

Summer Time Healthy Strategies

Summer is quickly approaching, and our kids will be "free from academia in Mid-June. This means no more lunches to pack, school schedules to navigate, or homework!! Summer also means that much of the "structure" surrounding our daily lives will be gone!! This can be a time when healthy behaviors tend to deteriorate. SO, be forewarned and forearmed!!

Here's a list of strategies for you to consider this summer. We've found that families who adopt these strategies have a much easier time enjoying a healthy summer. Please TRY and ENJOY!!

1. Keep to some form of schedule over the summer. It's tempting to let the kids stay up late and awaken late -- and this is OK, BUT only for a couple days. It's OK to allow your children to stay up later (say 9:00 or 10:00, perhaps later for teens) but not too late! ALSO, be sure to awaken them at a reasonable hour, rather than allowing them to sleep 'till noon on a regular basis.
2. Enroll children in day camps, activities, art or enrichment programs, etc. Does your child swim, paint, like dance, music, tennis, gymnastics, soccer or martial arts? Chances are that there are local and community programs available for almost any child's taste. Check your local community centers, YMCA's, High Schools, etc. for a listing of available programs in your area and get your child (and family) involved!!
3. Keep an array of healthy snacks, fresh fruit and vegetables, quick meals, sugar free beverages and water available for your child and family. This will ensure that healthy options are always there!!
4. Strive to be active every day if possible. Make a list with your child of activities that you and they enjoy and can do in 30 minutes. Walking the dog, bike or scooter riding, tossing, kicking, shooting or bouncing a ball, dancing, stretching, roller skating, swimming and yard work are just a few options. Encourage your child to write their activities on a calendar each time they do one. This way you can both keep track.
5. Make a list of family activities you and your child enjoy. Trips to local, theme or water parks, to the zoo, family walks or biking, picnics and outdoor games are always fun. Find a time on your calendar where 2-5 of these activities will work for your family every week and jot them down.