



# How to Keep Structure During Summer Break



Simple ways to support your child while school is out

## Why Structure Matters

- ✓ Helps reduce anxiety
- ✓ Supports behavior and learning
- ✓ Makes transitions easier



## 5 Easy Ways to Keep Structure

### 1 Keep a Consistent Morning Routine



- Wake up, eat breakfast, and get dressed at the same time each day
- Even without school, starting the day predictably sets the tone

### 2 Use a Simple Daily Schedule



- Visual schedules or checklists work great
- Keep it simple—focus on key parts of the day

### 3 Plan Activities Ahead of Time



- Aim for 1–2 planned activities each day
- Alternate active time with quiet time

Predictability reduces stress

### 4 Build in Predictable Transitions



- Use timers, countdowns, or "first/then" language
- Give warnings before changing activities

### 5 Keep Bedtime Consistent



- Try to keep bedtime and wake-up time the same each day
- Good sleep supports mood, learning, and behavior



### Tip for Parents

Consistency matters more than perfection.

A simple, predictable routine helps your child feel safe and successful.

### Sample Summer Routine



Morning routine



Activity



Lunch



Quiet time



Outdoor play



Evening routine



**Proud Moments** ABA

Need help building routines that work for your child?

Our BCBA's are here to support your family all summer long.