

A PARENT'S GUIDE TO KEEPING YOUR COOL

TIPS FOR A SUCCESSFUL SUMMER BREAK

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#1 MAINTAIN STRUCTURE

Structure, routines, and predictability help prevent challenging behaviors and help with an easier transition back to school.

- Maintain regular routines such as mealtimes and sleep times.
- Continue to set clear expectations such as house/family rules.



#2 CREATE NEW FAMILY ROUTINES

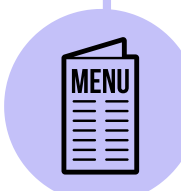
Choose routines that will promote independence. Take advantage of this time to model and teach new skills.

- Schedule times for everyone to work on the same type of task (e.g., exercise, reading, organizing, or connecting with family and friends).
- Use a to-do checklist and/or timers.

#3 OFFER A MENU OF ACTIVITIES

This is a great proactive strategy to combat the inevitable "there is nothing to do" moments. Novelty is key!

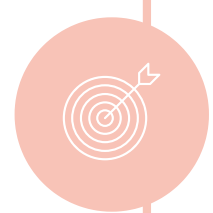
- Create a list with your child and be sure to include their interests.
- Mix fun play activities with skill building activities (i.e., leisure and daily living skills).



#4 SET A GOAL OR SUMMER CHALLENGE

Creating a goal to learn a new hobby or skill will help your child work on a continuous task or project.

- Schedule a daily time for this specific target.
- Use a visual checklist to track progress (see attached).



#5 CREATE A FAMILY TECH POLICY/CONTRACT

Set clear rules, expectations and consequences for the use of technology (e.g., TV, computers, tablets, phones, video games).

- Set screen-free zones (e.g., mealtimes).
- Follow through with consequences.
- Set parental settings and passwords to monitor safety.
- Reward with an extra 5 minutes when child follows the rules.



#6 KEEP IT POSITIVE!

Be sure to acknowledge your child's positive behavior (engage in 4 positive interactions for every single negative interaction).

- Use behavior-specific praise (e.g., "Fantastic job listening the first time I asked you to clean up!")
- If your child needs special support, consider consulting with a specialist.



Ashley Calzada is a Board Certified Behavior Analyst and a Pediatric Behavioral Consultant.
For more resources visit www.stellarsteps.org



SUMMER CHALLENGE!

HOW MANY CAN YOU DO THIS SUMMER?

READ A NEW BOOK

GO SWIMMING

DRAW A PICTURE

GO ON A HIKE

GARDEN

MAKE A NEW FRIEND

COOK OR BAKE

PLAY A NEW SPORT

DO A CRAFT

GO WALKING

ORGANIZE A SPACE

DANCE

HELP SOMEONE

HAVE A VIRTUAL PLAYDATE