

Counseling Corner

Whiteford Elementary School

Summer Wellness: Supporting Your Child's Health & Happiness

As summer break rapidly approaches, it's a great opportunity to spend time focusing on nurturing healthy habits in our children's day-to-day routines. Ensuring they stay active, eat well, and maintain emotional balance are keys to a joyful and fulfilling summer break and can also aid in helping them prepare mentally, physically, and emotionally for the next school year! Continue reading to learn how you can support your child in these areas this summer.



Indoor & Outdoor Play

Encourage your child to participate in a minimum of 60 minutes of physical activity daily. This can involve indoor play that involves movement, as well. From a family bike ride to a nature scavenger hunt, a kids' yoga session, a stroll in the park, or a fun game of tag with friends, staying active not only enhances physical well-being but also uplifts mood and boosts energy levels. You can also consider enrolling your child in a summer sports camp or a new dance class to maintain their activity levels and discover new hobbies and talents! Monroe County Community College has tons of summer camps this year! See my Schoology group for more information.

Healthy Choices Through Food

Summer is the perfect time to enjoy a variety of colorful fruits and vegetables with every meal. Involve your child in the process of choosing and preparing meals to enhance their interest in nutritious foods. You can introduce a list of fruits and vegetables, allowing your child to select new ones to try! You can even turn this into a game by "rating" each food to make the exploration of new foods more exciting. Enjoy picnics with wholesome snacks like carrot sticks, watermelon, and homemade sandwiches for a fun and engaging way to eat well. Work together to prepare a new kid-friendly recipe featuring delicious fruits or veggies they already know they enjoy. And remember, stay hydrated by drinking plenty of water throughout the day! Opting for water instead of sugary beverages keeps us hydrated, while sweet drinks often contain added sugars and minimal nutritional value.

Emotional Well-Being

Summer is a wonderful time to intentionally focus on strengthening our children's emotional well-being. We can support them by encouraging activities like drawing, writing, or playing music to help them express themselves. Additionally, guiding your child to identify and manage their emotions, set and achieve positive and realistic goals, and make responsible decisions are all important steps. Having regular conversations about their feelings and experiences can enhance your understanding of their emotional needs and strengthen your bond. Engaging in community activities such as summer camps and youth programs can introduce children to new experiences, foster relationships, improve social skills, promote physical activity, and boost confidence. Allocating time for quiet relaxation, reading, ensuring adequate sleep, and limiting screen time are equally important. By prioritizing the emotional health of our children during the summer, we can better prepare them for the upcoming school year. Consistent focus and intentional efforts are key to this practice.



For more information on summer wellness, please visit my **Counseling Corner Newsletters and Resources** section within my **Resources** tab in my Schoology group.