

Summer 2016
is just around
the corner.
The Autism Program
at Boston Medical
Center is here to
help you plan!

CAMP



Summer 2016

How will your child be
spending his or her
summer? In school,
camp, or at home?

HOME



See pages 2-5 for a list of camps around
Boston and the greater Boston area

Inside

See pages 16 & 17
for indoor
activities to do at
home with your
child



Outside

See pages 13-15
for family fun
activities in and
around Boston



See pgs. 6 & 7
for tips and
tricks on
preparing for
camp

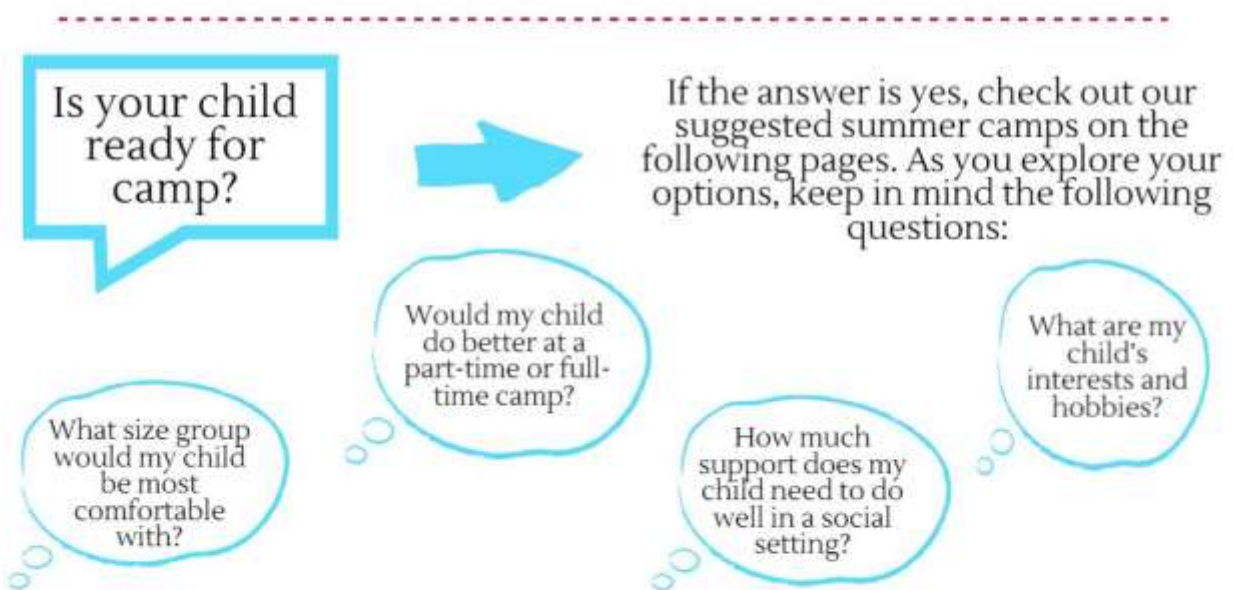


See pg. 8 for a
visual and pgs. 9 &
10 for a social
story about camp

20 Summer 16

This guide was created to help you plan a fun and productive summer for your child! It contains information to help you select the best options for you and your family as you begin preparing.

If you are thinking about sending your child to camp this summer, keep in mind that applications are available in March and April and enrollment deadlines hit shortly after.



Choose several organizations to contact and learn more about. When you call the camp, be ready to ask questions that will help you decide if this program would be the best fit for your child.
For example:



Discuss the information with your family and come to a decision together.

Once you have decided, fill out and submit the application before the listed due date.

Now you can begin taking steps to prepare your child for his or her camp experience!



Camp Shriver

Located at Stonehill College and Umass Boston

Ages 8-12

General activities camp

7/5-7/29

8:30am-2pm

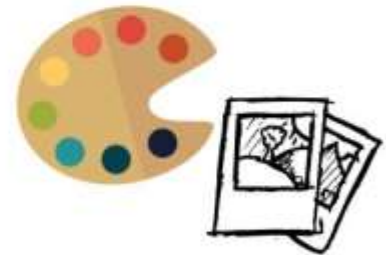
Free!

