



## PARENTING HIGH ENERGY KIDS DURING SUMMER: How to Keep Your Child Active, Regulated & Engaged

This is a 45-minute talk, followed by 15 minutes for Q&A

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### ABOUT THIS TALK:

Summer can bring welcome opportunities for rest and family time, but it can also present unique challenges for parents. With routines changing, outdoor activities often limited by the heat, and children spending more unstructured time at home, many families notice an increase in restlessness, big emotions, and challenging behaviors. This talk explores practical, creative ways to keep high-energy children active, emotionally regulated, and engaged through movement and sensory experiences that support healthy brain development – helping them thrive throughout the summer months and beyond.

### JOIN US TO EXPLORE:

- Why changes in routine, reduced outdoor time, and unstructured days can affect children's behavior and emotional regulation.
- How movement and sensory experiences support attention, learning, and healthy brain development.
- Practical strategies to create supportive home routines that help children stay engaged and regulated throughout the summer.
- Creative indoor movement and sensory activities that promote focus, self-regulation, and family wellbeing.

