

# Mental Health Awareness Month

## Prepping your family for the transition to summer

With summer right around the corner, you might be stressed about the upcoming shift to your kid's regular routine. You're not alone — for parents, summer break is anything but! Here are some expert-approved tips for setting your family up for success before the last school bell rings:

### TIP 1

#### PREPARE THEIR SUMMER SCHEDULE

Without school routines, your child will likely find themselves with extra time they may not know how to fill. If they're going to be spending extra time at home, help them come up with a list of boredom busting activities to look forward to.

### TIP 2

#### KEEP AN EYE ON EXTRA SCREEN TIME

Summer break often means more relaxed rules than during the school year — this can lead to \*a lot\* more time spent in front of the TV or scrolling on their phone. Set expectations with your kid around screen time boundaries beforehand.

### TIP 3

#### MAKE SPACE FOR SELF-CARE — FOR YOU!

Reflect on how you're navigating this overwhelming time. Kids are our mirrors — if you're calm and collected, and feel confident about your plans, your kid is more likely to mimic those feelings.

Whatever your family faces this season & beyond, you can count on Brightline to help.

### Support your family's mental health with Brightline:



**Fast access to personalized support** — schedule video visits within days



**Evidence-based care from experts** with years of experience working with kids



**Track your family's progress** on our one-stop digital platform

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