



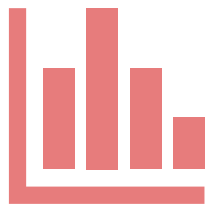
PARENTING HACKS: YOUR SUMMER GAME CHANGER

**A WEBINAR FOR EMPLOYEES FROM YOUR
EMPLOYEE ASSISTANCE PROGRAM**

June 14, 2023

INTRODUCTION





POLL 1

What do you miss most about being a kid in the summer?

OBJECTIVES

- Review primary causes of summer stress and their hacks
- Recognize and address children's summertime mental health
- Recognize and manage parental summertime mental health
- Preparation strategies for back-to-school

SUMMERTIME SOURCES OF STRESS FOR PARENTS



Planning



Childcare and cost



Safety



Kids' mental health



Parents' mental health



Back-to-school prep

SECTION 1

PLANNING



PLANNING HACK 1:

Keep it
simple



Start planning early

Focus on creating
fun and meaningful
moments



PLANNING HACK 2:

Gather intel



Listen to your
child's ideas

Treat each child as an
individual and consider their:

- Development stage
- Learning style
- Hobbies and interests



PLANNING HACK 3:

Establish structure and routine



Create a calendar or
schedule

- Make it visible
- Build in flexibility

SECTION 2

CHILDCARE AND COST



CHILDCARE AND COST HACK 1:

Identify childcare options



Explore the spectrum
of childcare and
support possibilities

- American Camp Association Accredited Camp Search
- Network with other parents or online support groups
- Medical providers, therapeutic or school aides
- ChildCare.gov or Military OneSource
- Work/life benefits: Check with your HR

CHILDCARE AND COST HACK 2:

Summer camp money- savers



Camp
discounts

Financial
assistance



CHILDCARE AND COST HACK 3:

Find help



Contact local colleges, elementary schools, and early childhood centers

Inquire about posting an ad for summertime childcare work directed toward seasonal staff, interns, and students



CHILDCARE AND COST HACK 4:

Volunteer work



Kids who are too young to work or too old for sitters can gain skills as a counselor-in-training at a local summer camp

CHILDCARE AND COST HACK 5:

Nanny share



Typically, two or more families employ one nanny and share cost

SECTION 3

SAFETY



SAFETY HACK 1:

Schedule a consult



Prepare
questions and
concerns

- Child-to-provider/child-to-counselor ratios
- Accreditations – Background checks
- First aid training and emergency supplies
- Lifeguard certification, inclement weather policies, safe shelter procedures

SAFETY HACK 2:

Preempt physical and medical safety



Medication and vaccines

- Contact your child's pediatrician to request any medication and inquire about any vaccines

Wheeled equipment gear

- Children older than one should wear approved helmets
- Update helmets, reflectors, gloves, pads, and brakes



SAFETY HACK 3:

Shore up on sun protection



UPF/SPF-treated clothing, rash-guards,
and swimwear

Hats, sunglasses, and umbrellas



Sunblock sticks, spray, lip balm, scalp
mist

SPF laundry wash



SECTION 4

KIDS' MENTAL HEALTH



KIDS' MENTAL HEALTH HACK 1:

Address
concerns
with
experts



EAP

Call the EAP

Get a psychological
assessment



- If your child is at risk of hurting themselves or others, or has a mental breakdown:
- Call the 988 Suicide and Crisis Lifeline
- Head to the emergency room

KIDS' MENTAL HEALTH HACK 2:

Help your
child
explore
a new
hobby



Introduce opportunities
for engagement with a
new activity to put a
restless mind at ease

KIDS' MENTAL HEALTH HACK 3:

Make use
of quality
time



Get reacquainted using positive parenting strategies

Consider outings



Ask daily check-in questions

KIDS' MENTAL HEALTH HACK 4:

Give kids
control
with a day
of yes



Agree to say yes to
reasonable requests
for an entire day

Give it structure

- Pick a future date
- Set firm ground rules
- Use chores as incentives
- Get out of your comfort zone