-Free meals

-Free transportation

Inclusive camp

www.umb.edu/csde/camp_shriver



Camp Joy

Boston (multiple locations)

Ages 3-22

General activities camp w/ therapeutic activities

7/13-8/7

Includes meals

Inclusive camp

-Children and adults w/ disabilities (& their siblings)

www.cityofboston.gov/bcyf



Camp Harbor View

Boston Harbor

Ages 11-14

General activities camp w/ leadership focus

Two 4-week sessions

9am-5pm

\$5/ session

-Free meals

-Free Transportation

Inclusive camp

www.chvf.org/



Camp FUSE

Foundations for
Understanding Social
Engagement

Lexington

Ages 3.5-9

Camp focus on social engagement

Two 3-week sessions

M-Th 9:30am-2:30pm

\$2100/session

1:4 counselor to child ratio

Inclusive camp

www.fuseprogram.com/



#5

Sudbury Summer Camps

www.sudbury.ma.us/recreation/2016

Preschool Pals

Sudbury
Ages 3-4
General Activities Camp
Multiple 1-week sessions
9am-12pm
\$165/ week
1:5 counselor to child ratio
Inclusive camp



Sudbury Summer Inclusion Program

Sudbury
For children entering grades K-5
General Activities Camp
Multiple 2-week sessions
8:45am-3pm
\$455/ session
-Scholarships available
1:10 counselor to child ratio
Inclusive camp
-Must have IEP to qualify

#6

Camp Aspire

Charlestown and Westwood
Ages 5-15
Therapeutically-based summer day program
7/5-8/12
8:45am-2:45pm
\$4,950-\$5,100
-Financial aid available
1:3 counselor to child ratio
For children w/ high functioning ASD or related profile
www.massgeneral.org/children/aspire/services/summer-camp



#7

Camp Grossman

Westwood
Ages 4-15
General activities camp
Multiple sessions
~\$500/week
-Financial assistance available
-Transportation available
Inclusive camp
www.bostonjcc.org/Camps-and-Vacations/JCC-Grossman-Camp



#8

Horsing Around at the Bina Farm Center

Norfolk
Ages 6-16
Horseback riding & horsemanship classes
Multiple sessions
Inclusive camp
Financial Assistance Available
<http://www.binafarm.org/programs-services/summer-programs>





The Bridge Center Summer Camps

www.thebridgectr.org/summer-camp



Camp Sunshine

Bridgewater
Ages 4-16
General activities camp
Multiple sessions
9am-3pm
\$525/ week
1:5 counselor to child ratio
Inclusive camp

Camp Connect

Bridgewater
Ages 4-22
General activities camp w/ therapeutic activities
3 or 6 week program
9am-3pm
\$1,875- \$3,625
1:4 counselor to child ratio
For children with ASD and related profile
-Must have IEP

VIP Program

Bridgewater
Ages 14-18
General and specialized activities camp
-Focus on leadership and communication to prepare campers for volunteer or paid work position
Multiple sessions
9am-3pm
\$525/ week
1:4 counselor to child ratio
For individuals with high functioning disabilities

Camp Stepping Stone

Bridgewater
Ages 19-35
General activities camp
w/ therapeutic activities
Two 1-week sessions
9am-3pm
\$525/week
1:2 counselor to adult ratio
For adults with high functioning
ASD or related profile

Camp Discover

Bridgewater
Ages 4-22
General and specialized activities camp
Multiple sessions
9am-3pm
\$525/ week
1:1 counselor to child ratio
IEP required



Camp Triumph

Three locations: Danvers, North Reading, and Bedford
Ages 5-16
Therapeutic day camp
Multiple sessions
9am-3pm (M-Th) 9am-12pm (Fr)
\$675/ week
-Financial assistance available
1:3 counselor to child ratio
For children with special needs
www.triumphcenter.net/programs/therapeutic-camp





Camp Apex Marcus Lewis

Westford
 Ages 5-16
 General activities camp
 Multiple sessions
 9am-4pm or 9am-1pm
 \$580/ week or 350/week (half-day)
 -Scholarships available
 -Transportation offered
 For children w/ high functioning ASD
www.marcuslewisdaycamp.com/camps/summercamps/autism/autism



Camp Arrowhead

Natick
 Ages 5-adult
 Multiple sessions
 9am-3pm
 \$210-\$310/ week
 Optional overnight program (ages 10+) for 6 nights in NH
 1:1 ratio
 Special needs camp
www.camparrowheadnatick.com/camp



YWCA Social Skills Camp

Marshfield
 Ages 7-14
 6/29-8/21
 9am-3pm
 \$595/ week
 -payment plan available
 Day camp for children with social challenges
www.secondnaturesocialskills.com/ywca-social-skills-camp/



Community Recreation Centers with Inclusion Programs

In addition to the centers below check with your local community recreation center to see what inclusion programs and activities they may offer!



