

The summers go by fast so try to relax and enjoy the time. A little planning and some creativity will help ensure a fun-filled summer with your children.

- Try seasonal foods through cooking activities. A farmer's market may overwhelm some kids, but you can always bring summer fruits and vegetables home to try. Prepare them together in your kitchen or try campfire-style, explaining what to do step by step.
- Sandboxes make for a wonderful sensory play. If you don't have one, create your own sensory table or bucket with any large container (i.e. a small plastic pool, a large plastic storage bin) and fill it with sand or water. You can also include some natural elements to discover within it, like flower petals or small toys.
- Consider sensory needs with swimwear and sunscreens. But soft fabrics and fragrance-free lotions or sprays. Apply before you leave the house for the day or start a new activity. If your child is sensitive to some of these safety measures, then try alternatives like sun hats, sunglasses or soft, sun-blocking shirts.
- Schedule a time to safely swim together in a pool. Borrowing some time at a friend's pool or scheduling private swimming time at a local pool (much like scheduling a private swim lesson) may help your child ease in and enjoy. Swimming helps with body awareness (if you want to get technical, we call this proprioception) and tactile input.
- Build an obstacle course together in your yard or at a familiar playground.
- Ride bikes or scooters.
- Go to the playground.
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The summer season is an exciting time to spend with family, friends and have some fun. But, even with the weather on our side, summer can be a challenging time for parents of children with special needs, such as [cerebral palsy](#). School lets out for the summer, and this can result in parents having a lot of time to fill with entertaining events. Fortunately, there are a number of summer activities you can do with your child that are sure to make it into the memory book. The best part is that most of these activities are free and can take place right in the comfort of your own backyard.

Here are 10 fun activities to do this summer with a child who has special needs:

1. Pack a Picnic

Gather up your child's favorite snacks, juice boxes and toys and head off to a nearby park for a picnic. Bringing along a colorful picnic blanket can make for the perfect backdrop for an adorable impromptu photo-shoot.

2. Visit a Local Farm or Petting Zoo

What better way to teach your child about animals than showing them in real life? Use a farm or petting zoo as an opportunity to teach your son or daughter all the animals and the sounds they make. Chances are, the whole family will be singing "Old MacDonald Had A Farm" all the way home.

3. Get Messy With Fingerpaint

Fingerpainting is a great summertime activity for children with cerebral palsy, as it allows them to [strengthen the muscles in their hands, fingers and arms](#). Mobility limitations of this kind are common among children with CP. By allowing your child to improve their flexibility using a fun medium like paint, you'll have one happy camper at the end of the day (and probably some new artwork for the fridge).

4. Go Sidewalk Chalk Crazy

Writing on the sidewalk with chalk is a great activity to get the whole family outside. Try outlining each other in chalk and then drawing in silly details like sunglasses, hats or balloons. Your child will get some practice with their handwriting while having fun in the sun.

5. Tie Dye Like It's the 70's

Tie dying is a cost-efficient and entertaining activity for both parents and children alike. Bust out those old white tee shirts and bed sheets and go color crazy. Have your child combine all of their favorite colors onto a fabric and guide them through the tie dye process. Watch as their eyes light up upon seeing the final product.

6. Pick Flowers For Friends or Family

Picking flowers can seem like a mundane activity on the surface, but it's sure to brighten up any child's day. Bring along a basket to collect the best flowers you can find and enjoy your day outdoors. Once you're done, create some homemade name tags with paper and glue and hand them out to friends and family.

7. Transform Your Backyard Into A Water Park

Who says you have to drive to an amusement park to stay cool in the summer? Turn your backyard into a water park by simply using a gardening hose, a kiddie pool, large tarps, squirt guns or even buckets of water. Get creative with what you hold the water in and maybe even grab some bubbles to add to the fun. Then, jump in!

8. Pitch A Tent

Teaching your child how to pitch a tent can be a fun challenge that also doubles as a learning experience. Pick the best spot in your yard (or living room) and begin setting up your tent. If you don't happen to have a camping tent on hand, feel free to make one out of chairs and pillows. Then, cook up some s'mores and tell stories under the stars.

9. Create A Handmade Nature Book

Take your child on a walk through the outdoors and hunt for interesting fossils, leaves, branches, shells or flowers. Once you have collected what you need for your book, head home and begin pressing the items onto the pages of the book to flatten them. After pressing, simply paste your nature items down using glue or tape and show off your findings to the whole family.

