

MAY 2023

TIMELY TOPICS

JORDAN CHILD DEVELOPMENT CENTER



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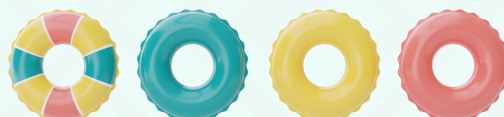
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TRANSITIONING TO SUMMER

As another school year gets ready to end, many parents have to figure out how to keep their kids occupied. For a lot of our kids, the end of the school year means preschool services are put on pause until the end of August. If your child is in early intervention and has a summer birthday, those services will end and preschool won't start for several more weeks.

Transitioning to summer can be difficult for some families. It's particularly challenging for our kids who may not understand why they aren't getting ready for the bus to go to school. They may not understand why their siblings are home more often or why their early intervention person isn't coming to their house anymore.

This month we'll go over some strategies to help this transition to summer go a little more smoothly, summer activities you can do inside or outside, and community resources you can access for additional support.



Summer Schedules

Young kids thrive on predictability. Setting up your summer schedule ahead of time will be beneficial for you and your child. You'll be able to decide on your routine, activities, and get any necessary materials before school is done.



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 teacher, motor therapist, or speech therapist about what they are working on in school and how to continue those goals this summer.



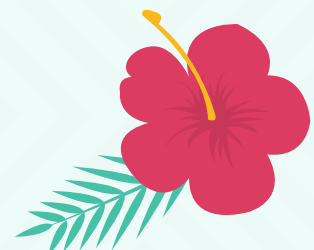
Get ready on "school days."

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 run 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 Activities

Due to work schedules and your child's needs, it can be difficult to leave the house sometimes. Here are some activities you can do at home with materials you already have and very little prep.



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 your 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 your 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.

Summer Activities

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Picnic at Home or Nearby Park

Gather blankets or towels and your child's favorite lunch/snacks and have lunch outside. If it's too hot or rainy, clear a spot on the floor in your living room. Spread out your blankets and snacks. Talk about the foods you're eating (crunchy, cold, smooth, yummy, etc.). This is a good opportunity to work on following some simple directions too -- Eat on the towel, throw trash in the garbage, give a drink to your brother, etc.



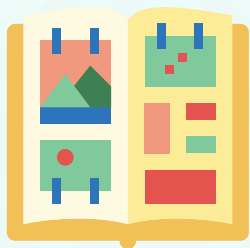
Paint with Water

This will keep your kids busy and having fun for a long time! Give each of them a bucket with water and a paint brush. They can paint the outside of your house, sidewalks, rocks, fences, etc. This is great for motor coordination and sensory input (carrying a heavy bucket, moving your body in different ways) as well as a language opportunity (talking about what you're painting, asking for more water, etc.).



Pool Party

You can find kiddie pools at many stores for about \$10. Fill them with water or bath toys or balls or whatever you have on hand. You can also do this in your bathtub. Add in extra toys or foamy soap or color tablets to make it extra fun. This is great for sensory play and language - touching different textures and toys, discussing toys that float and those that don't, asking for new items to add into the pool, etc.



Summer Photo Album

Take pictures of items you find on walks, flowers you grow at home, places you went, summer toys and clothes, etc. Then print them and put them in a photo album and talk about the pictures with your child during the summer. What pictures do they want to take? What pictures do they want to add?



Check out Pinterest

I am not a creative mom so I rely on Pinterest to give me lots of cheap and fun ideas. If your child has a particular interest (water, painting, birds, climbing, etc) check out Pinterest for summer ideas related to those interests.

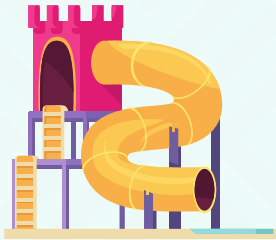
Free (or almost free) Places to Explore

There are a lot of options in the Salt Lake area to explore during the summer months. Here are some free (or almost free) ideas:

Splash pads, pools, and playgrounds



Luckily, we have a lot of options for pools, playgrounds, and splash pads. Of course playground equipment can get hot in the summer so opting for one with a splash pad too is a great choice.



Many of the rec center pools are fairly inexpensive. A daily pass is free for kids 2 and under, \$2-4 for kids, and \$4-7 for adults (depending on the rec center).



Simple family hikes

If your family loves being outside during the summer months, going on a family hike could be a good option.

Alltrails.com and Bring-the-kids.com list kid friendly trails in the Salt Lake area. They also have good information about what to bring on a hike and other considerations for your family before choosing your hike.



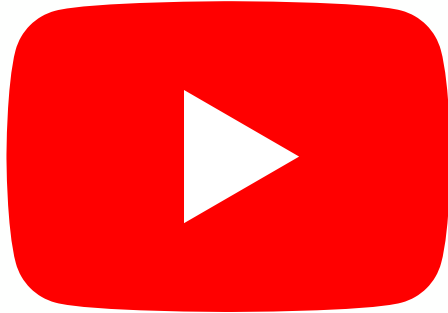
City festivals, libraries, and Wheeler Farm

Every summer each city has a variety of activities and festivals for your family to explore. Libraries also continue their programs during the summer. Wheeler Farm is also a popular and free choice for families to explore during the summer.

Community Resources

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

- **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.
- **Utah Parent Center (utahparentcenter.org)**
 - Utah Parent Center is a non-profit organization that helps connect families with supports and services in the community. It is run by parents of kids with special needs. Most services are free. You can find information regarding education, specific disabilities, events in the community, as well as receive one-on-one consultations regarding your family's needs.
- **The Children's Center (childrenscenterutah.org)**
 - The Children's Center provides mental health care to children (2-6) and their families. They offer a range of services based on the family's needs.



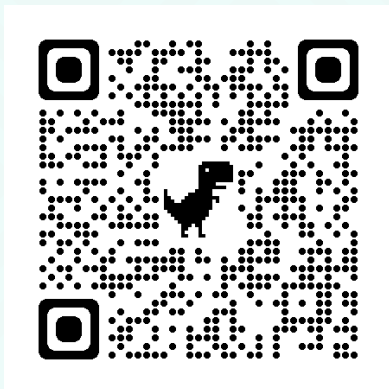
Parent Classes are now on YouTube!

ANNOUNCEMENT!

You can now find the monthly classes on YouTube. Watch them when it's convenient for you as well as catch up on topics you may have missed!

Scan the QR code or paste the link into your browser:

[Why Following Directions Can Be Challenging and How to Teach This Skill at Home](#)



[Preventing Problem Behaviors](#)



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