

# EMBRACING SUMMER

## *Supporting Children Through Seasonal Transitions*

As the school year winds down and the rhythm of our daily lives shifts, children in out-of-home care—whether in foster, adoptive, or kinship placements—often experience heightened anxiety regarding upcoming changes. The departure from the familiar structure of school can feel unsettling, and the "unknown" of summer days may trigger stress for children who thrive on predictability. By acknowledging these feelings early and approaching the summer transition with intention, caregivers and birth parents can help create a sense of safety and continuity that supports children during this seasonal change.



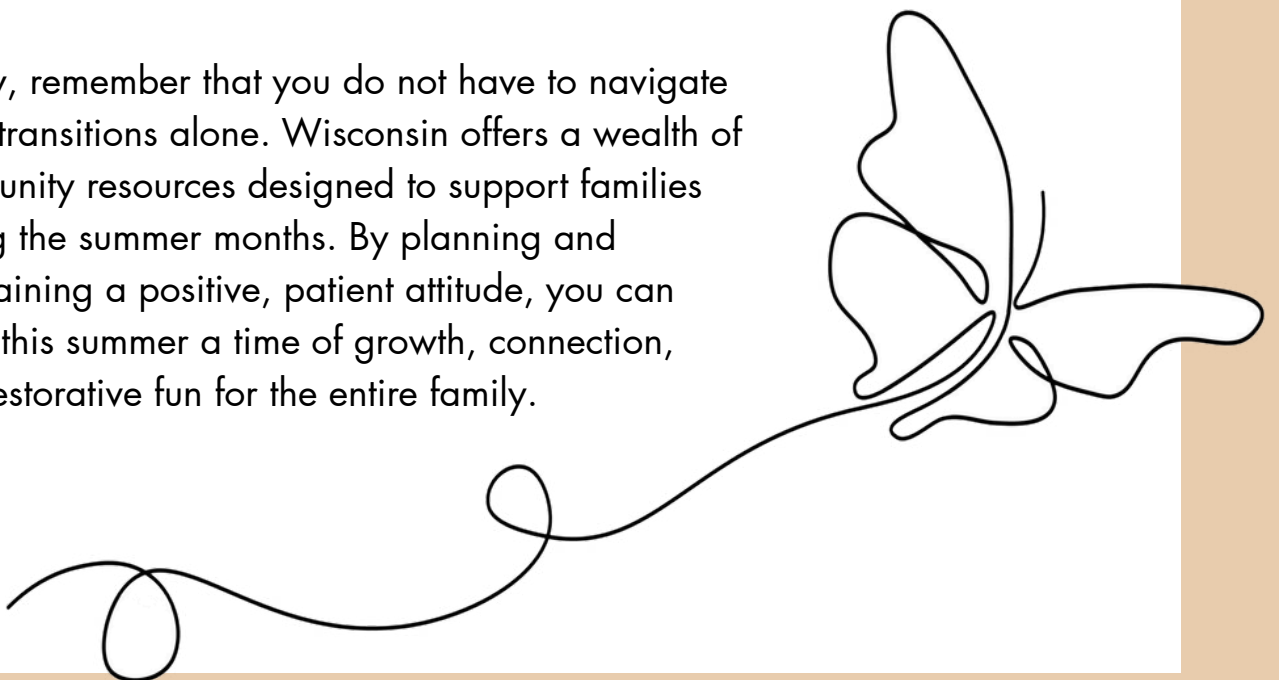
## The Importance of Consistency & Predictability

- Maintaining predictable morning and evening rituals can prevent children from becoming overwhelmed.
- Simple, steady practices, such as consistent mealtimes or a shared calming activity before bed, serve as an emotional anchor.
- By treating these small routines as essential pillars of the day, you provide a stable foundation that helps children navigate the transition from the structure of the school environment to the more flexible nature of summer.

## Caring for the Caregiver

- Caring for children with complex needs requires significant emotional energy, and you cannot pour from an empty cup.
- Making time for "micro-breaks"—even ten minutes of quiet, a short walk, or a phone call with a supportive peer—can help you regulate your own nervous system so that you can remain a calm presence for your family.
- Remember that seeking help, whether through respite care or community support groups, is a sign of strength and an essential part of providing high-quality care.

Finally, remember that you do not have to navigate these transitions alone. Wisconsin offers a wealth of community resources designed to support families during the summer months. By planning and maintaining a positive, patient attitude, you can make this summer a time of growth, connection, and restorative fun for the entire family.





## Community Events & Support

- [Wisconsin Family Connections Center Free Family Fun Events](#)
- [Wisconsin Family Connections Center Family Resources and Supports](#)
- [Belong Wisconsin Summer Camp](#)
- [Family Support Groups](#)
- [Macaroni KID Wisconsin](#)
  - (Search by your city for local "pop-up" free events)
- [Wisconsin Public Library Consortium](#)

## Nature & Sensory Exploration

- [Wisconsin State Parks](#)
  - Check Out Wisconsin State Parks At Your Library: Many local libraries allow cardholders to "check out" a free day pass to state parks and forests. Please check with your local branch for availability.



# Museums & Culture

- Local Park & Recreation Centers: Most Wisconsin municipal recreation departments partner with the WPRA to offer significantly discounted tickets to attractions like Noah's Ark, Mt. Olympus, and the Milwaukee County Zoo. Contact your local city hall or recreation office for their 2026 ticket price list.
- Travel Wisconsin
- Wisconsin Museums, Exhibitions & Discounts
- Wisconsin Historical Society (Watch for "Kid Free" Saturdays!)

