



Connections

Information + Support
Families of Children with Special Needs
Alleghany, Ashe, Avery, Mitchell, Watauga, Wilkes, & Yancey counties

Summer
2010

FAMILY SUPPORT NETWORK OF THE HIGH COUNTRY

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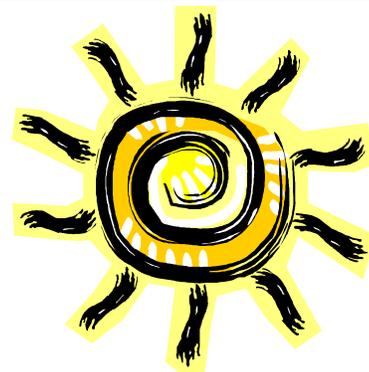
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Tips for Shifting from School Year to Summer Break by Kristin Stanberry

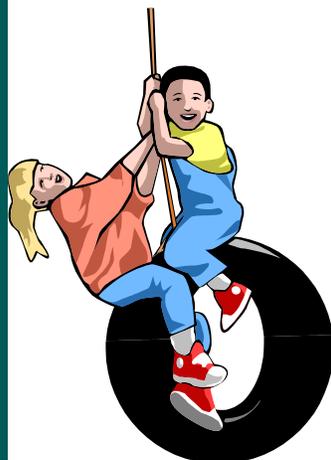
As the school year draws to a close, you and your family probably view summer break as a well-deserved reprieve. If your child has learning and/or attention problems, it's important to recognize that the shift from school year to summer break (however welcome) represents a transition phase and may pose special challenges for your child.

Regardless of the summer plans you've made, you may want to ease into summer in a way that addresses your needs as well as your child's. Here are some tips to consider:



Tips to Help Parents

1. **Review the summer plans you've made to date.** Where there are gaps, brainstorm ways to address them, such as parents rotating days off work to stay home with younger kids on unscheduled days.
2. **Post the family's summer schedule.** Mark activities (day camp, vacations, your teenager's work schedule, etc.) on a "family size" calendar posted in a central location. Be sure to note blocks of unscheduled time as well; that way, you can anticipate free time to use as you wish—even if it's just to enjoy a break in the action.
3. **Be prepared to be spontaneous.** Keep a running list of places and people to visit when time permits and the mood strikes. Summer-free from homework and tutors-is a good time to stop by the science museum, bike trail, or concert-in-the-park you can't seem to get during the school year .
4. **If you and/or your child thrive on routine, build as much of it in to your summer schedule as possible.** Even so, your routine may change every week or so; find ways to prepare for this transition. This may be as simple as mentally rehearsing the new routine (including daily wake-up time and preparation) with your child before the week begins. Remember: Transitions can be hard for parents, too!
5. **Ask other people** (spouse, family members, and neighbors) for help shuttling kids to activities and supervising them on their "days off." Trade carpooling and kid-watching duties with other parents in your neighborhood.
6. **Don't succumb to summer stress!** There is bound to be some bedlam and boredom in any household during the summer. When stress strikes, try to shrug it off and find humor in the situation.



Tips for shifting from School Year to Summer Break continued from cover...

Tips to Help Kids with Learning and/or Attention Problems

- 1. Revamp—but don't eliminate—your child's daily routine.** A daily routine gives most kids with learning or attention problems a sense of structure and security. While certain tasks (like doing homework) can be dropped during the summer, new ones (like packing for daily swim lessons) may be added. For fun, you might loosen up on certain chores during the summer, like designating every Friday as "Don't make the bed" day!
- 2. Prepare your child for her scheduled activities.** If possible, visit the locations where she'll be during day camp or day care in advance. Have your child talk to counselors, caregivers, as well as other kids who have enjoyed those same situations and settings.
- 3. Have your child contribute to the family calendar.** Together, you can determine key dates (e.g., community pool opens for recreation swim, July Fourth barbeque) and have your child mark these on the calendar
- 4. Involve your child when preparing for family trips and activities.** Depending on her age, she can help you map out driving routes or make a list of the clothing and recreational gear the family will need.
- 5. Encourage summertime learning.** Summer outings may present opportunities for your child to learn about history, geography, and nature. Look for "teachable moments" and encourage her to listen, read, take photographs, collect postcards, and keep a journal of her adventures. This type of learning can boost the self-esteem of a child who struggles in school.



