

# SUMMER SURVIVAL GUIDE



Deborah Gilboa, MD



# Obstacles

- Coronavirus
- Chronologic uncertainty
- Competing priorities
- Happiness NOW
- Believing all stress is toxic



# Solutions



Prioritize growth



Use stress as a tool



Build resilience

# What protects kids?



STORY TELLING



PROBLEM SOLVING



ASKING FOR HELP

# Story telling

Tell true stories

Use “I” statements

Emotions required

Learn to build empathy

Develop self-advocacy

# Problem solving



Is the child safe?



Is the child developmentally able to TRY?



The attempts build the skills



So. Much. Practice required!

# Asking for help

## When

- Unsafe = ask NOW
- Uncomfortable? Try to fix it twice

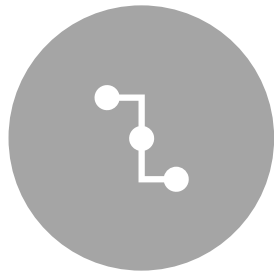
## Who

- Trustworthy
- Empathetic
- Knowledgeable

# What is summer for?



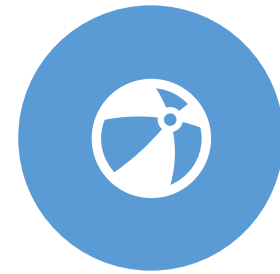
INDEPENDENCE



CONNECTION



PURPOSE



FUN!



# Independence

- When, not “if” they’re ready
- What is one level up from where they are?
- Tie a freedom to a responsibility
- Give them the opportunity to earn the privilege



# Connection

- Stimulates oxytocin
- Encourages development
- Offers practice
- Strengthens mental health



# Purpose

- Always in their control
- Makes discomfort easier to manage
- Improves behavior and attitude
- Changes how they are judged



# Fun!

- Encourage creativity
- Look for chances to say yes
- Add in purpose
- Build more connection
- Develop independence





# Dr. G's digital resources for your family!