10. Stage A Play

Putting on a play is a great way to encourage your child to face [any hesitations they may have regarding talking in front of others](#) or showing off their talents. Pick your child's favorite nursery rhyme and ask them which character they'd like to play. Create fun costumes and props from what you can find around the house. Then – it's showtime!

The Ashland YMCA has a few swimming instructors that offer private lessons and have experience working with kids with special needs. The contact info is: aquatics@ashlandymca.org.

the Autism Society of Oregon, who offers a few groups for families and teens.
<https://autismsocietyoregon.org/support/support-groups-by-region/aso-region-3/>

activities. <http://cityofmedford-hr.com/MEDPR1-G335-Summer22/Summer22-Flipbook/mobile/index.html#p=1>

The website has additional information for youth <https://www.medfordoregon.gov/Government/Departments/Parks-Recreation-and-Facilities/Registration>

The Children's Advocacy Center has another website with 10 summer fun ideas for kids <https://cacjc.org/10-summer-fun-ideas-for-rogue-valley-kidsteens/>

There is a children summer gardening program <https://jacksoncountymga.org/childrens-summer-garden-program/>

CHALLENGER BASEBALL SCHEDULE FOR 2022

Good afternoon parents, here is the schedule for the 2022 baseball season for the Medford and Grants Pass Teams.

MEDFORD TEAMS – Medford National Little league field - 4409 West Main Street, Medford

GRANTS PASS TEAMS – Eckstein Park – 1720 SE Portola Dr, Grants Pass

ALL GAMES WILL BE 10:00 A.M.

APRIL 2 - Meet and Greet with coaches and pick up jersey. (No games)

April 9 – 16 – 23- 30 - Game Days

May 7 -14-21 . – Game Days THERE WILL BE NO GAME ON MAY 28TH, MEMORIAL DAY WEEKEND

June 4th – Game Day - Last game of the season

We will have the potluck barbbq after the last game and the kiddoes will get their trophies at the same time.

Summer Camps for Children With Autism Spectrum Disorder

By

Kids with autism tend to thrive with structure and may struggle if left to their own devices once the school year ends.¹ The summer months can also be a good time for kids to work on some of the skills that may receive less focus during the school year, such as social skills, collaborative skills, fine and gross motor skills, flexibility, and self-advocacy. Even if a child qualifies for Extended School Year programs, those programs are limited in length and unlikely to include recreational activities.² Recreation may sound like it's just "fun and games," but for many kids with autism, [fun and games](#) are more challenging than (and at least as important as) academics and school routines.

Fortunately, there are several summer and vacation camps that cater to kids with autism. Some can be quite expensive, but there are less expensive options as well. Families may also want to look at scholarship opportunities and programs in the local community that raise funds to provide opportunities for kids in need.

Keep in mind that not every child with autism will enjoy the camp experience, but most can benefit from at least a week of therapeutic fun. Furthermore, sending a child to camp for a while can give guardians a much-needed break.

Before committing to any camp, of course, explore their website, read reviews, interview staff, and, ideally, visit with the autistic child who will be attending. A low counselor-to-camper ratio is very important, as well as counselor training, quality of programs, medical facilities, and a personal sense that the camp is a good fit for a child's interests, needs, and personality.

Here are 10 camp directories to help get started.

[My Summer Camps Directory: Camps for Kids With Autism](#)

My Summer Camps is a general camp directory that also includes information about camps that are specifically geared to [kids with autism spectrum disorders](#) (ASD) and related disorders. Be sure the child that may be send to the camp fits the specific criteria listed and that the location is convenient.

Federation for Children With Special Needs (Northeastern United States)

The Federation for Children with Special Needs has collected a set of linked camp listings for various disorders. While there is a set of camps that are specifically for kids with autism, it's worthwhile to look into those that cater to kids with learning disabilities, intellectual disabilities, and general disabilities, as many of these may also address a child's specific challenges.

[Camp Resource Listings](#)

Campresource.com has a large directory of camps for children with autism, which includes the ability to see what camps are available by state. Use the website's refine search bar to find the perfect fit.

[Easter Seals Summer Camps](#)

Easter Seals provides summer camps and recreational programs for children and adults of all abilities. These programs are geared solely to people with disabilities, which means they include people with a wide range of disabilities but do not include typically developing peers.

