

Five Ways to Kick Summer Anxiety



For busy kids & parents going through a family transition:

1. Children thrive on routines, so give plenty of notice about any upcoming changes for summer.
2. Have time scheduled for children to talk to their other parent so it doesn't get lost in the shuffle of summertime activity.
3. For children who will be away from home, taking a special item with them may be comforting.
4. Plan ahead and communicate with your co-parent to make transitions smoother and ease anxiety.
5. Take time for yourself. Plan a trip Relax. Ease some anxiety.



Meet Candra Poitras

Candra Poitras is the SOC Supervisor and a therapist at Kids In The Middle. She joined KITM in February 2017. She previously worked in a private practice located in St. Charles working with children who had experienced trauma. Candra enjoys the opportunity to work with a wide range of families and children both in school and at the Agency. During her free time, she likes spending time with friends and family, reading the "classics," crafting and traveling. She has visited every state except Hawaii.

Summer Activities

Engage your kids with some fun summer activities to keep them (and you) connected, laughing, and sticking to a regular routine. Here are a couple of ideas that won't break the bank:

Create Your Own One-Of-A-Kind Flower Pot



Here's what you'll need:

- Terra cotta pot or clay pot (any size)
- Variety of acrylic paints
- Wax paper
- Newspaper to cover the work area
- A smock (a must when painting with kids)

Instructions:

- Choose the paint colors you want to use.
- Cover your work area with newspaper and then place the wax paper on top.
- Place the pot so it's bottom-side up on the sheet of wax paper.
- Then squeeze the paint around the edge of the pot so it drips down the side.
- Let the pot dry overnight and then remove it from the wax paper. You may need to trim off any excess wax paper.
- Voila! Your child has their own creative flower pot. Great as a gift or to start their own garden.

Color Scavenger Hunt



Here's what you'll need:

- White Paper lunch bag
- Markers

Instructions:

- Write "Color Scavenger Hunt" at the top of your white paper lunch bag.
- Choose the colors you want the children to hunt for and use your markers to scribble small squares onto the front of the bag in each color.
- Pass out the bags to the children and let them have fun finding all of the colors on the bag. When they find an item that matches one of the colors, place it in the bag. When everyone is finished, sit in a circle and have a fun time having a show and tell about each of the items everyone found.

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