

Unbelievable but yes summer is here!

Summer is a time for fun, relaxation, and adventure! However, it can also be a period of transition and uncertainty for children. Supporting your child's mental health during this season is crucial for their overall well-being. As we know summer is a very difficult time for any parents or caregiver to keep their child busy and entertain. Having this in mind I would like to share 5 tips and ideas to Support your Child's Mental Health over the holidays.

1. Maintain a Routine

While summer often means a break from the usual schedule, keeping a consistent routine provides a sense of stability. As much as possible, set regular times for meals, activities, and bedtime to help your child feel safe and secure.

2. Promote Physical Activity and PLAY!

Encourage your child to stay active through sports, dance, or even simple outdoor play. Physical activity releases endorphins, which can improve mood, and reduce anxiety.

Play is essential because it contributes to the cognitive, physical, social, and emotional development and well-being of your child. Play also offers a great opportunity for you, as a parent or caregiver, to positively engage and interact with your child.

3. Foster Social Connections

Arrange playdates, group activities, or a trip to the park to help your child stay connected with friends and peers. Social interactions are vital for emotional health and can help reduce feelings of loneliness.

4. Support Their Interests

Whether it's a hobby, sport, or artistic pursuit, encouraging your child to engage in activities they love can boost their self-esteem and provide a sense of accomplishment.

5. Be a Role Model

Children often mirror the behaviour of their parents. Demonstrate healthy coping strategies, positive thinking, and emotional regulation. Showing that you take care of your own mental health sets a powerful example and sets the foundation for lifelong health!

Seek Professional Help if needed over the holidays. If you notice persistent changes in your child's behaviour or mood, don't hesitate to seek professional support.

Supporting your child's mental health this summer doesn't have to be complicated. By incorporating simple strategies into your daily routine, you can help ensure that your child enjoys a happy and healthy summer.

Have a great summer and will see you back in September. Your counsellor David Montoya.