

☆We're In your Corner☆

OUR OFFICE CONTACTS:

SOUTH COUNTY OFFICE

9200 Watson Rd., G-101, 63126
314-544-3800

O'FALLON, MO, OFFICE

311 South Main, Ste.100, 63366
636-281-1990

FLORISSANT OFFICE

1385 Harkee Drive, 63031
314-831-1533

WEST COUNTY OFFICE

498 Woods Mill Road, 63011
636-391-9966

UNION OFFICE

102 E. Springfield, Ste.202,
63084 | 636-583-1800

HERCULANEUM OFFICE

1349 McNutt Street, 63048
636-638-2203

TROY, MO, OFFICE

#140 Professional Pkwy, 63379
636-528-5911

BELLEFONTAINE NEIGHBORS

10235 Ashbrook Drive, 63137
314-831-1533

NUMBERS TO KNOW:

United Way: 2-1-1

24/7 connection to agencies
and resources near you

BHR Crisis Hotline:

314-469-6644

24/7 assistance through
emotional crisis and emergency
access to mental health services

As time ticks down to summer, we take an important look into transitions. Humans are creatures of habit. Even when change is welcomed—like summer—adjustment is still an effort. While kids get excited for summer fun and a break from the daily grind, the change in schedules and time away from school can create some difficult feelings—loss of sense of belonging and purpose, irritability, boredom, and even anxiety or depression.

While summer is a natural break from academic expectations and a time to spend recharging, it can be helpful to maintain some structure throughout the day. During the school year, kids are surrounded, monitored, and supported by school staff. When issues arise, these adults often work together to support the student and problem-solve. When the school year takes a pause, underlying issues in kids can progress or go unnoticed. Summer is far less structured, and because we know that children feel a sense of safety when they know what to expect, it can be important to keep some routines in place. It isn't necessary to fill all of your time with activities. But having a few things planned that you and your child can look forward to can make a big difference. Structure helps us feel less chaotic and out of control.

So how do we create a balance for summer?

1. Connect. Find an activity you can do together (a walk, crafts, read a book together, prepare meals). This is a great time to reconnect with your child! Establish lines of communication and check in on your child's moods and feelings.

2. Maintain structure. Avoid summer becoming a series of sleep—play video games—watch TV. Try to limit the amount of time on screens as you do during the school year. Get outside and enjoy summer when possible—check out sports opportunities, camps, volunteering opportunities for kids. Children do better when they are part of something. Summer is a great time to help kids investigate strengths and interests that they can't participate in during the busy school year.

3. Upkeep. While summer is a welcome and exciting change, it's important to continue any regimens that were working for your child during their school year. Counseling services and other supports that were in place that can be continued during summer months are highly recommended, as consistency and routine helps to keep your child feeling safe and successful.

Saint Louis Counseling is here for all of your mental health needs! We have support services available at eight locations!

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