



FAMILY FOCUS
RESOURCE
CENTER

Education · Advocacy · Family Support

Summer Fun and Safety

Summer 2020

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Summer is **HERE!**



Summer is Here discussion topics:

1. Summer safety tips
2. Changing daily boredom at home
3. Community activities & events
4. Online museums & parent resources
5. Virtual summer camps



5 Tips for a Safer Summer Vacation



Summer Safety Tips:

5 top safety concern for children

- Fireworks and loud noises
- Wandering
- Water safety and accidental drowning
- Sun exposure
- Heat exposure and dehydration



Fireworks and Loud Noises:

Tips to managing unpredictable loud noises at home:

1. Secure all doors and windows in the home (preventing unplanned escapes)
2. Increase natural, familiar noises in the home (turning on tvs, radios, dishwasher, washing machines, or fans)
3. Engage your child in activities that have increased volumes (games, videos)
4. Provide access to headphones (noise cancelling or music/video games)
5. Be a good roll model. Remain calm and reassuring
6. Take a short drive, get ice cream or drive by a favorite location
7. Parents know your child the best, what are some strategies that have helped your child in the past?

Fireworks & Loud Noise (Part B)

<https://www.childrens.com/health-wellness/a-parents-guide-to-fireworks-safety>

6 ways to keep your kids safe around fireworks

- Only purchase legal fireworks from a reputable dealer, designed for home use
- Never give small children bottle rockets or sparklers. As an alternative, give them glow sticks.
- Never let young children touch or light fireworks or wear loose clothing around fireworks.
- Keep a bucket of water or hose handy for both emergencies and for disposing of fireworks.
- If at-home fireworks feel unsafe for your family, skip them altogether and opt for a local fireworks display if available.
- If you choose to go to a show, be sure to explain what is going to happen to your young children, who could become frightened of the noise and lights.
- Possible watch firework displays on-line, prior to attending a live demonstration.

Wandering & Water Safety



Wandering, Water Safety & Drowning

Risks of Wandering Behavior:

- ❖ Drowning
- ❖ Dehydration
- ❖ Hypothermia
- ❖ Traffic Injuries
- ❖ Falls
- ❖ Encounters with strangers
- ❖ Encounters with law enforcement

Wandering, Water Safety & Drowning

Statistics:

- Children with ASD are **160 times** more likely to die from drowning than their same age counterparts
- 32% of parents reported a “close call” with a possible drowning
- Accidental drowning accounted for **91%** total U.S. Deaths reported in children with an ASD ages 14 and younger subsequent to wandering/elopement

Wandering, Water Safety & Drowning

Children with ASD are attracted to:

- The visual stimulation of water
- The calming effect of water (o'grady, 2017)

This is hazardous when no supervision is near. Further, children with ASD can have irregular sleeping patterns, allowing them to wander while the rest of the family is asleep (o'grady, 2017). It is extremely possible for these children to wander out of their homes, only to discover a nearby lake or river, or the unsupervised family pool.

Wandering, Water Safety & Drowning

What factors influence drowning risks:

- **Lack of swimming ability:** limited access to qualified swim instructors, specialized in teaching children with behavioral needs and learning differences. Often times parents lack the support needed to participate in swim class and manage their child's behavior challenges.
- **Lack of barriers:** barriers, such as pool fencing, prevent young children from gaining access to the pool area without caregivers' awareness.
- **Lack of close supervision:** drowning can happen quickly and quietly anywhere there is water (such as bathtubs, swimming pools, & buckets), and even in the presence of lifeguards.
- **Lack of generalization:** children can lack the ability to generalize learned skills in a pool to alternative water settings such as a river, beach, lake or other pools.
- **Lack of danger awareness:** children may not understand the risk of entering water without supervision, including assessing the size of waves or current, how to enter and exit safely, et.

Wandering, Water Safety & Drowning

Lets Act:

1. Print a google earth search of your neighborhood and other areas your family frequents. Note all sources of water, pools, catch basins, lakes, ponds and water falls.



