

## **Kids Can Do Therapy too!**

By Corena Bowen, Child Therapist

It is the start of the summer months, the kids are out of school - what a great time for them, relaxing and carefree summer days!!

But over the years I've also noticed that anxiety can heighten at this very time.

It is the time of year many families have schedules that drastically depart from the highly structured school year, this may include long weekends away, changing sleep routines, and day camps.

It is very common for the transition from a daily structure of school to days of little structure or shifting routines can be rather overwhelming for students, of all ages.

Parents are often left scrambling to figure out how to provide a more relaxing summer experience that benefits everyone during these important developmental stages of life.

I find when working with kids that they really benefit from learning effective coping skills (or tools), our work involves providing a calm, safe environment for expressing fears and anxiety (this may look like worry, anger, shutting down). I also help them process thought patterns that keep them stuck (I'm not good enough, no one likes me, I can't do it). We also work on externalizing the worries, and processing them.

Families really seem to appreciate the guidance in enhancing existing or developing new coping skills. This also sets them up to prepare for a new academic year, possibly new school, teacher, classroom with more confidence and maybe even a smile!