




 A logo beside an item means it can live in the Vivid Vault Pro app.

## A SIMPLE WEEKLY RHYTHM

- Pick 3 anchors a day.** One outside thing, one quiet thing, one connecting thing. Skip the rest of the pressure.
- Loose bedtimes.** Aim for the same wake-up window. Sleep is the cheapest mood medicine for everyone.
- One adventure a week.** Pool, library, trail, splash pad, picnic. One. That counts.
- One reset day a week.** Pajamas, leftovers, screen time, no plans. This is the secret.
- Sunday 10-minute setup.** Sunscreen by the door, water bottles in the fridge, a snack basket on the counter.







## PARENT, YOU TOO

- Hydrate first.** Water before coffee, water before scrolling. Heat hits parents too.
- Move 20 minutes.** Walk, stretch, swim. Bring the kids or trade with a partner.
- Phone-down windows.** Two protected blocks a day. Your nervous system will thank you.
- Name the overwhelm.** "I am tired, not failing." Both can be true. Say it out loud.
- Ask for help early.** Trade kid swaps with one friend. A 90-minute break changes your week.
- Talk to your doctor.** If anxiety, sleep, or mood are off for 2 weeks, get a check-in. Log how you feel in the app. 

## KID SAFETY BASICS

- Heat and sun.** SPF 30 plus, hats, water bottles, shade by 11 to 4. Never leave anyone in a parked car.
- Water = eyes up.** Touch supervision for little ones. Life jackets, not floaties. No phones during pool time.
- Bugs and bites.** Repellent, tick checks after outside play, EpiPen on hand if prescribed.
- Bikes and helmets.** Helmet every ride. Names and a parent number written inside.
- Stranger and lost plan.** Pick a meet-up spot. Teach kids to find a mom with kids or an employee in uniform.
- Camp & sitter info.** Camp address, leader phone, allergies and meds shared in writing each week.

## SAFETY STACK READY

- Emergency contacts.** Parents, grandparents, neighbor, pediatrician, poison control. Set in the app's emergency setting. 
- Allergies & conditions.** Save a one-page card for each child. Share with sitters, camp, and family. 
- Insurance cards.** Front and back photos for every family member. 
- Medication list.** Generic name, dose, and schedule for each person. 
- Vaccinations.** Camp and travel often ask for current immunization records. 
- Provider contacts.** Pediatrician, dentist, urgent care, pharmacy. 

**Less mental load. More summer.**

Save your family's safety stack in the Vivid Vault Pro app and stop searching for it every June.

[vividvaulthealth.org](https://www.vividvaulthealth.org)