

SUMMER RESET CHECKLIST FOR KIDS

Signs Your Child's Body Is Asking for Help — and Might Benefit from Gut-Brain Support

WHAT IS GUT-BRAIN SUPPORT

Your child's gut and brain talk to each other constantly — through the nervous system, immune system, and messengers like serotonin and GABA.

When the gut is out of balance, that connection can get disrupted. And kids often show it through mood swings, focus issues, tummy aches, or sleep struggles.

Gut-brain support means nourishing that connection with lifestyle habits and nutrients that support digestion, emotional regulation, and nervous system calm from the inside out. It often includes prebiotics, probiotics, and plant-based compounds that help the body find balance naturally.

If you check 3 or more boxes in the Summer Reset Checklist, your child may benefit from a gentle, gut-first routine this summer for a great start to the new school year with emotional steadiness, focus, and better sleep.

Nelea Lane, CMWC

thehappyjuicechick@gmail.com

Text: 936-209-7222

Use this checklist to spot what your child's body may be trying to say:

Focus + Emotional Regulation

- ☐ Easily distracted or zoning out, even during conversations or tasks
- ☐ Gets frustrated quickly or has emotional outbursts that seem bigger than the situation
- ☐ Struggles to follow directions or finish assignments
- ☐ Reacts strongly to small changes or challenges
- ☐ Transitions (like bedtime or turning off screens) often lead to meltdowns

Digestion + Gut Clues

- ☐ Complains of tummy aches — especially before school or new situations
- ☐ Eats very selectively or avoids entire food groups
- ☐ Goes days without a bowel movement or has frequent loose stools
- ☐ Has taken antibiotics multiple times or struggles with frequent illness

Sleep Struggles

- ☐ Has a hard time settling down at night, even when tired
- ☐ Wakes up frequently during the night or early in the morning
- ☐ Feels tired, cranky, or slow to wake up in the morning
- ☐ Needs a long, drawn-out routine to even begin relaxing at bedtime

Social + Sensory Signs

- ☐ Gets overwhelmed by loud noises, crowds, or group settings
- ☐ Has a hard time making or keeping friends — often plays alone
- ☐ Overreacts to textures in food, clothing, or the environment
- ☐ Shuts down or gets withdrawn when things feel “too much”

Nelea Lane, CMWC

thehappyjuicechick@gmail.com

Text: 936-209-7222

THIS SUMMER IS THE PERFECT TIME TO SUPPORT THE BODY AND GET IN SYNC BEFORE SCHOOL STARTS AGAIN.



Suggested daily routine

☀ Morning: Mix up Kids Happy Juice for gut-brain support, energy, and focus

🌸 Afternoon: Use Kids Mood+ to help ease emotional swings and boost positivity

🌙 Bedtime: Give Kids Calm about 30 minutes before bed to support serotonin and restful sleep (melatonin-free)

The stack I often recommend for kids and teens

Start with the Kids Pack

Top Three Children's Formulas for Stress Resilience, Motivation, Focus, Mood & Sleep

- **Amare Kids Happy Juice:** Serve this delicious, kid-approved drink each morning to help nourish your child's gut-brain axis and support their motivation, cognitive performance and stress resilience.
- **Kids Mood+:** Give daily to support a balanced mood and focus - perfect for afternoons on hectic days filled with activities.*
- **Amare Kids Calm:** Add to your child's bedtime routine to support their body's natural production of melatonin for a better night's sleep.*



*This checklist and the information provided are for educational purposes only and are not intended to diagnose, treat, cure, or prevent any disease. Always consult with your child's pediatrician or healthcare provider before starting any new supplement routine.

