

# SUMMER SURVIVAL 101

May, 2017

Issue 7



Are you looking for more information or support? Call us!  
**506-862-3783**

## SELF-CARE

Connecting with other FASD families is a great way to build support. Following a blog can be an easy way to do this from home. Here are a few blogs that talk about vacation experiences with kids with FASD.

<http://www.fasdfamilies.com/tips-to-prepare-kids-with-fasd-for-traveling/>

<http://www.easytolovebut.com/?tag=vacation-with-a-child-with-fasd>

June is just around the corner and before you know it, another school year will be coming to a close. For many families, summer means relaxed schedules and vacations. For families living with kids with FASD, summer means a change in routine which can be challenging. Here are ways to use the 8 Magic Keys to help you survive the summer months. Adapted from <https://www.mofas.org/2014/05/eight-essentials-for-success/>

<b>Structure</b> Even when school days are finished, providing daily structure for your child is important. Structure is the foundation that helps kids living with FASD to thrive.	<b>Routine</b> Try and stick to your regular routine as much as possible. Continue eating meals at the usual time and maintaining regular bedtimes as much as possible.
<b>Consistency</b> Try and establish a consistent schedule for the summer months. Your days may look different than they do during the school year but establishing a summer schedule that is predictable will help your child adjust to the changes in routine.	<b>Supervision</b> With the inevitable changes in routine that come with summer, your child will still need ongoing supervision. Supervision is a great prevention strategy that will help keep your child from making poor choices.
<b>Simplicity</b> Don't feel you have to fill your days with lots of different activities. Enjoying special summer events can be fun and isn't discouraged but remember that your child could become overstimulated by too much activity. Maintaining a simple schedule may be what's best to help your child thrive this summer.	<b>Repetition</b> Many kids living with FASD struggle with memory retention and need ongoing repetition to move information from their short-term memory to their long-term memory. Talk to your child's teacher about exercises and activities that you can do with your child throughout the summer to help them maintain what they've learned during the school year. Add some school work time to your daily schedule to help build your routine.
<b>Concrete</b> It's important to maintain good communication skills with your child during the summer months, especially when there will be a change in your routine or schedule. For special summer activities, use concrete language that clearly communicates what you will be doing, and keep your child's developmental age in mind.	<b>Specific</b> Be specific – say what you mean. Use concrete and specific language to communicate with your child. They may not know what to expect during a special summer outing so using these communication strategies will help you have a successful day.