



SUMMER WELLNESS



tips to stay Mentally and Physically well this Summer

Keep your Routine

Summer time is an important time to strike a balance in your family. While your schedule is no longer dictated by a school calendar, it is still important to maintain a sense of routine throughout the summer months. Having a sense of routine can help with cooperation, maintain consistency in expectations, and eliminate power struggles. Try to maintain regular wake ups, meal times and bed times.

Sleep Well



Without the early school-day alarm looming, getting kids to bed on time can seem less important. But a sleep routine still matters. Kids who sleep less have less energy. A tired brain is also more likely to make unhealthy choices, like zoning out on the couch with a bag of chips all day.

Eat Well



Continue to eat healthy during summer vacation. Skip the sweetened drinks and fast food as much as you can. Fruits, vegetables, whole grains and protein will provide good nutrition to support mental health and well-being by giving your body and brain the power and nourishment it needs.



Turn off the TV and Limit Screens

A bit of screen time is ok- but too much can be unhealthy. Monitor and limit screen time just as you would during the school year.

Increased screen time in the summer comes with increased online risks. For things to watch for and parent safety tips check out www.protectkidsonline.ca

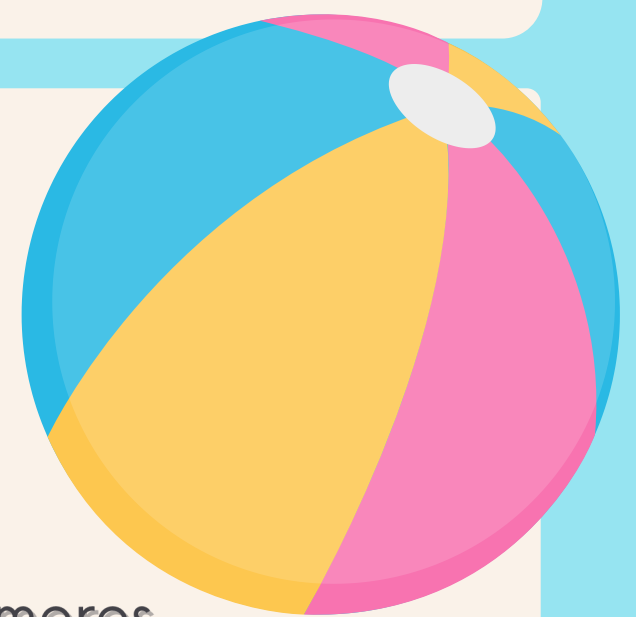
Get Moving!

Dance, swim, go for a bike ride or a hike. Staying active is great for body and mind. Physical activity is a mood and energy booster.



Have Fun!

- Plan a weekly family night
- Make a summer fun bucket list
- Go berry picking
- Make a fort on a rainy day
- Have a bonfire and cook some s'mores
- Go on picnic



CHECK OUT OUR VIRTUAL FEEL
GOOD SPACES

