



Healthy Habits | *Tip sheet*

Encouraging Healthy Summer Habits

Summer can be daunting for parents — no school, no structure, lots of time to fill — but with some simple habits and a little planning, you can help your kids stay active, engaged and healthy all summer long.

Get Moving

Encourage kids to do at least 30-60 minutes of physical activity every day. It can be as simple as walking the dog, playing tag, dancing in the living room or exploring a local trail. Movement helps burn energy, boosts mood and supports better sleep.

Limit Screen Time

Screens are tempting, especially on excessively hot or rainy days, but unplugging helps kids use their imaginations and connect with the world around them. Creating screen-free rules during the afternoons can help kids explore other hobbies or activities. Encouraging screen-free time through challenges may make it fun—who can go the longest without using their phone?

Explore What Your Community Has to Offer

You don't have to spend a lot of money to keep kids busy. Many communities offer free or low-cost activities. For example:

- Local libraries often host summer reading programs
- Parks and rec departments offer camps, sports and nature activities
- Museums may have free admission days
- Farmer's markets are great for exploring new foods and getting outside

Focus on Fuel

Helping your kids eat healthy during the summer is also important. Without the structure of school lunches, it can be hard to make sure they're getting proper nutrition. Help your kids eat well with simple, colorful meals that make the most of the summer's produce. Keep fruit and cut-up veggies within reach and encourage healthy snacking. Involve kids in planning and making meals. Hydration matters too — encourage water over soda.

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Prioritize Safety and Well-Being

Remind kids about safety rules when biking, swimming or playing outside. Sunscreen, helmets, bug spray and hydration are all important during the summer. Don't forget mental health — kids feel stress, even in summer. A steady routine, good sleep and time to talk can help them feel secure.

Employee Assistance Plans Can Help

Your Employee Assistance Program (EAP) can help support your family. Whether you're looking for parenting tips, mental health counseling, or wellness tools, resources are just a call or click away. If a summer keeping your kids busy and happy feels like it may be overwhelming, remember that you don't have to go it alone.

Reviewed by Director of Clinical Operations, EAP.

◆ Your well-being is our priority.

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