

MAY 2022

TIMELY TOPICS

JORDAN CHILD DEVELOPMENT CENTER



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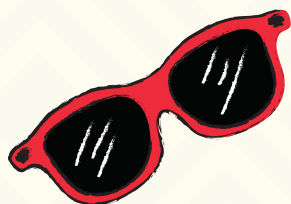
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TRANSITIONING TO SUMMER

As we get closer to summer, figuring out how to keep your kids busy and not lose any skills can be hard. For a lot of our kids, summer means special education services are put on pause until August or September. If your child is in early intervention and has a summer birthday, this means those services will end and preschool won't start for several weeks to a couple of months.

Transitions can be hard for some kids and families but can be particularly difficult for kids with behavioral and learning challenges, as well as language delays. They may not understand why they aren't getting ready for the busy to go to school. They may not understand why siblings are home more often or why that teacher from early intervention isn't coming to their house to play anymore.

This month we're going to give you some strategies to help this transition go a little more smoothly, summer activities you can do inside or outside, and community resources you can access as needed.



Summer Schedules

Setting up your summer schedule ahead of time will be beneficial for you and your child. It allows you time to decide on your routine, activities, and get any necessary materials.



Set your schedule.

Toddlers, two year olds, and preschoolers do much better with a set, consistent schedule. It does not have to be as structured as their school schedule, but having a simple daily schedule will provide predictability, stability, decrease anxiety, and decrease problem behaviors.



Use pictures.

Take pictures of the activities you'll be doing each day (bed, where you eat, dressing, bath, car, etc). Print a couple of copies of each picture. Use tape, glue or velcro to attach them to a board so that you can review with your child what is going to happen first, second, third, etc.



Keep rules consistent.

Summer is a time when we tend to relax some of our rules BUT keep your main rules consistent. For instance, if you really want your child to eat at the table, keep that! This will help you as you transition into summer and back into school.



Provide movement.

Do your best to play outside when possible or do some inside activities such as dancing to music, chase games, an obstacle course, etc.



Ask for ideas.

If you're worried about your child losing some skills during the summer, ask your child's teach or speech therapist about what they are working on in school and how to continue those goals this summer.



Get ready on "school days."

It will benefit you and your kids when August rolls around to continue to get yourself and kids up and moving on "school days." If your child went to preschool on Mondays and Wednesdays, still get up and get ready and then a quick errand or do an activity at home. This will keep your child in the habit of getting up and ready on certain days.



Do your best.

Some days will be better than others. When things get hectic and your plan go out the window, it's ok to do what you need to do to get through the day and try again tomorrow.

Summer Schedules

Due to work schedules and your child's needs, it can be difficult to leave the house sometimes. Here are 5 activities you can do at home.



Wash the toys.

Gather a bucket of soapy water, a sponge, and your child's cars, trains, dolls, blocks, etc. and find a spot outside they can wash their toys. If you don't have an outside space (or you're worried you child will run away), you can do this in the bathtub as well.



Sensory bins.

There are a million different ideas on Pinterest! Fill a large bin with water, beans, pom poms, sand, etc. Then you can add cups, spoons, farm animals, whatever you have on hand. If you child doesn't like to get messy, start with dry items such as beans, rice, blocks, etc. Watch your child with choking hazards.



Bowling

Create your own bowling pins by filling water bottles or soda bottles with sand, water, or something else that will allow the bottles to stand upright.

Use a ball, bean bag, stuffed animal, anything you have on hand that your child can roll or throw at the pins.



Make fruit cones.

Try eating favorite foods in a new way! Get your child's favorite snack (fruit, cheese, yogurt, gummies, crackers) and put them in an ice cream cone.

You can use a spoon or fork if they don't want to touch the items or if you're working on eating with utensils.



"Find something _____."

Find something blue, sticky, scratchy, cold, messy, yellow, etc. You can do this activity outside as a treasure hunt or you can do this inside. If your child is younger and learning the names of items, you can do "Find a car/block/sock/cup/shoe. Once everyone playing has an item, put them all on the table and talk about what you found.

Community Resources

Here are some free local resources to access over the summer depending on your family's needs.

- **Salt Lake Parks and Recreation (slco.org/parks-recreation/)**
 - Here you'll find information about parks, pools, classes, and other summer opportunities offered through various rec centers.
- **2-1-1 (211utah.org/)**
 - You can dial 2-1-1 or go to their website to access information and resources for housing, employment, medical and dental needs, mental health, legal questions, food, and transportation.
- **Care About Childcare (jobs.utah.gov/occ/cac.html)**
 - Care About Childcare allows you to search for daycare and preschool programs in your neighborhood.
 - You'll find information on hours, vacancies, who to contact, finding from the health department, as well as a description of their program.
 - Go to the website and click on the "search for care" button.
- **Family Support Center Crisis Nursery (www.familysupportcenter.org/crisis-nursery)**
 - The Family Support Center provides services such as in-home programs, counseling, and the crisis nursery.
 - The Crisis Nurseries are open. It is free child care (ages 0-11 years) during times when families are dealing with an emergency, medical appointments, legal/work obligations, times of high stress, etc. Go to their website for locations and phone numbers. You need to call to set up an appointment in advance and complete paperwork.
- **Help Me Grow (www.helpmegrowutah.org)**
 - Help Me Grow is a free resource for Utah families. They provide information regarding your child's development as well as community resources. They can answer your questions about your pregnancy, child development, and behavior.
 - Help Me Grow also has community activities as well as a blog that covers many important topics in early childhood.