questions, you can figure out how to make this summer the best it can be for you and your family.

If you're looking for a few tips, check out our suggestions below. What's in store for your family this summer?

Mental Health Support Over the Summer

Beth Arky, writing for the Child Mind Institute, acknowledges that summertime can be difficult for some children. Without the consistency that the school year offers, they may experience increased anxiety or behavioral issues.

Arky outlines a few suggestions for enhancing kids' wellbeing during this time. These include:

- Keep busy
- Make schedules predictable
- Go outside
- Be patient
- Reward positive behaviors
- Help children identify and conquer their fears¹

¹<https://childmind.org/article/strategies-for-a-successful-summer-break/>

Summertime Tips

Set Intentions

Different families have different priorities for how to spend the summer. Some make relaxation and fun their top goals. Others may emphasize opportunities to learn and stimulate curiosity. Other families want to make sure they can spend as much time together as possible.

Whatever your family's goals are, it may be beneficial to spend some time discussing them together and writing them down. Different family members may have different priorities, and that's ok. See if you can identify a common theme among all members, or talk about ways to balance everyone's wants and needs.

Work Within Your Means

Summer vacation can spark visions of unlimited freedom or create a sense of pressure to plan elaborate activities. In order to avoid stress or feelings of disappointment later on, it is important to be realistic about the types of experiences you and your family will be able to have together this summer. There is no reason that inexpensive activities should be any less fun than expensive ones! What's most important is that kids know what to expect, get to be involved in meaningful ways, and can see how much you love them. Part of working within your means also involves knowing when to ask for help when you need it. Who can help your family make the best of your summer together?

Manage Stress

Summer may bring different types of stress that do not predominate during the school year, such as a change in routine. In order to make the most of the summer, it can help to work with your family to identify any potential challenges you may face during this time and construct a plan for responding effectively to these challenges. Healthcare providers, including doctors and therapists, can help.

Taking care of physical and emotional health remains important during the summer as well. Regardless of your summer goals, make sure there is adequate time to relax, decompress, exercise, and eat well. Try to have some fun after all!

Important info. For
Parents & Teachers!

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