



Great Changes

Mental Health Monthly

June 2026



It is normal to feel overwhelmed by the change in routine when kids are home for the summer. Combat the dread by implementing a flexible structure, such as scheduled outings, chores, and quiet time, while encouraging independent play to combat boredom. Plan ahead with a mix of activities, and prioritize self-care to manage stress and enjoy the break.

Strategies for Managing the Summer

- Establish a Routine: While keeping it relaxed, maintain consistent wake-up, meal, and bedtimes to provide stability.
- Plan Ahead with Structure: Create a "summer menu" of activities and look up free local events, such as museum days or parks.
- Encourage Independence & Boredom: Allow kids to be bored; it can foster creativity and problem-solving skills. Set up a dedicated area with craft supplies, puzzles, and games.
- Implement Chores: Give kids age-appropriate chores—like cleaning toys or wiping surfaces—to build responsibility and help keep the house organized.
- Limit Screen Time: Set clear limits, and encourage outdoor play or reading to reduce screen dependency.

<https://www.susankmacias.com/blog/dont-dread-your-kids-being-home-all-summer>