

T.E.A.C.H. TIMES

Teaching and Education of Autistic Children Through
Collaboration and Harmony



Jersey City
Public Schools
Department of
Special Education

Summer 2016

Summer Staycation



Summer to families means one thing, no school. While the classrooms might be empty, kids are filled to the brim with energy. It might be hard knowing what to do during the long days of the summer sunshine, but here are some ideas that will help make the time fly!

One staple of summertime has been to pack up their clothes and lock up the house for a vacation away from home. However, for parents of kids with disabilities, travel can be hard. Whether it is on an airplane or in a packed up car, the limitations of travel make it an impossible option for some families. If you cannot go somewhere else, here are some options for the long summer.

Instead of a vacation, consider a “staycation” that focuses on local fun. Here are some play and toy ideas to make your summer “staycation” the most exciting one yet.

Here are some favorite water toys to help keep things swell in the sweltering temps:

Soapets: This toy is the perfect plush to comfort kids as they get acclimated to the water. This aquatic companion helps kids lather up in the bathtub and makes getting clean fun!



Waboba: These balls are made to be bounced on water, making them ideal to be enjoyed in swimming pools, puddles, bathtubs etc. With a variety of colors and sizes.



Spiralin' Seas Waterpark:

This is a water table that brings the water up to your child's level to let them enjoy the wet wonders without a bathing suit.



E-Z Grip Ball: These balls ensure kids get a sure grip no matter how wet their hands are.



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Tips to manage your child's screen time this summer:

It's easy for kids to get sucked into the T.V., iPads or cell phones this summer because there is so much free time. This is not always the best though for our children. Dr. Jean Moorjani a pediatrician at Arnold Palmer Hospital for children in Orlando, Florida, created easy ways for you to minimize the amount of screen time your children get this summer with these easy tips: One, do more than set time limits. Dr. Jean Moorjani says, "It's not just how much time your child spends on their devices, it's the content they're consuming"; two, remember that not all screen time is bad; three set up media-free zones in your house and lastly, don't leave kids to their own devices.

(source: Arnold Palmer Hospital for Children)

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Summer Staycation (continued)

Edwin the Duck: Capable of pairing up with a smart device, this duck is good for dips in the water and days inside. Take this smart duck on all your aquatic adventures.



Sprinklers: The perfect combination of a land and water activity; sprinklers let children run through the water when they want to get wet, and keep out when they want to stay dry.



Slip and Slides: Whether kids slide on their own power, or are pushed along, this summer staple is sure to delight.



Personal Park

With nice weather approaching be sure to take advantage of nature while also thinking about what a child loves to do. A personal park is one that fits to your child's needs. If they like water, turn on a sprinkler and make your backyard a water park. If they love exploring, scatter hidden toys in a sandbox to let them dig and search for them. A personal park can be as simple or as complex as you want, as long as it is accessible and fun for the child it is designed for.

Comfort is key with personal parks, so remember that the most comfortable place for a child might be inside. A book nook in the house is a way to make a corner of comfort filled with blankets, books, stuffed animals and toys. In a big house, your book nook can feel like a small personal fort for children to relax in.

No matter the specifics, a summer staycation is something that turns the ordinary into extraordinary!

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