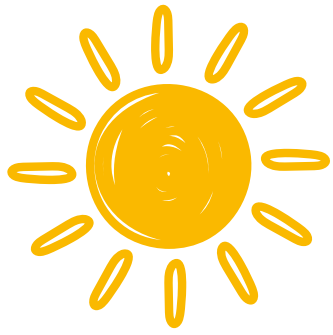




ROUTINES TO MAKE SUMMER SHINE

*Tips for building just-right routines
to get the most out of summer.*



Why summer routines?

Summer often means changes to childcare, work schedules, and the rhythm of daily life that families have built during the school year.

Creating summer routines can help ease the transition. When kids know what to expect, they feel more confident and calm. And when caregivers have a plan they feel good about, the whole family benefits.

The right summer routine is:

- Simple & Flexible
- Easy to Follow
- Repeatable



You can build new routines together.

Here are some tips to try and questions to ask:

What does our summer look like?

Every family's summer is different. Some kids are in camp or summer programs. Some stay home. Teens may have a job or internship. Before building any routines, chat together about what the summer looks like for your family.

Try questions like:

**What weeks are
busiest?**

**What weeks are
wide open?**

**Are there trips,
programs, or
special events on
the calendar?**

For younger kids,
draw a simple
picture calendar
and let them help
fill it in.

For older kids and
teens, this is a great
time to build their
planning skills.
Encourage them to
map out their own
calendar.



For ALL kids, knowing what to expect helps. Think about any expectations you might have around things like screen time, chores, or bedtime and chat together.

What routines do we need?

Each week might be different during the summer. **Having a few routines that remain the same can help everyone feel more calm and ready to take the day on.**

Here are a few routines you might add to your summer days.

Pick 2 or 3 that work for your family to try.



MORNING WAKE-UP ROUTINE

When kids wake up around the same time each day it can help things go more smoothly. That can make the day easier for everyone!



OUT & ABOUT ROUTINE

Adding an outing like going to the park, library, or community pool together each week can help summer feel full and fun.



READING ROUTINE

Just 15 to 20 minutes of reading a day keeps reading skills sharp and builds key literacy habits. After lunch, before bed, or any time that fits your family's schedule works great. Find a moment daily to check-in too. Encourage kids of all ages to pick out books that interest them!



TRY IT ROUTINE

Ask everyone in the family: What's one thing you want to try this summer? Write it all down and see what you can make happen.



CHECK-IN ROUTINE

Summer can be busy. Finding regular moments to check-in with kids feels good for everyone. For younger kids it might be doing a silly dance or asking a fun question. For older kids and teens, you might try a fun text message.



BEDTIME ROUTINE

Later sunsets and relaxed schedules can push bedtime later in summer. Kids still need plenty of sleep to stay healthy, rested, and ready to enjoy the day. Having a simple wind-down routine helps kids fall asleep more easily to get the rest they need.