



JUNE: SUMMER PLANNING

– What Caregivers Need to Know –

The Basics

Summer is a time that many children and parents look forward to, less stress from school and the sun is out! However, summer can also pose challenges such as a lack of routine and structure.

Planning for a Fun and Healthy Summer

- Try to keep as much routine in your children's lives as possible. This can include bedtimes, wake-up times, and mealtimes. Want to learn more? [Read this article.](#)
- Make time to go outside! Being outdoors is wonderful for our mental health. It can improve our sleep and even help reduce some symptoms of Depression. Read more [here](#). Try going to one of the free parks across the city:
 - Rock Creek Park
 - Malcom X Park
 - Kenilworth Aquatic Park and Gardens
 - National Arboretum
 - Fort Dupont Park
- Plan activities for you and your family ahead of time. And keep your children informed about things you might be doing as a family over the coming months.

Free Activities Around the City



Summer here we come!

- [Pools across the city](#)
- [Museums and the zoo](#)
- [Outdoor movies](#)
- [DC Parks Programing](#) *some are free others are not