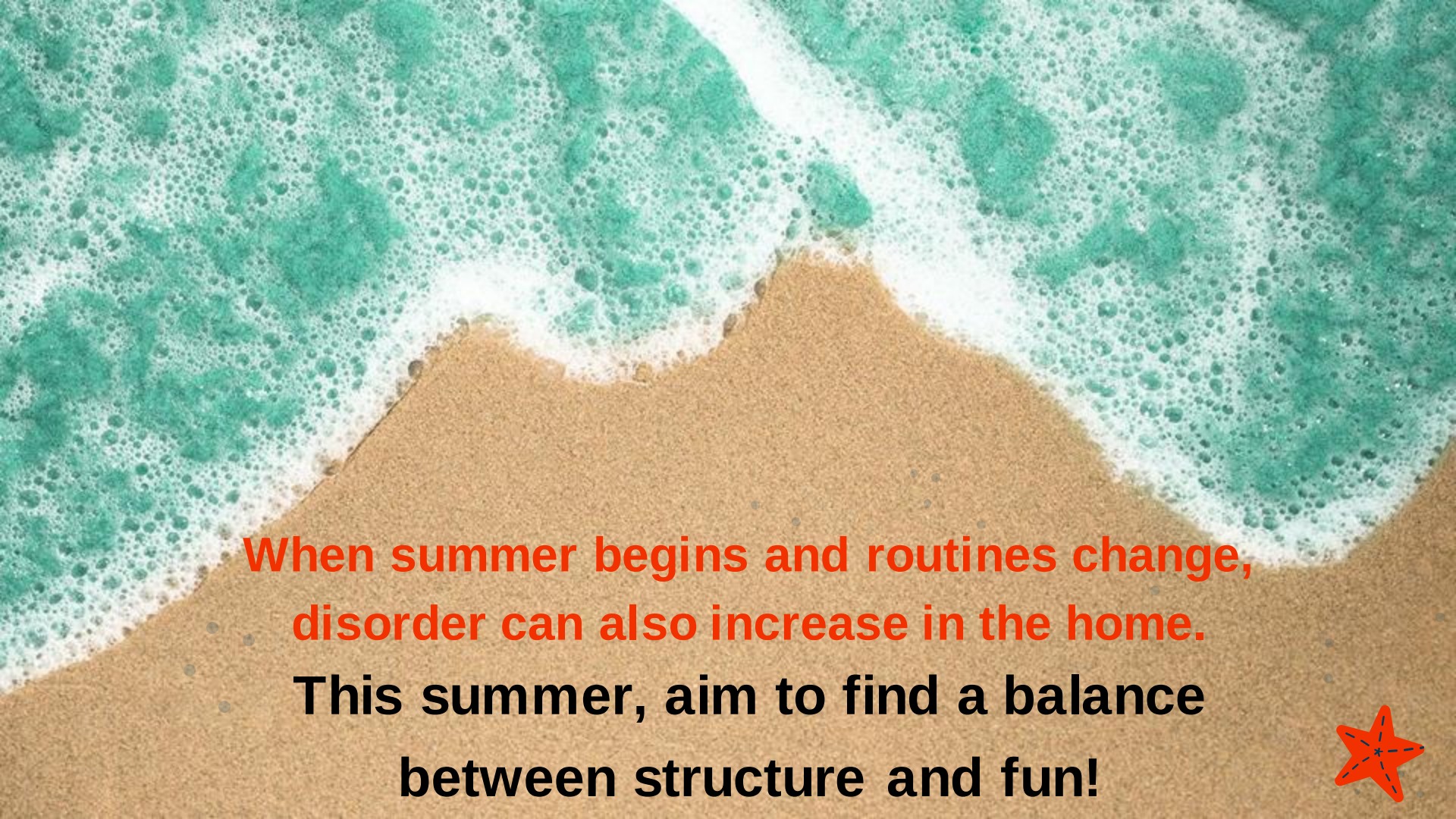


Summer Struggles:

Keeping it Simple
Dr. Rebecca Wade



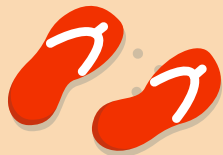


**When summer begins and routines change,
disorder can also increase in the home.**

**This summer, aim to find a balance
between structure and fun!**



Create summer rules



It's OK for the summer rules to look different than the regular rules in your home. However, make it clear what you expect during the summer.

Consider using a reinforcement plan, or a way to reward your child for good behavior!

First

School

Then

Swimming



Set a routine... but save time for fun!



