



MAY 2021:
VOLUME 6

Important Dates:

Saturday May 22nd- Senior Graduation

Wednesday May 26th- Parent Information Session 6:15 pm (see below for details)

May 27th – Last Day of School!

SUMMER SURVIVAL GUIDE

Follow these tips to have a successful summer break!



Keep a Routine

Set expectations for the day and guide your children to productivity

Water & Sun Safety

Keep your eye on the water and apply sunscreen often



Summer Bucket List

Make a list of fun to-do's around your community

Learn a New Skill

Brainstorm a skill and set up ways to learn it



Read!

Find a new series and read it along with your child

THRIVE IN THE HIVE: PARENT EDITION

Welcome to Thrive in the Hive: Parent Edition! Thrive in the Hive is a monthly mental health newsletter brought to you by **Access Counseling Services!** The goal of this newsletter is to provide you with education, interventions, and self-care tips in order for you and your children to take care of your mental health during a time when stressful changes are happening.

Summer Transitions

Periods of adjustment can be a difficult time for anyone, especially children. Many children thrive on structure and routine and when that routine is disrupted, it can present an array of challenges. As parents, our children will likely look to us to help maintain some of the structure that they are used to in school. This is a great opportunity to support your children through difficult times and promote a smooth transition.

SET A DAILY SCHEDULE

- ❑ Have some form of structure to maintain the feeling of stability.
- ❑ Serve breakfast, lunch and snacks at the same time every day
- ❑ Decide whether to have physical play before or after lunch.
- ❑ Include trips to the park and library to make them more excited.
- ❑ Keep a calendar of upcoming events and a list of your daily routine where the children can view it

MIX IT UP

- ❑ Enjoy movie nights or camping out in the living room with smores.
- ❑ Take an unexpected trip for ice cream.
- ❑ Buy some balloons and surprise them with a water balloon toss.
- ❑ Spend the afternoon playing board games or being creative with playdough.
- ❑ Do the simplest activity that can be the most rewarding when doing them together as a family.

EXPLORE THE OUTDOORS

- ❑ Take at least one hour every day to get your children outside to run, climb, and jump.
- ❑ Spend your lunchtime picnicking at the playground or hiking and exploring the wonders of nature at your local state park.
- ❑ Visit a basketball court or soccer field and have fun kicking or throwing a ball.

CONTINUE READING

- ❑ Be proactive with your children by keeping them reading over the summer.
- ❑ Many libraries and businesses provide incentives for children to continue their reading over the summer.
- ❑ Provide your child with a workbook to practice during those times when nothing is planned or for car rides in between activities.

CREATE A BUCKET LIST

- ❑ Let every member of the family contribute at least one activity, so they feel included in the family decision
- ❑ Things to include on the bucket list could be trips to the zoo, festival, hiking, rollerblading, fishing, etc.
- ❑ Search in local magazines and online event forums for upcoming events in your area.

The thought of a "summer schedule" may seem a bit contradictory, but a lack of routine can present negative effects to children. By maintaining a semi-structured summer routine, you can help maintain both mental and physical health. A structured summer doesn't have to be a daily itinerary with every hour of the day accounted for, it can simply consist of a morning routine and a check list of daily activities to complete. Below are some tips to keep your kids healthy and engaged while still getting some much-needed rest and recovery throughout the summer break!



May Parent Session Link:

Summer Transition: Keeping Children Engaged

Wednesday May 26th,
6:15pm

[Zoom Link](#)

Meeting ID: 927 7621 2695

Passcode: 4cWcdL



Link: [Summer Bucket List](#)



The amount of time that a parent is able to spend at home during the summer varies, however, there are many opportunities to tailor summer fun to fit your lifestyle!

Some parents may have the opportunity to designate time each day to a fun activity! The chart below offers a great outline to follow to keep you and your children busy each day of the week.

M	Tu	W	Th	F
make something Monday	time to read Tuesday	whats cooking Wednesday	be thoughtful Thursday	somewhere fun Friday
crafts or projects	weekly trip to the library	baking or cooking	write letters, make cookies, do a service etc.	go swimming, visit a museum, get out of the house!

It may not be feasible for everyone to have an activity planned for each day of the week, and that's okay! I love this next activity to keep on hand for those busy summer weeks when things may need to be a little more flexible.

SUMMER BUCKET LIST

WHAT YOU'LL NEED:

- Paper (blank or printed list from link to the left)
- Jar or Bucket
- Pen
- Scissors

HOW TO:

- If you would like to create your own list, sit down with your kids and come up with a "summer bucket list!"
- Allow each family member to participate in planning. Be sure to space ideas out on the paper so that you can cut them out. If you would prefer, the link posted on the left offers some great ideas and many additional ideas can be found on Google.
- Cut out your ideas, fold them and place them into the jar. Feel free to make this as creative or simple as you would like.
- During a time that you're free, take turns choosing out of the jar and enjoy the fun activity on the list!
- You may choose to have two separate jars, one for an all-day adventure and one for an evening activity



MLS Counseling Department

Amy Flora

- PS-1st Grade

Katrina Irons

- 2nd -6th Grade

Elizabeth Barger

- 7th-8th Grade

Sheryl Stenger (A-K)

- 9th-12th Grade

Dara Laforest (L-Z)

- 9th-12th grade

Carrie Long

- 9th-12th Grade

Kaitlyn Armstrong

- Monroe Mental Health Coordinator
(513) 539-8170 ext. 6101 or
6101 or
(513) 649-8008 ext. 022

Link: [MLS COUNSELING WEBSITE](#)

Access
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Your key to a brighter future

More Tips for Summertime Transition

Please join Access Counseling for an informational session geared towards parents on May 27th at 6:15 pm. The session will be held via zoom and will focus on helping parents facilitate a smooth transition into summer. Please see the attached invitation and the zoom link is listed in the margin to on the previous page.

Access Counseling Services, LLC Presents: A Virtual Information Session for Parents

**Summer Transition:
Keeping Children
Engaged**

Join Kaitlyn Armstrong to discuss tips on transitioning your children into a summer routine and activities to keep them engaged!

Wednesday May 26th, 2021 6:15pm

**Zoom Meeting:
Meeting ID: 927 7621 2695
Passcode: 4cWcdL**

RSVP NOW



Thank you for reading this month's edition of **THRIVE IN THE HIVE: Parent Edition** brought to you by **Access Counseling Services** and written by **Monroe's Mental Health Coordinator - Kaitlyn Armstrong, MSW, LSW.**