BrightLife Kids
A CalHOPE program by Brightline

5 tips for a smoother summer

BrightLife Kids offers free, expert coaching for sleep issues, worry, social skills, and more to California families with kids ages 0-12. Live 1:1 video sessions with a coach, secure chat, peer communities, and on-demand content are all included at no cost.

Sign up at
brightlife.kids/ca

1 **Keep kids' minds and bodies active:** Gather some affordable and easy-to-grab activity options to have on hand. Fresh crayons and paper. A renewed library card. Frisbees. Baking supplies. Puzzles. New books. Bubbles. Keep it all tucked away so when a rainy day comes or afternoon plans fall through, there's an exciting back-up plan.

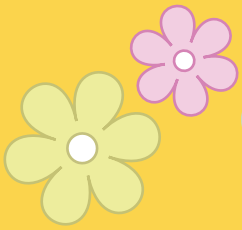




2 **Make (and stick to) age-appropriate screen time rules:** Screen time can often end with LOTS of pushing for "just five more minutes." And it's so tempting to say yes (the struggle is real!). Schedule screen time for earlier in the day so sleep isn't disrupted. And give older kids a voice — it makes it feel more like a shared decision and less like a rule.

3 **Unplugged, outdoor fun is good for the brain:** Fill a jar with slips of paper that have "jobs" on them. Outside play is more interesting when they "have to" hunt for bugs or count the colors they see. They can ride a bike, read in the shade, or sing to the dog. Older kids can plant flower or vegetable seeds — water and check for sprouts each day.





4 **Keep kids busy when you are:** When building your daily framework, sync your busy hours with your child's. Have a meeting at 1pm? Set your child up with quiet reading or make that their screen time window. Need to walk the dog? Make it a family adventure. Having focused time together keeps you connected and productive.

5 **Work with what you have:** Enjoying simple pleasures is a life skill. Running through the sprinklers is timeless. Backyard camping and s'mores are cozy. Toss water balloons, build a movie-watching fort, paint rocks, learn how to say hello in different languages, or have a picnic on the porch. (And remember — being bored is okay, too!)