About the Contributor

In her role as Writer/Editor for Schwab Learning, **Kristin Stanberry** provides information, insight, strategies, and support for parents whose children have LD and AD/HD. She combines a professional background developing consumer health and wellness publications with her personal experience of coaching family members with learning and behavior problems.

 * **Watermelon Pop Stars by Family Fun** *
 * **Ingredients** *
 * •Watermelon *
 * •Popsicle sticks *
 * •Star-shaped cookie cutter *
 * **Instructions** *
 * 1. Use a cookie cutter to cut juicy star shapes from 1-inch *
 * -thick slices of seedless watermelon. *
 * 2. Insert a Popsicle stick into each star, then set the pops on an aluminum foil-lined *
 * baking sheet. *
 * 3. Cover the stars with another sheet of foil and freeze for 1 hour or until firm. *
 * *****



Love and Logic: One Liners

By: Jim Fay

Kids seem to have a repertoire of "hooks" they use to get their parents to argue with them. Here are some Love and Logic One-Liners that will get parents off the hook and cause children to do more of the thinking.

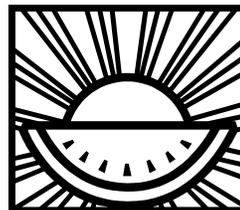
Remember: The "one-liners" are only effective when said with genuine compassion and understanding. These are never intended to be flippant remarks that discount the feelings of the child. If an adult uses these responses to try to get the better of a child, the problem will only become worse. The adult's own attitude at these times is crucial to success.

- "Probably so."
- "I know."
- "Nice try."
- "I bet it feels that way."
- "What do you think you're going to do."
- "I don't know. What do you think?"
- "Bummer. How sad."
- "Thanks for sharing that."
- "Don't worry about it now."
- "That's an option."
- "I bet that's true."
- "Maybe you'll like what we have for the next meal better."
- "What do you think I think about that?"
- "I'm not sure how to react to that. I'll have to get back to you on it."
- "I'll let you know what will work for me."
- "I'll love you wherever you live."

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Support Group Meetings are subject to change through out the summer, please contact your local Outreach Coordinator if you are unsure of meeting times and updates!!!

Have a Wonderful Summer!!



Area Support Groups

Ashe County Parent Support Group

Date: Last Tuesday of each month

Time: 6:00pm

Location: Midway Baptist Church Fellowship Hall
 Mt. Jefferson Rd., West Jefferson

Contact: Norma Bouchard at 336-246-3222 or
 1-866-812-3122 or bouchardnj@appstate.edu
 Meal provided with RSVP.

Mitchell County Parent Support Group

Date: First Tuesday of each month

Time: 6:00pm

Location: Spruce Pine United Methodist Church

Contact: Teresa Emory at 828 682-4772 or
 emorytd@appstate.edu
 RSVP for childcare!

Watauga County Parent Support Group

Date: Second Friday of each month

Time: 6:00—8:00pm

Location: The White House at 381 E. King St.
 (beside the Playhouse)

Contact: Kaaren Hayes at 828-262-6089 or
 1-866-812-3122 or hayeskl@appstate.edu
 RSVP for childcare and supper!

Wilkes County Parent Support Group

Date: Last Thursday of each month (Subject to change in December, Contact Norma)

Time: 6:15pm

Location: "Our House" 203 E. Main St. Wilkesboro

Contact: Norma Bouchard at 336-246-3222 or
 1-866-812-3122 or bouchardnj@appstate.edu

Yancey County Parent Support Group

Date: Third Tuesday

Time: 10am—12pm

Location: West Burnsville Baptist Church

Contact: Teresa Emory at 866-448-5781 or
 emorytd@appstate.edu

Summer Support Group meetings:
call your local
Outreach Coordinator to confirm dates and locations.



Please support our program so that we can continue to serve families and the community. Any help you can give will be very appreciated. Please detach this form and send any donations to the address below. Donations are tax deductible.

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