



1808 Route Six • Carmel, NY 10512 • (845) 225-2700 • Fax: (845) 225-3207 • www.PFCSinc.org

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Contact: Cheryl McKeever
845.225.2700 x136
cmckeever@PFCSinc.org

KEEP KIDS BUSY...BUT NOT TOO BUSY
According to PFCS, balanced summer schedule best for kids

Carmel, NY – Summer. A time for relaxing, snoozing in the sun, and seeing where the day leads? Or running to an endless line-up of summer camps, music lessons, and sports? If you're looking for the healthiest summer schedule for your children, experts at Putnam Family and Community Services, Inc. (PFCS) say that balance is best.

“Summer can pose a dilemma for parents,” says Nina Velez, Licensed Clinical Social Worker and Coordinator of Prevention Services at PFCS. “Parents worry about kids having too much free time and getting into trouble or falling behind their peers. But scheduling a child from morning to night can lead to stress and financial strain for the entire family.”

So what does a healthy summer schedule look like? Velez recommends trying to find a balance between camps and classes, and giving kids some down time. “Participating in organized activities like sports, lessons, and clubs can boost kids’ academic performance and help them feel well-adjusted.” Velez cautions, however, that it is important not to *over*-schedule summertime activities: “Research has shown that playtime, or unstructured free time in the case of older children, has a positive impact on the entire range of child development, including cognitive, physical, social and emotional well-being.”



Nina Velez, Licensed Clinical Social Worker at PFCS, has over 15 years of experience working with children.

And for kids of all ages, Velez emphasizes the value of spending time together as a family. “Some of the most beneficial parent-child interaction comes from just having conversations, playing games, or taking a family outing. Putnam County has a lot to offer families in the summer, and we’ve put together a free Family Fun Guide that’s filled with inexpensive ideas for spending time together.” To download a copy of the Family Fun Guide, visit the Resources page on PFCS’s website at www.PFCSinc.org.

About Putnam Family and Community Services, Inc.

Putnam Family and Community Services, Inc. (PFCS) is a private non-profit agency providing mental health, chemical dependency treatment and prevention, and family support services to people of all ages, regardless of ability to pay. PFCS promotes opportunities to grow, heal, and recover through comprehensive services including counseling, case management, family advocacy, community outreach, and assistance with addiction and rehabilitation. For more information, visit www.PFCSinc.org.