



Setting a Summer Schedule

Summer time is here and that means that school is out and summer vacations & trips to the cottage are here! No more routine, no more waking up early and rushing off to school, time off from work, and hours on end to frolic in the grass...

Hmmm... that doesn't sound right for those of us living with children with an ABI, does it? No more school? No more routine?! Remember, many people with ABI thrive on routine and that's why you may need to make a summer schedule. Here are our tips for making it through the summer:

Transition slowly...

It may be inevitable that your summer schedule will be drastically different than your fall/winter/spring schedule. Try to ease your child into it if you can. For instance, keep your child's sleep schedule the same if possible during the first week of holiday, have them wake up at the same time, get them dressed at the same time, feed them, and send them to bed on time. Slowly allow them to sleep in a little bit later and stay up a little bit longer.

Keep them busy...

Children are busy throughout the school year and need to be kept busy in the summer, too. There is nothing worse than a bored, restless child with nothing to do.

Keep them in a routine...

Routine is key. Try and keep a steady schedule for children throughout the summer.

When August rolls around...

Prepare your child for back to school by giving them plenty of time to get back into the school schedule. Start sending them to bed and waking them up earlier; give them their meals on the school year schedule. This will make hectic September much easier!

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