



CAPTAIN X NEWSLETTER

SUMMER EDITION TIPS



Establish a Routine: Maintain a consistent daily schedule to provide structure and predictability, which can help reduce anxiety.

Plan Sensory-Friendly Activities: Choose activities that accommodate your child's sensory sensitivities, such as quiet outdoor walks, swimming, or sensory bins with sand or water play.

Prepare for Transitions: Use visual schedules or timers to help your child understand transitions between activities or locations, which can ease anxiety and reduce meltdowns.

Stay Cool: Be mindful of sensory sensitivities to heat, sunlight, and clothing. Dress your child in lightweight, breathable fabrics and provide plenty of shade and breaks from the sun.

Stay Hydrated: Encourage your child to drink plenty of water throughout the day, especially if they struggle with communication and may not express thirst.

Safety First: Ensure your child's environment is safe, especially if they tend to wander or have limited safety awareness. Consider using GPS trackers or safety bracelets if needed.

Socialize with Understanding: Arrange playdates or social outings with other children who understand and are accepting of your child's unique needs.

Seek Support: Connect with support groups or online communities of parents with autistic children for advice, resources, and encouragement.

Encourage Independence: Provide opportunities for your child to engage in activities independently at their own pace, fostering confidence and self-reliance.

Self-Care: Remember to take care of yourself too. Seek respite care when needed, and prioritize activities that recharge your energy and well-being.



EVIDENCE-BASED PRACTICE IN FOCUS: MODELING

WHAT IS MODELING (MD)?

Modeling involves the learner observing someone correctly performing a target behavior.

GOALS THAT CAN BE ADDRESSED BY USING MD INCLUDE:

- Increase joint attention
- Increase social imitation
- Increase affect sharing
- Increase empathy skills
- Increase social greetings
- Increase play skills
- Increase academic skills
- Increase communication skills
- Increase work/job related skills

TIPS FOR TEACHERS:

- Before using modeling, make sure the learner can imitate others' behaviors and sustain attention long enough to watch the model perform the target skill.
- If possible, select a model who is physically similar to the learner and respected by the learner.
- If using a peer for a model, provide the peer with a script and role play how the peer will perform the skill/behavior.

TIPS FOR PARENTS:

- Before having your child complete an activity, perform the activity yourself.
- Use exaggerated motions and verbally describe what you are doing. For example, model asking for something to drink first. Then have your child ask for something to drink.
- Make a list of common activities you would like your child to do on a daily basis (such as brushing teeth, putting on shoes, saying "hello").
- Choose three activities from the list to begin modeling for your child.
- When your child performs an activity successfully, be sure to praise your child. It might also be helpful to provide time with a favorite toy or activity when completing an activity.



EVIDENCE-BASED PRACTICE IN FOCUS: NATURALISTIC INTERVENTION (NI)

WHAT IS NATURALISTIC INTERVENTION (NI)?

NI is a broad category of behavioral interventions that are implemented during everyday routines and activities in the learner's classroom or home environment (i.e. in the learner's natural environment).

TIPS FOR TEACHERS:

- If possible, help engage learner by using the learner's preferred interests and activities or imitating what the learner is doing.
- Remember, NI should occur during routines and activities that already happen!
- Be sure that naturally occurring reinforcements are given.
- Everyday routines to use NI in the classroom include:
 - snack/lunch time
 - circle time
 - recess
 - playtime
 - academics

TIPS FOR PARENTS:

- Explore with your child's teacher or provider your family's daily routines and activities to determine when it would be most beneficial for you to implement NI. NI should be naturally incorporated into your already existing routines and activities with naturally occurring reinforcement provided.
- Everyday routines to use NI in the home include:
 - mealtime
 - playtime
 - getting dressed
 - family outings
 - bath time



RESOURCES

summer CAMP

The Adaptive Athlete, Inc. – Upland
adaptiveathlete@icloud.com, 909-931-2764
www.theadaptiveathlete.com/prek-camp

Autism Society Inland Empire Summer Art in Action Camp – Chino
www.ieautism.org
[951.220.6922](tel:951.220.6922)

Cal Poly Pomona- Motor Development Clinic
Bldg. 43, Room 146, Cal Poly Pomona (909) 869 – 4340
www.cpp.edu/~sci/motor-development-clinic/program-information.shtml

Camp Paivika- Ability First
San Bernardino National Forest
(909)338-1102
www.camppaivika.org

Chasing 7 Dreams
<https://chasing7dreams.org/>

College Internship Project – Summer Programs for High School Students
and Beyond High School
<http://www.cipworldwide.org/summer/>

Family Camp- Brought to you by: Autistically Inclined – Idyllwild Pines
[https://www.autisticallyinclined.com/familycamp?](https://www.autisticallyinclined.com/familycamp?fbclid=IwAR1rs0MAVZNIOiVjItCgmxe9HyycMhizeByCZUEFUJyWf4deNkN1-Dww4)
[fbclid=IwAR1rs0MAVZNIOiVjItCgmxe9HyycMhizeByCZUEFUJyWf4deNkN1-](https://www.autisticallyinclined.com/familycamp?fbclid=IwAR1rs0MAVZNIOiVjItCgmxe9HyycMhizeByCZUEFUJyWf4deNkN1-Dww4)
[Dww4](https://www.autisticallyinclined.com/familycamp?fbclid=IwAR1rs0MAVZNIOiVjItCgmxe9HyycMhizeByCZUEFUJyWf4deNkN1-Dww4)



RESOURCES

summer CAMPERS

Includededucation – Murrieta and Temecula

_(951) 638-4334

<https://includededucation.com>

LEAPS Services- Build Your Own Independence Spring Camp – Coachella Valley

www.leapsservices.com

The Painted Turtle

www.thepaintedturtle.org

Rock'n Our Disabilities- Hesperia

<https://rocknourdisabilitiesfoundation.org>

Social Survival Session (ages 9-17 yrs).

www.psr.camp/social-survival-ages-9-17.html

Surfers for Autism

www.surfershealing.org

U.S. Adaptive Recreation

Big Bear

_(909) 584-0269

www.usarc.org

Whispering Winds

_(619) 464-1479

www.whisperingwinds.org/www/?page_id=4308