

From our June, 2012 Newsletter



Quick Summer Tips

Our therapists have loads of quick tips that will make your child's summer experience so much better. Here are just a few of our favorites:

Getting ready for day camp?

--Use **bathtub time** now to start helping your child adjust to having faces covered and heads in the water. Have them blow bubbles under water. Spray their bodies with water while they are in the bath.

--It can really help to **get** your child **accustomed to pool water** before they are sent off to camp where they will be instructed in a larger group. Some kids need to adjust to the chlorine smell, so try going to your town pool or a friend's pool on an uncrowded weekday morning.



--A few private **swim lessons** can go a long way to making the process safer, calmer and more successful.

--A **visit** to a new day camp ahead of time can relieve anxiety for many children, as they will be able to visualize the environment and the day. Help them to shine at camp by letting their counselors know their favorite activity ("Jordan loves kicking a soccer ball"; "Kim adores arts and crafts").

--**Sunscreen** is crucial, but it can be difficult for parents to ensure that sensory sensitive children apply it (or have it applied) regularly. Try a continuous **LOTION spray** (ex: Waterbabies and CVS brands) that avoid that "stinging" feel.

Going to sleep-away camp?

--for the younger child who gets cold easily, a **wetsuit** can make a big difference in a cold lake or pool. You can easily find them online.

--Have them utilize those handwriting lessons by **pre-addressing** envelopes for letters home.

--Mom or Dad can **draw pencil guidelines** on envelopes and postcards to help them write legibly.

--Send them off with lined stationery, printed mailing labels, and pre-addressed envelopes.

--We love getting camp mail from our kids, so don't forget to address an envelope to your favorite therapist!

(continued....)

Spending time at the beach?



---Capitalize on the **sand**. Digging, burying body parts, drawing in sand are great for a sensory diet.

--Bring a small **blow-up baby pool**. Fill it with water and place under your umbrella, to give kids a comfortable place to cool off if the sand is hot. Great for cleaning up before you leave, too.

--Don't forget **sunglasses, umbrellas, canopy chairs**, sun hats and frozen water bottles.

Going on a family vacation?

--A little pre-planning to accommodate everyone's sensory preferences will go a long way.

Tons of great ideas (like planning breaks from the noise and crowds a few times a day if you are going to an amusement park with someone who is not a huge fan) can be found on our website in our Mid-



Summer, 2010 article on [Family Outings](#).

For more great tips - take a look at articles [here](#) on our [website](#) on "[Helping Your Child Enjoy Their Summer](#)", "[Sensory Art](#)", "[Get Ready For Summer](#)", "[Helping Your Child Enjoy the Warm Weather](#)", and "[Get Ready for Summer](#)".

Your therapist will be happy to offer personalized summer tips for your individual child.