

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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Spring is in the air! Which means it's time to get ready for outdoor activities! These kinds of activities can be a fun and educational experience for any child. Just remember to be flexible no matter which activity you do with your child. They might get bored or just enjoy one activity, so don't be afraid to try again another time, or have a backup plan.

Fun activities along with helpful tips that you and your child can enjoy:

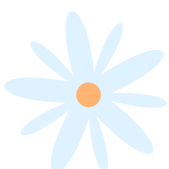
Gardening:

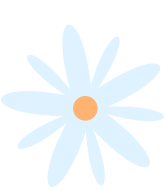
Gardening can be a fun and beneficial activity for children with autism and spring is the perfect time to start! It can help improve motor skills, responsibility, and creativity. It can also provide sensory experiences. Gardening can also teach children that patience will be rewarded. You can make it a routine to regularly water your plants and they will likely look forward to it.



Chalk Activities:

Chalk activities can provide an opportunity for children to express themselves! Children can practice drawing shapes, letters, numbers, animals, or even writing their name. You can also enjoy more structured chalk activities together such as drawing a hopscotch square and practice counting the number they jump on.





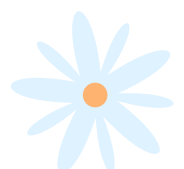
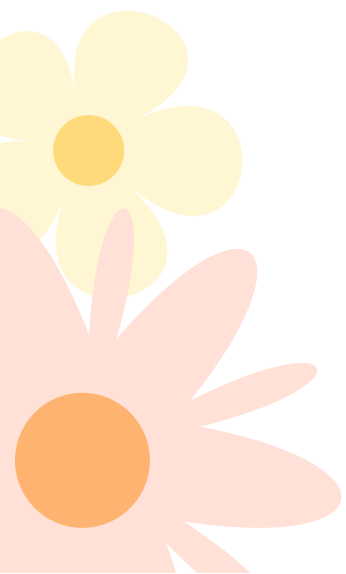
Blowing Bubbles:

Blowing bubbles can help practice motor skills such as breath control and hand-eye coordination. If your child is not able to blow into a bubble wand, don't worry. An automatic bubble blower can be just as fun!



Spring-themed sensory bins

Sensory bins can be extremely beneficial for children with autism. These bins can provide sensory input as a calming activity and they can also provide many opportunities for learning and exploring! You can create a sensory bin with your child by using common household items such as rice, beans, pasta, cereal, sand, paper shreds, pom-poms, flowers, and so much more! This is also a great opportunity to identify what is in the sensory bin, count how much of each item is in the sensory bin, and explore new textures!





Agency News:

- Autism Resource Fair on May 21st

Join the Neurodiverse Community on May 21st at the CT Walk for Autism at Quinnipiac in North Haven from 9-1:30!

Do you know someone navigating the autism landscape? Want to connect with other families in the neurodiverse community?

Come to Quinnipiac University's North Haven Campus on Sunday, May 21st, and join us at the Annual CT Walk for Autism, bringing awareness and support to the neurodiverse community.

Come walk with us:

<https://p2p.onecause.com/walkforautism2023/accept>

Stop by our table on May 21st! See you there!

- Next parent/caregiver group will be June 14th at 5:30pm. Information will be sent to families regarding topic.
- Social Skills Group- We are continuing to work on enrollment with tentative start date in June.

