

# Parent Support

Week of May 18<sup>th</sup> 2020

## MOVING INTO SUMMER

### *Navigating more transitions.*

In just a few weeks the school year will come to an end and you will no longer be stuck with the challenges of e-learning. While in some ways this is a big relief, it can also be stressful trying to figure up how to fill up your child's empty days.

Here are some ideas to help smoothly make the transition into summer break.

1. **Keep a routine.**

Keep as much of your current routine as possible. Keep things like lunch and snack times the same. If your children were used to doing schoolwork from 9:00am to 1:00pm, keep those hours set aside for other designated activities. Having a schedule provides stability for everyone.

2. **Find long term activities.**

Encourage your children to take time each day to engage in a hobby. Maybe it's learning to play an instrument, making their own garden or working on a complex Lego set. Try to find activities for yourself too. Pick a DIY project, a puzzle, or learn an instrument too. School may be out, but you can still find productive, mind engaging things to do.

3. **Maintain supports.**

Your child's teacher and school supports aren't accessible in the summer months, but that doesn't mean you're all alone. Keep closely connected with family and friends and utilize community resources like Glastonbury's Youth and Family Services.

### Self-Care Tip

Do your best to enjoy 15 minutes of sunshine – and don't forget to apply sunscreen! Sunlight synthesizes Vitamin D, which scientists believe is a mood elevator. The sun's UVB rays interact with a protein called 7-DHC in the skin, converting it into vitamin D3, the active form of Vitamin D. Don't worry, sunscreen won't prevent you from getting these benefits!



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