



# Summer and Mental Health

## WHAT PARENTS NEED TO KNOW

Summer can be an exciting time to have a much-needed break from routines and stress that come with the school year. However, summer can also be difficult as many of us benefit from having schedules and predictability. Here are a few tips to help maintain stability and prepare for summer:

1. Maintain routine as much as possible! Try to stick with the same bedtimes and mealtimes as during the school year. You might even make a visual reminder by writing this out and putting it on the fridge.
2. Prepare! Identify and plan activities ahead of time and communicate about the summer plans as frequently and as soon as possible.
3. Make time to go outside! Even if it is just a walk or bike ride down the block, time and exercise outside can increase endorphins and improve our moods.
4. Take advantage of the many free activities for families in D.C. - meals, camps, and fun events are held throughout the city all summer and many resources can be found right here in the district.

### Additional Resources

- [DPR Summer Activities](#)
- [Strategies for a Successful Summer Break](#)
- [DC Public Pools and Spray parks](#)
- [DC Free Outdoor Summer Movies](#)