



Sunshine, Sleep & Summer Routines

Long summer days are wonderful for outdoor play, but changes in schedules and later sunsets can make it harder for children to settle into restful sleep. Good sleep supports attention, emotional regulation, learning, and overall participation in daily activities.

Try these strategies to keep sleep on track:

- Get outside for natural sunlight in the morning whenever possible. Morning light helps regulate the body's internal clock.
- Keep bedtime and wake-up times as consistent as possible... even during summer break.
- Begin a calming bedtime routine 30–60 minutes before bed (bath, books, quiet play, gentle stretches, or calming music).
- Limit bright screens during the hour before bedtime.
- Create a sleep-friendly environment by keeping the room cool, dark, and quiet. Blackout curtains, white noise, or a fan can help minimize disruptions.
- For children who find deep pressure calming, a weighted blanket may be helpful if recommended by your child's healthcare provider and used safely according to weight and age guidelines.

Consistent routines don't have to be rigid they simply help children know what to expect. Predictable daily rhythms support smoother transitions, improved regulation, and better-quality sleep, making it easier for everyone to enjoy all the fun that summer has to offer.