

May 2024

Accepting the Spectrum

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

Written by: Olivia Sullivan, RBT

As the vibrant colors of spring emerge it is an exciting time for families to enjoy outdoor activities together! However, the sensory overload that comes with a new change in season can become overwhelming for some children with autism. Fortunately, by having the necessary tools and a little bit of creativity and planning, families can ensure that springtime is fun for everyone!

- Social stories are short descriptions of a particular activity, event, or situation which includes specific information about what one can expect and why. Creating a social story about spring and all the changes spring brings such as flowers blooming, leaves turning green, spring clothing, and insects coming out is a great way for your child to understand more about spring and become comfortable with new changes.

After winter, we move into spring. The spring months are March, April, May, and June. Spring time could be chilly or warm. A light jacket and umbrella may be needed in Spring.



Spring

- Nature walks are another great opportunity that you and your child can enjoy together! You can also make the nature walk into a fun and enriching learning environment by counting how many acorns or flowers your child can find! If nature walks tend to be challenging for your child, consider bringing along a sensory toolkit such as noise-cancelling headphones for potential loud nature sounds that may occur, or fidgets that can help your child with sensory input.



- Chalk activities are a great opportunity for children to express their creativity! Families and loved ones can help their child with practicing writing letters, numbers, drawing shapes, and anything else they would like to draw! Hopscotch is another great activity your child can engage in with you while practicing waiting their turn!



Agency News:

- **Upcoming Annual Walk for Autism and Resource Fair hosted by ASRC Clifford Beers Community Center on Sunday, May 19th. This is a great opportunity to learn more about different services available in the community and a family fun event. Collaborative ABA Services, LLC will be at the event as one of the sponsors to help support our community. This event is located at Quinnipiac University North Haven Campus 370 Bassett Road, North Haven, CT 06473**



**WALK FOR AUTISM
AUTISM RESOURCE FAIR**

SUNDAY, MAY 19, 2024

QUINNIPIAC UNIVERSITY
NORTH HAVEN CAMPUS

**SPONSORSHIPS
AVAILABLE NOW!**

ASRC
Autism Services
& Resources Connecticut
Clifford Beers Community Care Center



COLLABORATIVE
ABA SERVICES, LLC