

Summer Support: You Are Not Alone

Summer months can be challenging for children who thrive on structure and routine. The recent health crisis has created additional instability and stress for families, and particularly for young people who lack coping skills. Mental health issues in children and adolescents are serious matters, and early, consistent intervention leads to better long-term outcomes. There are things you can do to help your child and your family have an enjoyable summer, but if you are interested in additional support, call us 24/7.

There are things you can do to help your child and your family have an enjoyable summer:



MAINTAIN A SCHEDULE: Adjust your days and evenings to fit a summer routine, but keep bedtimes and mealtimes structured. Staying up late and sleeping in can be tempting, but an adequate and predictable sleep schedule can improve mood, energy and overall well-being.



MAKE PLANS: Schedule activities that provides structure to the day. Make time for a variety of things like arts and crafts, exercise, reading, nature, and chores. Try different experiences to expose yourself to new ideas and enjoy fresh things to talk about.



MANAGE SCREEN TIME: In this digital age, children and adolescents can entertain themselves for hours on their devices, but too much screen time can be detrimental to a child's mood and behavior and reduce true social interactions. Set limits for better physical and mental health.



BUILD ON YOUR CHILD'S INTERESTS: Most communities offer summer camps and activities of varying lengths for almost any interest (art, dance, nature). Many programs are free or offer financial assistance for participation. Start with your local YMCA and library for information.

REACH OUT FOR SUPPORT

If you are concerned about your child's mental health, mood or behavior during the summer, **THERE IS HELP.** During the summer months, Denver Springs can provide immediate assessment and treatment for your child's mental health needs.