- Know the “have to do’s” and the “want to do’s” and balance them out during the week
 - Use “First” → “Then” to get the “have to do’s” done!
- Build a new predictable routine for your child
 - Use “surprise” or “free time” blocks to allow for fun and flexibility!
- Use visuals
- Plan ahead for the next week to prepare for any changes in the routine
- Resist the urge to overschedule
- Remember all that you’ve learned this year: create structure and setting boundaries is GOOD!



summer schedule

CHOICE BOARD



teachingmama.org



Our Summer Schedule

7:00 am		Morning Routine
7:30 am		Breakfast
8:30 am		Chore Chart clean table empty dishwasher make bed straighten bathroom
9:00 am		Snack
9:30 am		Room time
10:00 am		Activity
11:30 am		Lunch
12:00 pm		Swimming Lessons
1:30 pm		Snack
2:00 pm		Read Aloud & Rest
3:00 pm		Free play
4:00 pm		Chore Chart laundry set table clean up toys
4:30 pm		TV time
5:00 pm		Dinner
6:00 pm		Family time
7:15 pm		Evening Routine
7:45 pm		Bedtime

SUMMER schedule

MAKE IT MONDAY

CRAFT • SEW • BAKE
COOK • DIY • PAINT

THINKING TUESDAY

LEARNING PRINTABLES • QUIET BOOKS
STEM PROJECTS • SCIENCE EXPERIMENTS

WATER DAY WEDNESDAY

GO TO THE LAKE • VISIT A POND
GO SWIMMING • GO TO THE BEACH
PLAY WITH WATER BALLOONS, SPRINKLERS,
SQUIRT GUNS, OR SET UP A SLIP AND SLIDE

TAKE A TRIP THURSDAY

GO ON A SCAVENGER HUNT
BOWLING • LIBRARY • SPLASH PAD
ZOO • MUSEUM • PARK • PLAYGROUND

FUN DAY FRIDAY

FAMILY PICNIC • MOVIE DAY AT HOME
LEMONADE STAND • CAMP IN THE BACKYARD
PLAY DATE • LIBRARY STORY TIME • TEA PARTY

SELFLESS SATURDAY

DO SOMETHING NICE FOR YOUR PARENTS
HELP A NEIGHBOR • WALK THE DOG • VOLUNTEER

SPONTANEOUS SUNDAY

KIDS DECIDE WHAT TO DO.



Keep a consistent sleep routine

It's OK if the time of sleep changes from the school year to summer, but try to keep the summer sleep routine consistent.

- Consistent bedtime each night:
 - Have a routine to transition from the day to bed
 - The routine should bring the child closer to the bedroom
- Consistent wake time in the morning
- If the bedtime and wake time is going to vary, shift about 10 minutes each day





Limit sensory overload

Summer can be a sensory delight... or overload! The bright sunshine, heat, swimming...

If your child is sensitive to sensory materials, try:

- Have materials on hand to limit their exposure (goggles, sunglasses, umbrellas, beach shoes)
- Schedule a daily quiet time when there are no noisy activities
- Keep clothing easy and comfortable



Managing Sibling Rivalry



01.

Respond, not React

Keep your calm, listen, reflect what you hear, and validate feelings

02.

Avoid blame

Focus on each child's role, and avoid comparing them. Celebrate individuality

03.

Model Problem-solving

Teach how to compromise, turn-taking, and cope through emotions. Invite them to brainstorm how to solve the problem.

04.

Treat kids fairly

What is fair for each child's age and ability may not be equal.



Schedule Play Dates with Familiar Faces

Keep the socialization going!





Limit Electronics

Our students could probably spend all day on electronics if we let them. Establish guidelines about when and where electronics are allowed.





Remember your own self-care

Especially if you are noticing symptoms of burnout





Try Something New



Review the [Recreation, Leisure & Socialization Resource Guide](#)

- Accessible Arts, Huntington Station
 - Arts for people of all ages and abilities
- The Baking Coach, Inc. Huntington
 - Baking lessons for all ages and abilities
- Blue Umbrella Experience, Hauppauge
 - Enrichment, creativity, and skill building classes
- Sibshops, Islandia
 - Recreational and educational activities for siblings with disabilities
- Buttler Center for Special Needs at the Suffolk Y-JCC
 - Weekend fundays, saturday night out events!
- Center for therapeutic Riding of the East End, Sagaponack
- DogAbility Center, Melville
- Girls Incorporated of Long Island, Deer Park
- HorseAbility, Old Westbury





Review the [Recreation, Leisure & Socialization Resource Guide](#)

- Island Gamers Club, Bohemia
- League of Yes Baseball, Farmingville
- Long Island Jr. Soccer League, Ronkonkoma
- The Music Academy for Special Learners, Hauppauge
- Pal-O-Mine Equestrian, Islandia
- Parent to Parent on NYS, Hauppauge
- Sangha Education Center, Jericho
- SherryBerry Art, Great Neck
- Special Olympics New York, Melville
- Sky zone Indoor Trampoline Park special needs jump nights in Deer Park & Mt. Sanai
- Spectrum Strength, Babylon
- Stonybrook Autism Initiative, Stony Brook





Review the [Islip Recreation Guide](#) for more local things to do!



- Aquatics
- Town Beaches
- Swimming Lessons
- Summer Camps
- Recreation Center Programs
- Sports
- Cultural Events





And when you begin to
think about September...



Prepare for an End of Summer Shift

When there is a few weeks left before the school year begins, help your child prepare for the return to school.

- Return sleep schedule to school-year times
- Increase the routine and activities during the day
- Use social stories to prepare for the transition (especially if it is a new school, your child needs support adapting to new teachers, etc.)
- Reach out to the school main office, special education department, or building school psychologist with questions or concerns!

