



Structuring your Child's Summer Days for Brain Development



Summer vacation might sound blissful after a packed school year, especially if your child struggles with academics or doesn't enjoy the daily pressures of the classroom.

Unfortunately, all that freedom can be overwhelming to many kids, and those with learning disabilities or other behavioral challenges often have trouble making a smooth transition out of the school routine and into the new reality of life on summer vacation.

With a little planning and creativity, your summer can be stress-free and tons of fun for your child. Use these ideas to plan a successful summer.

Brain Balance has a plan for kids who struggle. Brain Balance has worked with over 30,000 children and their families and we know we can help yours, too.

Visit [BrainBalance.com](https://www.brainbalance.com) to learn more.

1.

Reducing screen time for teens can be a challenge but remember you're in control. Try changing the wifi password if they don't comply with screentime limits or buy a router that allows you to set limits specific to your teen's device.

2.

Plan socialization one week ahead of time so it's on the calendar well in advance.

3.

Kids tend to graze in the kitchen when they're bored. Reduce their temptation to grab for unhealthy snacks by removing any beverages or foods that you don't want them to eat.

4.

Create a chore jar from which they can choose their daily tasks or make several suggestions for chores to be done before you leave for work.



My Brain Boosting Summer Routine!

Summer break is around the corner, and it's a perfect time to enroll your child in The Brain Balance Program®!
Transform your child's life this summer by contacting us today!

Sunday Monday Tuesday Wednesday Thursday Friday Saturday



Hydration

(8) cups per day on average¹



Physical & Outdoor Activity

(4) 30 minute sessions per day



Fruits & Veggies

(8) servings per day²



Friends & Family

(2) 1 hour memories per day



Reading

(4) 30 minute sessions per day



Screen Time

(2) 30 minute sessions per day or less!³



Chores

(3) per day



Sleep

(8-10) hours per night⁴