[The Center for Children With Special Needs \(Northwest United States\)](#)

Search by type of camp and type of disability to find the right match for a child. These camps are largely in the state of Washington or nearby.

[Very Special Camps](#)

Very Special Camps is a website dedicated entirely to listings of disability camps. It lists several dozen camps around the country that are specifically dedicated to kids on the autism spectrum.

YMCA Camps

YMCA camps for children with disabilities may exist locally, but they're not very widespread. However, most YMCAs will work hard to find a way to include an autistic child. If looking more for day camp than residential camp, contact the local YMCA. If looking for both neurotypically developing and autistic kids, both can attend a YMCA camp—and, even better, both guardians and their kids can take part in year-round YMCA activities.

Kids' Camps Directory: Camps for Kids With Autism/Asperger's

This is another general camp directory, but it includes an impressive collection of camps and programs specifically geared to kids on the [autism spectrum](#) (referred to on the site as Asperger's syndrome, which suggests that most of the listings are intended for higher-functioning kids). Search by state.

Jewish Community Center (JCC) Camps

Like the YMCA, the JCC strives to include people of all abilities in its programs. Some JCC camps (like the one in Medford, NJ) have terrific support for inclusion. Others are more than willing to admit an autistic child with a 1:1 aide. And some will work with guardians to include an autistic child without special support. While JCC camps are nominally Jewish, all are open to youngsters from any religious background. To find a local JCC camp, call the local JCC.

Wilderness Inquiry Family and Youth Programs

This organization's mission is to introduce people living with disabilities and their families to wilderness programs and international travel. Accommodations include picture boards and visual supports, special menu planning, and upfront interviews with families to ensure that all needs are met.

Directories of Summer Camps for Children With Autism ([verywellhealth.com](#))

- 1 Plan a disco party. Turn on some music and encourage children to dance away. This is a great way to teach children *how* to imitate others, learn the latest dance craze or *how* to request their favorite tune. To add extra fun, buy some glow sticks and turn out the lights.
- 1 Host a character day. Ask your child to dress like their favorite movie, book or television character. Pop some popcorn and let them watch their character on television or through the pages of a book. If your child doesn't have a favorite character, I recommend watching the movie *Inside Out*. Check out this interesting [article](#) that explains how to teach children about feelings using scenes from the movie.
- 2 Create water games. The summer days are often hot, and children enjoy cooling off with water balloons and squirt guns. This is a fun activity with friends so host a playdate, provide all the children with water-filled toys and let them play. Don't forget sunscreen.
- 3 Go to a movie. In the summer many cities offer movie tickets at a discounted rate. A real movie theatre experience is not only an adventure but you can use it as an opportunity for your child to practice skills in a different setting. Waiting in line to get tickets, saying "hello" to a worker, ordering food and staying seated are all great skills to work on in this setting. Make sure to check your local theaters to see if they are offering sensory friendly movies. This is a perfect activity for a rainy summer day.
- 4 Learn yoga. All children can benefit from exercise, but not all children enjoy sports and traditional gross motor activities. Yoga can be a great alternative way to increase activity during the summer. Check out this [book](#) specifically about yoga for children on the autism spectrum.
- 5 Make homemade ice cream. Ice cream is always a summer favorite, but did you know you can make it in a bag? I didn't until I read this [article](#). This summer activity is sure to be a hit.
- 6 Set up an arts and craft station. Don't be too concerned about the end product. Instead work with your child to use paint, glue, glitter, pom poms, etc. to create whatever they want. If your child does not like arts and crafts, include reinforcers to encourage participation. If your child does like arts and crafts ask he/she for suggestions on activities.
- 7 Go on a scavenger hunt. This is the perfect game when you need to fill a lot of time. You can plan a nature themed hunt that's outside or have your child search for common household items if it's a rainy day. If your child needs practice with features, functions, or classes this is also a great activity. You can add instructions like, "find something round", "find something you brush with", or "find something that's an art supply" to ensure they are utilizing the skills they've learned in therapy or school.
- 8 Go on an "Impossible mission." Use red yarn to create "laser beams" in between furniture and walls. Play the theme song to *Mission Impossible* and teach your child how to bend and stretch to avoid the lasers. This game encourages activity and will help teach your child how to follow directions.
- 9 Create a sensory game. Purchase some plastic bins at the dollar store and fill them with various sensory friendly textures. You can fill these with rice, shaving cream, cereal, pom poms, beads, noodles, etc. and add small toys and foam shapes or letters to find.