SECTION 5

PARENTS' MENTAL HEALTH



INTENSIVE PARENTING

**Also known
as hovering,
helicopter,
or snowplow
parenting**

- Results in burnout
 - Fatigue, guilt, persistent irritability, difficulty thinking clearly and feeling detached
- If unaddressed, can cause:
 - Sleep disorders
 - Chronic physical and mental health problems
 - Increased alcohol consumption
 - Suicidal thoughts
 - Marital conflicts
 - Child abuse and neglect

SUMMERTIME SEASONAL AFFECTIVE DISORDER (SAD)

Contributing factors

- Restlessness
- Anxiety and depression
- Decreased appetite
- Weight loss
- Difficulty sleeping
- Violent behavior
- Feeling worthless or guilty
- Difficulty concentrating
- Thoughts of death or suicide

Symptoms

- Changes in daily rhythms
- Heat and humidity
- Too much sunlight
 - Circadian rhythm disrupted
- Summertime social pressures
 - Swimsuit season, trips, schedules, increased activities, and work + kids juggle

PARENTS' MENTAL HEALTH HACK 1:

**Prioritize
and
schedule
self-care**



Outings with friends,
pampering and wellness
appointments, fitness,
music, learning, or reading

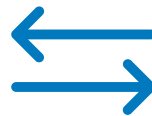
PARENTS' MENTAL HEALTH HACK 2:

Identify
and use
peripheral
support



Housekeeper

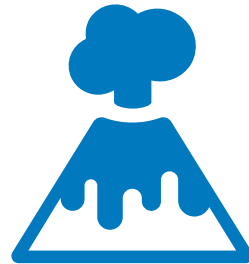
Take-out meals



Babysitting swap

PARENTS' MENTAL HEALTH HACK 3:

Take a time-out



Avoid disciplining
in the heat of the
moment

Take time to
emotionally
stabilize



SECTION 6

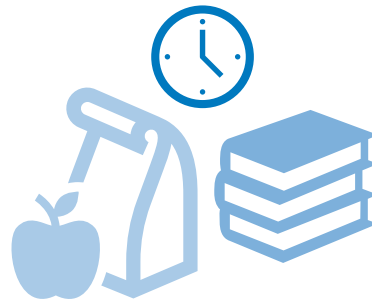
BACK-TO-SCHOOL PREP



BACK-TO-SCHOOL PREPARATION

HACK 1:

**Maintain a
year-round
school
schedule**



Keep normal
meal and study
times

BACK-TO-SCHOOL PREPARATION HACK 2:

**Stick to
sleep
routines**



Kids of all ages
need 8-10 hours
of sleep per night

Try not to veer too
far off schedule
when school ends



BACK-TO-SCHOOL PREPARATION

HACK 3:

Make learning fun



Build in daily learning activities that are fun for your child

- If your child is into sports and hates math, get sports themed math books or worksheets
- Engage in educational experiences, such as taking your child to a botanical garden, museum, or volunteer opportunity

BACK-TO-SCHOOL PREPARATION HACK 4:

Address hopes and fears



Discuss back-to-school transitions

- Ask what they are excited and worried about
- Drive by the school or bus stop to practice drop-off and pick-up; show young kids the location of their classroom
- Attend class orientation with your child and/or find pictures of their teacher to get familiar



POLL 2

What is your top priority for making this summer a success?

SUMMARY



RESOURCES

Websites

- **American Camp Association**
 - find.acacamps.org
- **ChildCare.gov**
 - childcare.gov
- **YMCA**
 - ymca.org
- **Military OneSource**
 - militaryonesource.mil/benefits/defense-department-summer-camps
- **Special Needs**
 - militaryonesource.mil/special-needs

Online Articles

- Strategies for a Successful Summer Break
 - childmind.org/article/strategies-for-a-successful-summer-break
- How to Afford Camp
 - acacamps.org/parents-families/planning-camp/preparing-camp/how-afford-camp

Blog Post

- Parent Tips for a “No Burn-out, No Bummer” Summer with Kids
 - solvhealth.com//blog/parent-tips-summer-with-kids

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