



From our June, 2014 Newsletter

Sensory Smart Tips for Summer

Summertime can be both wonderful and stressful for kids, with sensory differences, and their families. Changes in routine, unfamiliar activities, foods, places, and sounds can make it very hard for sensitive kids to relax. All the work you and your therapists have been doing shouldn't fall apart over the summer. Your child can have fun and keep continuing to develop sensory processing, fine motor, gross motor, self help and academic skills. Here are just a few tips:

- Don't let go of all structure, especially bedtime routines. Stick to the usual bedtime or transition to a new one.
- Get them outdoors. Slowly and gradually introduce new gross motor activities such as biking, scootering, swimming, hopscotch, slip and slide or jumping through sprinklers.
- Play catch with water balloons.
- Create an art studio outdoors, allowing the kids to have messy play with easy clean up.
- Try noise cancelling head phones for sensitive ears. around noisy areas like playgrounds or theme parks.
- Sunglasses and wide brimmed hats are a must for sensitive eyes.
- When going to the beach, allow your child to wear water shoes when walking on sand or the rough ocean floor.
- Communicate to your child about changes in routine. If possible, have them be part of the decision making.
- Explain sensory issues to caretakers, counselors and coaches.