

A NOTE FROM OUR TEAM

Welcome to our Summer 2026 newsletter. This season we're exploring two sides of summer: understanding the remarkable changes happening inside your teen's developing brain, and using these slower months to truly rest and recharge your own mind.



INSIDE THE TEEN BRAIN

The teenage years bring remarkable changes, not just in behavior, but in the brain itself. The prefrontal cortex, the brain's "CEO" responsible for planning, impulse control, and weighing consequences, is the last area to mature, continuing into the mid-twenties. Meanwhile the limbic system, the emotional center, develops earlier and runs hot, pairing strong emotions with still-developing self-regulation.

Summer is a critical window: the teen brain is actively pruning unused connections and strengthening well-used pathways — ideal for building habits that last.

Your teen isn't being difficult on purpose — their brain is still under construction.

6 TIPS FOR YOUR TEEN'S GROWING BRAIN

Set realistic expectations

1

Poor planning, impulsivity, and time-management struggles reflect brain development, not defiance or laziness.

Provide scaffolding

2

Checklists, routines, and gentle structure help build the executive functioning skills their brain is still wiring.

Protect sleep

3

The adolescent brain needs 8–10 hours to consolidate learning and regulate mood, even in summer.

Healthy risk-taking

4

Channel natural reward-seeking into sports, creative projects, and new summer experiences.

Stay calm in emotional storms

5

Their limbic system is loud; your steady, regulated presence helps them learn to regulate too.

Empathic boundaries

6

Understanding brain development means right-sized expectations — not no expectations.

Want to go deeper?

Read our [**INFO SHEET**](#) for more information and recommended reading

YOUR SUMMER RESET & RECHARGE



Embrace Unstructured Rest

Allow guilt-free downtime and reconnect with friends over slow, unhurried meals. Your mind does its best healing off the clock.

Adults Need Summer Too

Longer days and slower schedules offer a rare chance to step off the treadmill. Rest isn't laziness ... it's how the mind consolidates, heals, and generates new ideas.

Unplug & Get Outside

Take a true vacation from your inbox, and spend time outdoors daily. Sunlight and nature measurably lower stress.

Rediscover a Hobby

Pick up something you enjoy with no productivity goal attached. Play for its own sake restores the mind.

RECENT BLOGS

Summer Break & Mental Health: What Families Should Know...

Summer is a great time to unwind, but for some kids, the lack of routine and social contact can create some anxiety.

[Read on zphgroup.com ->](#)

The Final Stretch: Managing End-of-Year Stress

Strategies for navigating the end-of-school-year crunch of finals, transitions, and big feelings — for kids and parents alike.

[Read on zphgroup.com ->](#)

High-Functioning Anxiety

Why you can seem to "have it all together" and still be falling apart — when outward success hides constant worry.

[Read on zphgroup.com ->](#)

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