

The Wellness Family

Dr. Brayton Keeps You Informed



Recipe for Family Wellness – Summer Fun

When it heats up, most families head to the pool or the beach to cool off. But this summer, try to think out of the box and get creative with how you spend your summer months! Here are some ideas for kids (and parents) of all ages!

Being active with summer activities provides numerous benefits all. Specifically, it helps young children develop gross motor skills, balance, coordination, and strength. It also helps the aging to maintain healthy exercise habits and can potentially aid in preventing health problems.

If it is too much for your body to be active, then try to find something for your mind be active. Practicing mindfulness helps reinforce the tools necessary to build confidence, deal with anxiety, and learn how to navigate social life. In children, practicing mindfulness helps them learn to pay attention, remember directions, be flexible, and develop skills that help with planning, and problem-solving.

Wellness – Get up and Get Groovin’ This Summer!

0-5 Years

Draw outside with chalk – this is so much fun! Little kiddos love to create their own masterpieces. Buy a box of chalk and let them turn the sidewalk or driveway into a masterpiece. Nowadays chalk comes in all shapes, sizes, and colors, so their imagination is the only limit.

Make Your Own Recreation Zone - little ones can be the easiest to entertain! Create your own recreation space in the front yard and invite the neighborhood kiddos to join you in the fun! They can enjoy pushing cars and toy lawnmower and you can also include hula hoops and balls! A bubble machine is also a fun addition to enhance the environment!

Take a Penny Hike – this is a great way to teach your littles direction. Start the hike by flipping a penny. If it is heads, you go one way, if it is tails, you go the other way. Every time you come to a corner, flip the penny, and see which way you will go! Not only will this help your kids learn directions, but it also helps all of you to get some exercise!

6-10 Years

Organize a Nature Scavenger Hunt - create a list of items you might find outside, then head out for a scavenger hunt. Give each child a clipboard with a list of what to find. This can be anything from a cactus to a pink car! This idea is wonderful because you can make it as versatile as you want

it to be. Try to find things that aren't just in your front yard in order to encourage exercise as they run around trying to complete their hunt!

Learn to Jump Rope – while this activity may not appeal to the less coordinated parents, it is still a fun way to get some exercise in. Many jump ropes are made from plastic beads, but the recommendation would be to use the old school just rope jump ropes as these are safer and less likely to hurt if a kiddo



This summer, jump into being creative with your whole family and practicing wellness and mindfulness together.

accidentally gets hit with one. Jumping rope is an amazing cardio workout and teaches us coordination and rhythm.

Make Smoothies – not all your summer activities have to be active to be healthy. Making smoothies is a refreshing and fun way to instruct your children about nutrition. And the possibilities are endless! www.dishfulrecipes.com has several kid friendly recipes to try.

The Whole Family

Go to a Farmer’s Market – look up where and when your local farmer’s market is being held and take the family! This is a great way to introduce your kids to different kinds of fruits and vegetables as well as how to select healthy looking produce.

Set up an obstacle course – using things lying around your house, create your own obstacle course! This is a versatile activity because it can be done outside, or inside if it is too hot! Parents, challenge your kids and go head-to-head in a different categories like a game of leap frog, racing around the kitchen chairs, or distance jumping. Get creative and come up with your own ideas and a prize that satisfies the whole family – like competing for who gets to pick dinner!

Go on a Hike – hiking not only is amazing exercise, but it also gets the whole family outside as well. And there usually are a wide variety of hikes available ranging from super easy, to difficult. Use an app like **All Trails** to find that is best for your family. Along the way, show your kids different types of trees, flowers, animal tracks and, if you are lucky, the animals themselves!

Mind-fullness – Warming up Your Brain on a Hot Day

0-5 Years

Dance Party – have a dance party! Letting loose with your kiddos is not only a wonderful way to get some exercise, but it is a great way for students to learn self-expression. As an adult, it is a great way to get groovy with your kiddos and make some wonderful memories.

Popsicle Challenge – give each of your kids a popsicle and tell them that until the popsicle is gone, they have to stay silent. While they are eating, encourage them to think about how eating the popsicle feels. This is a great way to practice the sensory sensation of taste as well as teaching your child how to identify different tastes.

Slow-Fast-Slow Game – practice slowing down with your child. If you have a toddler, this may feel like a nearly impossible task. But teaching your little one to slow down helps them learn to be more aware of their surroundings. In a set period of time, encourage your child to walk slow, then on some other task, tell them to go fast! After they have gone fast for a few moments, encourage them to once more slow down. See if you can get them to tell the difference. How did they feel when they went slow, and when they went fast? Did they notice more around them when they were going slow?

6-10 Years

Color – coloring is an excellent way to slow down and focus on a single activity. It helps to slow the body down while also stimulating the mind. Coloring is also an activity that can appeal to all ages! The website www.education.com has some wonderful coloring pages that are great for the artist – kid through adult!

Mindful Reading – when you read with your kids, take time to talk about what is going on in the book. Discuss how a character might be feeling, or what they think is going to happen before the end of the book. This will help get their imaginations and

problem-solving juices flowing. It also gives you a great way to actively engage in a conversation with your child and make some wonderful snuggling memories.

Create a Time Capsule – encourage your kid to write a letter to themselves in the future. Then, place the letter in a box and either bury it in the backyard, or store it away in a closet. Kids can write about their favorite TV show, hobby, movie, etc. They can also add a family photo or a keepsake that will be fun to see when the box is opened in the future.

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Scrapbooking and Picture Organization – as a parent, there is nothing more memorable than sharing moments with your family. Going through family pictures is a great way to not only share your childhood with them, but also remind your kids of all the fun you have all had together. Summer is a great time to either put together a scrapbook or simply organize family photos into different boxes, folders, etc. Another idea would be to have your kids scan pictures onto your computer and save them in an online database like Dropbox.

Sky Study – take the family outside and put a blanket down on the grass. Lay down and look up at the sky and spend some time studying the clouds. Ask your kids what shapes do they see? Are the clouds moving or still? This is a great way to teach your kids not only how to use their imagination, but also how people can see the same thing differently. Try and spend at least 10-15 minutes doing this.

Chiropractic Factor: During the summer months, remember to stay hydrated. While this is important for your overall health, it is also very important for your spine. This is because the bones in your spine (known as vertebrae) rest on pillows made of spinal discs. These discs must stay hydrated in order to provide support to your vertebrae. You should drink at least half your body weight in ounces each day. If you are out in the sun, drink more as the sun causes you to lose fluid through sweat.



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Dr. Brayton is dedicated to providing you with the absolute best in family wellness care. So take a moment today to discuss with your Family Wellness Chiropractor any concerns you may have regarding your family's overall health and wellness.

This newsletter is provided to you by:

Hoboken Family Chiropractic + Wellness

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