

Parent Talk

JULY 2026

Summer Sleep Schedules

Sleep is incredibly important for kids and teens. Their bodies and minds are still growing, and getting enough quality rest has a big impact. Not to mention getting enough sleep is also critical for caregivers! During the summer, regular sleep schedules can easily get interrupted when there's no routine of getting up for school each day. However, if you put some things into practice during the summer months, you can help lessen these changes.

Start Early

As soon as school is over for the year, come ready with a new sleep schedule and plan. While you don't need to make your family get up at the exact same time as they would during the school year right away, you don't want to encourage sleeping in too late. Of course, you want your kids to be able to relax and enjoy their time off, but it's also important to set routines early so that there's less friction in the fall. Try slightly adjusting bedtimes during the summer to slowly remind your kids that summer vacation is only temporary. Once it gets closer to the start of school, you can start matching sleep and wake times to how they'll be normally.



Stay Consistent

While it can be hard to stick to routines over the summer, consistency is key to making sure kids have clear expectations that they can follow. Abrupt schedule disruptions can make going back to school very hard for both kids and caregivers. Try to remain as consistent as possible with your summer schedule, to whatever degree you decide to make changes. Make sure your child is getting in bed at the same time each night (whether this is the same time as during the school year or not; what's important is it's consistently the same time) and waking up at the same time as well.

Involve The Whole Family

It can be harder for kids to stick to a routine when they feel like they're the only ones who have to. It can feel more like a chore and therefore may lead to more resistance. If you're implementing a new summer sleep schedule, make sure everyone in the house is following it and not just your kids. This will make them feel more like participating and can help you potentially avoid fights and tantrums.



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Featured Resources



Sleep Hygiene and Healthy Sleep Habits

In this seminar, we will discuss the importance of sleep for developing children and teens, sleep hygiene, and tips for encouraging healthy sleep habits at home.

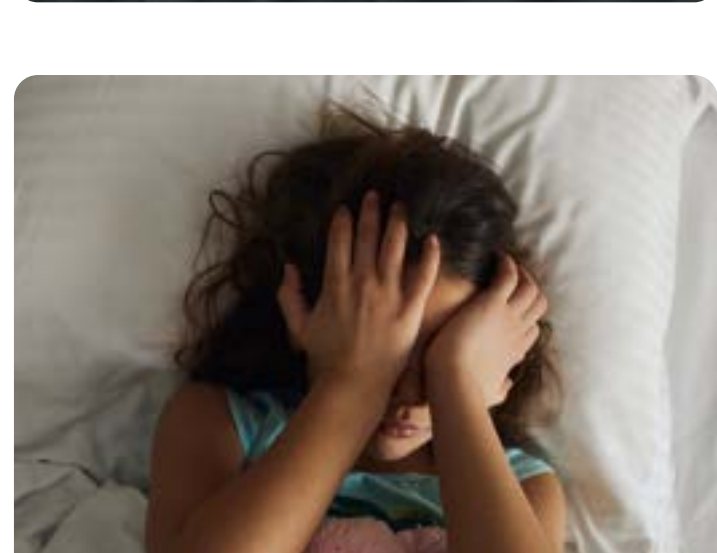
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The Importance of Sleep for Kids and Teens

Sleep is a lifelong necessity, but every stage of childhood brings new sleep challenges for parents to manage. Young children may put up fights about going to bed but will also struggle with their moods when they miss nap time, and teens might have difficulty getting enough rest with the influence of social lives, homework responsibilities, and technology. Ensuring that your kids, and you, get good sleep and sleep enough, is a moving target throughout life. But through the changing needs and obstacles, it remains true that sleep provides an important foundation for cognitive, emotional, and physical well-being and growth.

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Sleep Challenges in Kids and Teens

Sleep presents different difficulties at each stage of life, but there are many common challenges within age groups, because of both biological and environmental influences.

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