

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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School is out and it is finally summer vacation! This break from school is enjoyed by many. However this change in routine can be a challenging adjustment for some children with autism. Children might spend more time with their families at home, going off to summer camp, or have an upcoming trip planned with their loved ones. There are several strategies to help make this a smooth transition to enjoy summer vacation.

1. Implement a visual schedule with your child. Visual schedules are a great way to help them to understand what is going to happen throughout the day. Perhaps your child is going to the park with their grandmother at a time they typically play at home or mealtimes are a bit different now that school is out. By providing your child with a visual schedule and reviewing it with them in the morning and throughout the day is one way to help your child adjust to new changes summer brings.

	Brush teeth & get dressed
	Reading time
	Math facts
	Video & computer games
	Swimming
	Lunch
	Chores
	Play time
	Dinner
	Family time
	Television & Snack

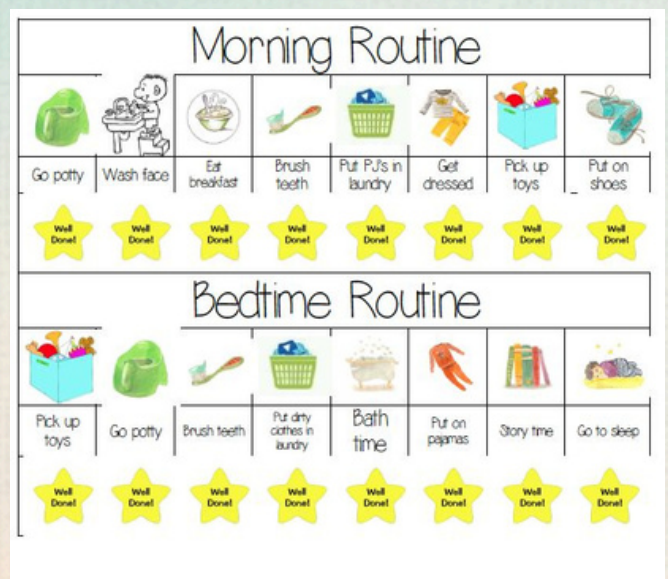
2. Prepare ahead of time. Summer brings new outdoor activities, such as going to the beach, enjoying the pool, or going to an amusement park. If your child is starting swimming lessons, take them to the pool before their first lesson for some exposure to the environment and to meet their instructor, if possible. It is also important to talk with your child so they have a better understanding of what to expect.



3. Help your child adjust to the summer heat! With summer, comes very warm weather. Changes in temperature can be a difficult transition for children with autism due to a change in their wardrobe. They may not be comfortable wearing short sleeves and shorts. If this is challenging for your child, practice having them wear their summer clothes for a short period of time or however long they can tolerate wearing them. With time your child may be able to tolerate wearing their summer clothes for longer periods at a time.



4. Bedtime routines. One thing that is easily forgotten in summer is that the days are longer. The additional daylight can affect your child's typical sleep schedule and their overall mood. The best thing you can do is to try to keep the bedtime routine as consistent as possible during the summer to what it was during the school year.



Agency News:

- We are excited to announce that Collaborative ABA Services, LLC has been recognized as a Silver 2024 Stevie Awards winner in The 22nd Annual American Business Awards® for Achievement in Growth!
- Our new Occupational Therapy space is open and located at our clinic!
- Starting in July, Lisa will be joining our company newsletters! Read below to learn more about Lisa, and what she will be contributing.

Lisa is a solo mother of a teenage son with severe Autism and OCD, as well as a practicing attorney and certified life and grief coach. Over the past four years, Lisa has navigated a series of intense challenges while parenting her child through periods of severe aggression and hospitalizations. These experiences led Lisa to seek out her own support and resources, ultimately inspiring her to pursue advanced certifications in life and grief coaching. With a deep understanding of the unique challenges faced by autism parents, Lisa created a coaching program specifically designed to provide the guidance and support she wished she had during her own difficult times. Through her coaching program and weekly podcast, Lisa shares her hard-won wisdom and practical strategies, all through the lens of someone who truly understands the struggles of autism parenting. Her insights and tools have already helped countless families navigate the complexities of raising a child with autism.

In her monthly column for our newsletter, Lisa will share these same valuable tips and strategies with our readers. From managing meltdowns and promoting emotional regulation to self-care and building resilience, Lisa's expertise will provide a wealth of knowledge and support for families on the autism journey.

If you have any topics you would like Lisa to address, feel free to send her request at lisa@theautismmomcoach.com.

Stay tuned for Lisa's first column, which will be featured in our next newsletter. We look forward to sharing her valuable perspectives and strategies with you.