Wandering, Water Safety & Drowning

Lets Act:

2. Complete the Family Wandering Emergency Plan @
(<http://awaare.nationalautismassociation.org/>)

Wandering, Water Safety & Drowning

Lets Act:

3. Complete the **Caregivers Checklist Water Safety**
4. Create community awareness: Familiarize your neighbors about your child, especially those with a body of water at their home. Sometimes our neighbors don't realize the importance of keeping gates secure at all times. Share your contact information if they ever notice your child wondering off.

Wandering, Water Safety & Drowning

Lets Act (part B):

5. Actively assign 1-2 family members at a time to keep an eye on your child, especial around water or during get together, et.
6. Install additional barriers to keep your child safe, such as additional window and door locks, alarms, locks on gates, disable automatic garage doors, monitor and repair any damage to fencing/gates.
7. Consider specialized personal locating devises (medicalert, Project lifesaver, et.)
8. Meet law enforcement in your area. If your community has a child registry, enroll your and update the information annually.
9. Enroll you child in swimming lessons & generalize skills in different environments.

<http://www.autismsafety.org/resources.php>

[HOME](#)[ABOUT AUTISM](#)[WANDERING](#)[RESTRAINT & SECLUSION](#)[BULLYING](#)[SUICIDE PREVENTION](#)[DONATE>>>](#)

autism & safety resources



GENERAL RESOURCES

[National Autism Association](#)[AWAARE Collaboration](#)[Autism Speaks Autism Safety Project](#)[ASA Safe & Sound Project](#)

CHILD SAFETY PRODUCTS

[My Precious Kids](#)[Select Autism Merchandise](#)[Tattoos With a Purpose](#)

RESTRAINT & SECLUSION (PARENT/STUDENT RESOURCES)

[The Alliance To Prevent Restraint, Aversive Interventions
Seclusion](#)[National Autism Association R&S Safety](#)[National Disability Rights Network](#)[Association for Positive Behavior Support](#)[Positive Behavioral Interventions & Supports](#)[Wrights Law](#)[Families Against Restraint & Seclusion](#)[Substance Abuse and Mental Health Services Administration](#)

Sun & Heat Exposure, Dehydration

- ❖ Sun burns
- ❖ Heat Stroke
- ❖ Heat Exhaustion
- ❖ Dehydration

Sun & Heat Exposure, Dehydration

<https://www.mayoclinic.org/diseases-conditions/heat-exhaustion/symptoms-causes/syc-20373250>

Safety Tips:

1. Keep sun screen on hand, in your purse and go bag. Apply and reapply as directed.
2. Wear loose and breathable clothing designed for hot weather
3. Be sure children take regular breaks in a cooler area, shade or inside, away from the sun. Set a timer if needed to help keep breaks on track
4. Be sure to increase intake of clear fluids throughout the day (water, Gatorade, PowerAde, juices)
5. Watch for signs of over exposure (headache, dizziness, irritability, clamminess or heavy sweating, fatigue, nausea).
6. Call your doctor is symptoms worsen

Summer

BOREDOM BUSTERS



SUMMER FUN!

Changing Daily Boredom at Home

Create a daily schedule with your child. Ideas to include:

- a. Leisure/passive activities
- b. Chores, household helper
- c. Sensory input: activities which include touch, sounds, movement
- d. Child choice between 2-3 options
- e. Social activity
- f. School assignments (when available)
- g. Physical activities: walks, yoga, basketball, dance

Changing Daily Boredom at Home

Tips to Successful

1. Plan ahead, use your child's natural interests to guide activities
2. Sprinkle activities throughout the day, decreasing duration of unstructured time. Too many activities in a row can overwhelm your child and cause escape behaviors
3. Start with small, brief activities and lengthen tasks as your child can tolerate longer engagement periods.
4. Reinforce all attempts to engage and participate
5. If your child declines to participate, model the activity and have them observe. Sometimes our kids shy from novel activities and do better with repeated exposure and a role model
6. Don't give up, if it's not working, change your game plan



