



## Newmark Education Parent Alert

June 14, 2023

### Counseling & OT End of Year Tips

Dear Newmark Parents,

We did it! Your child is completing a successful school year and we could not be prouder of our students' growth and accomplishments. Summer is the time of year to relax and recharge - "summertime and the living is easy."

Summer also gives us the opportunity to unplug, spend some time outdoors and engage with family and friends. Another benefit to summer is the slower pace and decreased demands that allow us to perhaps pursue activities that we do not normally have the time to do such as reading for enjoyment, catching up on our Netflix playlist or exploring a new interest.

#### **Counseling: Support Your Child's Mental Health This Summer**

Even though summer and its long, lazy days are often highly anticipated, the decrease in organized schedules can be difficult for our students who thrive on structure. Here are some tips to help support your child's mental health during the summer:

- Maintain a routine for sleep and meals: This not only helps keep everyone's mood stable, but it also helps prepare students for the return to school in September.
- Limit screen time and spread it out during the day.
- Keep therapy and medical appointments rather than taking a break for the summer.
- Try to go outside each day.
- Create social opportunities for your child: Although sometimes tricky because not all of our families live close to each other, it is important for our students to maintain their social connections.
- Engage in physical activities like biking, swimming and walking.

Above all, please enjoy the summer and a well-deserved break! Please reach out with any questions or for additional information or resources.

#### **Occupational Therapy: Summer Sensory Ideas**

Sand, sun, wind and water are all part of the summer months. They are also all amazing sensory experiences. This is a great time of year to enjoy many different types of sensory input. Many times, the best type of sensory experience is messy so now that the weather is warm, it is time to go outside and have some fun.

If the beach is overwhelming, try using a container of sand to allow your child to become more comfortable with how it feels. Swimming in the ocean or the pool is a fantastic way to cool off and it provides resistance that can improve overall strength. It can also help to regulate your sensory system with all that proprioceptive input. Being still and taking time to feel the warmth of the sun on your face, or the cooler night air while listening to wildlife is a way to help to quiet your sensory system and bring overall calm. The smell of an outdoor fire and the taste of sticky, sweet, melted marshmallows is a summer sensory experience for everyone to try. [Learn 17 Cool Summer Sensory Activities That Help Kids.](#)

If you have any questions, please contact us at 908-753-0330 or by email. Enjoy your summer!

Sincerely,

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