

Accepting the Spectrum

A monthly newsletter sharing information and support for families, caregivers, and friends of children on the Autism Spectrum

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Summer is a chance to play, rest, and enjoy a change in pace. Routines may look different during the summer and changes in routine can be challenging for some individuals with autism. A change in daily routine can actually create new stressors. Here are several things you can do with your child and to help your loved one enjoy the changes that summer may bring!



- Introduce your child to new places or activities! If you are going to register your child for summer camp or a summer activity that is new to your child, it may be helpful to introduce them to the new activity or place beforehand. For example, if your child is going to a summer camp, it is a good idea to take your child to the summer camp location. Also, talk about some of the activities that your child will be doing so your child has an idea of what to expect.

- Most of us like to have an idea of what is happening and how our day is going to look. The summer brings new activities such as going to the beach, playing with friends, vacations, and outdoor activities. Having a visual schedule is one tool that can provide information about what to expect. Visual schedules also provide security and reduce anxiety to make it a fun day.





- Sandboxes are a wonderful sensory activity! If you don't have one, create your own sensory bucket with any large container and fill it with sand or water. You can also include some natural elements to discover within it, like flower petals, small toys, and household items such as rice and beans!

- Consider sensory needs when swimming or using sunscreen. Apply before you leave the house for the day. If your child is sensitive to some of these safety measures, try alternatives such as sun hats, sunglasses or soft, sun-blocking shirts.



Agency News:

- Collaborative was the recipient of the 2023 Outstanding New Business under 5 Years Award with the Middlesex Chamber of Commerce.
- Parent/Caregiver Group with Lisa, Autism Mom Coach was rescheduled to August 9th 5:30-6:30pm virtually.
- Social Skills Group for preschool age and high school will be starting

