

The Parent Resource Center

Special Education

Fairfax County Public Schools

June Edition

Department of Communications and Community Outreach

June 2009

WORKSHOPS WORKSHOPS WORKSHOPS

Celebrate Calm

10 Secrets to a Stress-Free Summer
Thursday, June 4, 2009

West Springfield High School
Spartan Hall
[Download the flier](#)
[Register online](#)

Save the date!

Future Quest 2009

Saturday, November 21, 2009

A free career and college forum
for students with disabilities,
parents, and professionals
[Download the flier](#)

For a complete list of all workshops and
activities, visit the PRC web site at
www.fcps.edu/ccp/prc/workshops.htm

Books and DVDs at the PRC

Search our resources online

<http://www.fcps.edu/ccp/prc/prclibry.htm>

1. *The Out-of-Sync Child Has Fun* by Carol Stock Kranowitz, M.A.
2. *101 Activities for Kids in Tight Spaces* by Carol Stock Kranowitz, M.A.
3. *PassPorter's Walt Disney World for Your Special Needs* by Deb Wills and Debra Martin Koma
4. *The Virginia Travel Guide for Persons With Disabilities*

Summer Break Is Here-- Now What?

Summer break is just a few weeks away! School-age children may be counting down the days and dreaming of lazy mornings, poolside play, picnics at the beach, and vacation time with the family, but many parents who have children with disabilities are wondering how they will manage the next two months without the structured routine and support of their child's school. A successful summer involves developing and implementing a plan for structured and unstructured activities and events that take into account the needs of the family while supporting the specific needs of the individual child.

Summer break can offer a change of pace that allows parents and children to try something new or different, and no-homework nights can be times that parents and children can look forward to. With planning, parents can engage children in activities that use the skills they have developed throughout the school year while still having fun!

Parents can support their child's skills and enjoy the school break with a few fun ideas and plans. Allow your child to:

- Enroll in a class or course he or she wants to take.
- Take an active role in daily routines such as setting the table, maintaining a shopping list, cooking meals, and completing household chores.
- Select from two or three activities and let him or her plan the outing.
- Create a family journal using simple craft ideas or the latest technology.
- Organize a block party and plan all or some of the events.
- Visit the library, read to you, or present a book review to the family.

Keep your child's mind sharp with additional activities from the summer resource packet, summer planning ideas, and web links on page 2.

These activities support academic skills. Parents can customize summer plans for their child by using a flexible schedule, by planning activities that target the child's areas of interest and specific skill needs, and by including simple summer fun!

Take a look at these summer resources!

FCPS Summer Programs

<http://www.fcps.edu/news/summer.htm>

PRC Summer Resources

<http://www.fcps.edu/cco/prc/documents/SummerofSuccess.pdf50109.pdf>

Summer Camp List

<http://www.fcps.edu/cco/prc/PRCSpecialNeedsSummerCamps.htm>

Therapeutic Rec Programs for Children, Teens, and Young Adults

<http://www.fairfaxcounty.gov/rec/trs/ctya.htm>

2009 Rec-PAC Summer Camp Program

<http://www.fairfaxcounty.gov/parks/recpac/>

City of Fairfax-Parks and Recreation

<http://www.fairfaxva.gov/ParksRec/ParksRec.asp>

City of Fairfax Children and Families

<http://www.fxfamilies.com/>

Additional summer resources!

Cyber Field Trips

<http://geocities.com/~perkinshome/fieldtrip.html>

101 Things to Do When There's Nothing to Do:

<http://specialchildren.about.com/od/behaviorstrategies/a/timewasters.htm>

Summer Reading Tips for Parents

<http://www.ldonline.org/article/36>

Use Summer Fun to Build Background Knowledge

http://www.ldonline.org/content/edextras/summerfun_en.pdf



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Plan now to keep your children engaged with fun activities over the summer break.

1. Let your children sign up for courses they want to take.

Cooking, swimming, photography, and ice skating classes are fun. Look for courses offered in your area for children during the summer, and let each child sign up for a fun course such as ice skating, bike riding, cooking, or photography. If you are an expert, you can offer a class.

2. Plan a worldly experience with your children.

Spend a day at a museum, a gallery, a planetarium, an aquarium, a zoo, or a hall of fame. Learn about people, science, history, animals, and art. Or visit the library and check out a book about science, history, or art.

3. Take in a flick.

Summer break is a great time to head to the local movie theater and catch an inexpensive matinee for one of the latest releases or try an IMAX movie for a fantastic experience. Rent a few videos and have your own film festival at home.

4. Host a games tournament for your children.

Allow your kids to invite their friends for a video game tournament, then assign teams, create team names, and have a small prize for the winners. Or, if video games aren't your style, choose a board game or a card game and hold a tournament with one of them instead.

5. Take a one-tank (gas tank) trip.

Consider a nearby destination. Short trips are perfect for kids because they (and you!) don't get too exhausted. You'll save money on lodging and meals, so you can do other fun things that might otherwise seem too expensive.

Keep your kids' minds sharp.

Spend some time discussing what you have done, presenting picture reports of an event or day. Encourage your children to use who, what, when, where, and why in their reports; it improves the quality of information shared. You can gently prompt them or use a simple visual as a reminder.