

Summer Survival Guide

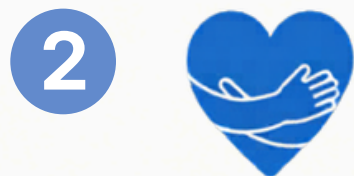


For many families navigating PANS/PANDAS, summer can bring both relief and new challenges. Based on feedback from our Canadian IBA caregiver community, these are some of the strategies families found most helpful for reducing stress, supporting regulation, and creating a more manageable summer pace.



Keep Structure Gentle & Flexible

Families most often shared that minimal structure with flexibility worked better than packed schedules. Many found success by keeping one simple anchor in the day — such as a morning routine, meals, or one planned activity — while allowing the rest of the day to stay flexible.



Lower Expectations During Transitions

Caregivers shared that keeping expectations low in the first few weeks of summer helped reduce anxiety and emotional overwhelm. Preparing children ahead of time for changes and focusing on family-centered, accessible activities also helped ease transitions.



Protect Sleep & Downtime

Many families reported that allowing flexibility and adjusting as needed supported better regulation than trying to maintain rigid summer schedules. Consistent sleep and wake times were also commonly helpful, especially when balanced with extra downtime and rest.



Keep Activities Low-Demand

The strongest theme from families was the importance of keeping most summer days low-demand. Planning only a few meaningful activities, allowing spontaneous choices based on capacity, and adjusting expectations around outings helped reduce stress and prevent clashes.



Caregiver Support Matters Too

Caregivers shared that letting go of expectations, adjusting plans when needed, resting when possible, and setting clearer boundaries with others helped reduce burnout. Summer transitions affect the whole family — not just the child.



You are not alone.

Thank you to the families in our Inflamed Brain Alliance community who shared their experiences and helped shape this guide.

Sometimes the most supportive summer is not the busiest one — it's the one that protects safety, connection, regulation, and rest.

