




Seasonal Tips

Insight into brain development, the impact of seasonal changes, and practical tips to support children of different ages this month

	Infants/ Toddlers	Primary	Intermediate	Junior High
	Infants and toddlers rely heavily on daily routines and caregiver support for stability and regulation.	Early elementary students often are extra excited by seasonal changes, milestones, and countdowns.	Children this age are beginning to think in more abstract ways. They may be more aware of what peers are saying and others' summer plans as the school year ends.	End-of-school-year projects, competitions, and games may have these students feeling extra pressure.
	May's full calendars and extra events may be confusing for them.	In May, they may have the "springtime sillies." Their version of fatigue from the whole school year and uncertainty about what summer may bring could result in big feelings, ranging from goofiness to meltdowns.	Students this age may be unsure about the transition from the school year to the summer without the skills to share how they are feeling.	They may be feeling exhausted with seasonal demands of school and extracurriculars.
	<ul style="list-style-type: none"> ■ Explain upcoming plans to them. Even if they do not understand all your words, your tone and supportive presence help young children feel secure. ■ When possible, retain small routines when family schedules shift (ex: the same prayer before mealtimes or the same bedtime routine). 	<ul style="list-style-type: none"> ■ Since this month can be full of events, note what they need the most to recharge and regulate. Do they need more sleep? Free play? ■ Explain that God knows and understands them. We can tell God how we are feeling! God always cares for us and loves when we talk with him. 	<ul style="list-style-type: none"> ■ If you notice them comparing themselves to others, help them recognize their strengths. ■ Show that you care about what is important to them. One way of doing this is including them in conversations about summer family plans where appropriate. 	<ul style="list-style-type: none"> ■ Help them build prioritizing and planning skills with to-do lists and other organizing tools. ■ Talk with them about energy levels, sleep needs, and how our emotions are impacted by stressors. ■ Share prayers or practices that sustain you through busy seasons. Remind them of your prayers for them.