Changing Daily Boredom at Home

Break up the monotony of the week:

1. Spend the day in the community (picnic at the park, walking a local nature trail)
2. Create a FUN theme day
3. Locate online activities, virtual camps, museums, kid friendly dance or exercise classes
4. Look up safe summer events available in your community

Changing Daily Boredom at Home

Sample week schedule

Monday	Tuesday	Wednesday	Thursday	Friday
<i>Daily Schedule</i> <u>Physical:</u> Yoga	<i>Daily Schedule</i> <u>Social:</u> Pick park to visit Wednesday	<i>Community Fun Day:</i> <u>Chore:</u> Prepare lunch or snack	<i>Daily Schedule</i> School work	<i>Theme Day:</i> Super heros
<u>Leisure:</u> Online Summer Camp	<u>Chore:</u> Pack bag for park: ball, blanket, sunscreen. et	Sensory: Variety of textures, sights, sounds	Child Choice: Select a virtual museum to visit	Sensory: Make capes, masks, tools/shields
<u>Chores:</u> Clean up room	<u>Child Choice:</u>	Physical: play, walk, climb, swing	Chores: Matching socks from laundry	<u>Social:</u> Making mazes and obstacles for super heros. Hiding items to find

Create A Theme Day





SUMMER FUN!

Theme Day Ideas: (see handout)

- Super heros
- Indoor Movie Theater
- Home Camping Trip
- Home trip to the Zoo/Safari
- Ocean/Aquarium
- Home Olympics/relays
- Beach in the back yard
- Fort or Castle building

Theme Day Ideas:

For more theme day ideas, see the hand out attached to this presentation. Or search the internet:

1. Google:

- Stuck inside at home
- Indoor activities
- Raining day activities

2. Pinterest



SUMMER FUN!

Community Activities and Events

What is open in my community?

1. Check out you local newspapers and community magazines
2. Access your local city parks and recreation websites & face book or twitter pages
3. Be sure to recheck community events prior to attending to be sure they are not cancelled
4. Be informed on the safety procedures prior to attending community events. Decide if it's a good fit for your family
5. Be prepared with sunscreen, water, hand sanitizer and cloth masks

SUMMER FUN!

Online Museums & Parent Resources

AUTISM SOCIETY Newfoundland & Labrador

www.Autism.nf.net

- a) Educational Tools: *setting up a sensory room as well as other educational supports for parents*
- b) At home sensory/leisure activities: *including online dance and yoga videos*
- c) Virtual Museums: *NASA, San Diego Zoo, Aquariums, and more.*
- d) Social narratives (*supports to discuss Covid-19 with kids*)
- e) Self Care Resources



SUMMER FUN!

Online Museums & Parent Resources

NATIONAL AUTISM ASSOCIATION

www.NationalAutismAssociation.org

- a) COVID-19 resources for families and individuals
- b) Teaching Tools
- c) Tips for Caregivers
- d) How to practice social distancing

SUMMER FUN!

Virtual online camps

- Brainycamps.com
- Help Group
- iD Tech Camp
- Stem3 Academy
- CSUN Summer Academic Enrichment Program
- Destination Science Camp
- Moorpark College Theater for Young Audiences
- Camp PBS Kids
- Sunny Days Camp
- Center Stage Dance
- Disabled Sports Easter Sierra
- Performing Arts Workshop Camp
- The Painted Turtle Camp
- The Gentle Barn Foundation
- School of Rock
- The Coder School, Change the world
- Girl Scouts at Home
- Exceptional Minds

A group of children in superhero costumes are shown from behind, with their arms raised in a celebratory gesture. They are wearing capes and wristbands. The background is a bright, sunny outdoor setting with trees and a city skyline in the distance. A decorative floral pattern is visible on the left side of the image.

THANK YOU!
Wishing you Safe and Fun Summer