



BUILDING HEALTHY HABITS

Embracing the Summer Madness

Hey there, Parents and Caregivers,

Summer is here! The days are long, the weather is hot, and the kids are home asking for snacks, fun, and more snacks. Whether you're working or home during the day, summer can feel overwhelming.

But you're not alone. Lots of parents feel this way! Schedules change, routines get thrown off, and keeping kids busy (without spending a lot) is tough.

This month, we want to keep it real and add a little humor. You might not have everything together (who does?), but if you've ever hidden in the bathroom just to get a moment of peace you're in good company. **Let's find the small laughs, simple joys, and ways to care for ourselves too.**



Early Childhood/ HRL Preschool

Early Childhood Corner:

Young children feel it when things change even if they can't say it. That's why summer can be tricky for little ones. Try keeping one or two small routines the same each day. It could be a morning walk, reading a book, or a regular snack time. These small things help kids feel calm and safe.

Cool Fact: When kids laugh and play with someone they love, it helps them (and you!) feel less stressed. Laughter builds connection.

Resource Family Corner

Family Activity: "The Chill List"

Here are a few ideas:

- **Have a dance party in your living room**
- **Make up silly stories together**
- **Make ice cubes with fruit in them and have a "fancy water" day**
- **Fill a small tub with water and toys, water play doesn't need a pool**

Hang your Chill List on the fridge. When the day feels long, pick one and take a break.

Free and Low-Cost Summer Fun in NYC

Public Pools & Spray Showers:

- Free at many NYC parks
- Find one near you:
<https://www.nycgovparks.org/facilities/outdoor-pools>

Library Fun:

- Storytimes, crafts, & more
- See events:
<https://www.nypl.org/summer/2025>

Outdoor Movies in Parks:

- Watch a movie under the stars
- Find a park near you
<https://mommypoppins.com/new-york-city>