- ★ Waltham
www.ymcaboston.org/waltham
- ★ Huntington
www.ymcaboston.org/huntington
- ★ South Shore
www.ssymca.org/
- ★ Hockomock Area
www.hockymca.org/



BOYS & GIRLS CLUB

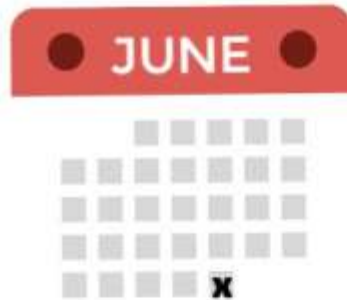
- ★ Dorchester
www.bgcdorchester.org/
- ★ South Boston
www.bgcb.org/south-boston-club/inclusion-programming

Preparing your Child

for

CAMP

If this is your child's first camp experience it is perfectly normal to be nervous. Following the suggestions on the next two pages will help you and your child feel more comfortable as the first day of camp nears!



Before the First Day of Camp:

#1 Visit
the
Camp
Site

- Visit the camp site with your child before the first day
- Call to find out if there is an "open house" or chance to meet staff and other parents before the start of camp
- Practice traveling to and from the site at the hours you will be traveling this summer so your child feels comfortable with the routine

#2 Talk
to
Program
Staff

- Share with the staff any communication or behavior strategies that will be helpful in working with your child
- Make sure the staff knows about your child's strengths and challenges

If you are worried that a noisy, chaotic environment may overwhelm your child ask the staff about a "relaxation area" where your child can go if he or she needs to take a break

#3 Make Point of Contact

- Establish a person on site as your point of contact
- This person may be your child's counselor, the director of the camp, or a nurse on staff
- Whoever it is, make sure that there is a direct line of communication

#4 Meds & Allergies

- The camp will likely ask you to give them information about your child's medications and allergies before the first day
- Feel free to remind your point of contact, or send your child with a written note to ensure your child's medications are given appropriately



ROUTINE

- Use strategies and reinforcement systems that you know work with your child to create a summer routine
- See p. 8 for a visual schedule that will be helpful in familiarizing your child with the morning routine before camp
- See p. 9-10 to create your own social story with your child!

SAFETY

- Will your child be outdoors most of the day? If so, make sure your child is prepared with the tools and knowledge to be safe
- Be sure to apply sunscreen in the morning, as well as send some with your child for the day
- Is there a pool? Make sure your child is comfortable around water (see p. 11-12 for a visual & information on water safety)

COMFORT

- Pack a lunch with your child. Include his or her favorite, familiar foods
- Allow your child to bring a special toy or stuffed animal if it will help make his or her transition to camp easier
- Pack an extra pair of clean clothes. Campers often get messy and wet, which can be uncomfortable especially if your child is sensitive to these feelings

Getting Ready for Camp!

#1 Wake Up



#2 Eat Breakfast



#3 Get Dressed



Getting ready for camp is a lot like getting ready for school. Except for when it comes to packing your bag. Instead of school supplies make sure to pack everything you need for a fun and safe day at camp. Check with your camp to see what specific supplies they recommend packing.

#4 Brush Teeth



#5 Pack Bag



Don't forget your sunscreen!

I'm going to Summer Camp!

Hello
my name is

Hi, my name is _____.

This summer I'm going to _____ Summer Camp.



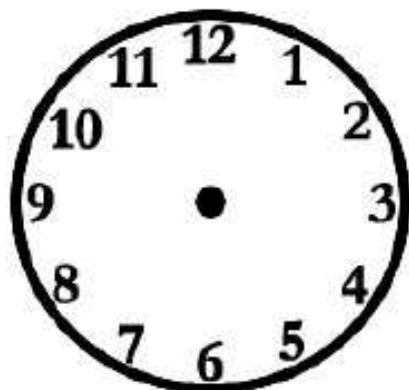
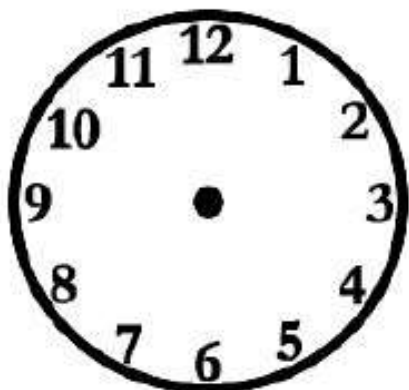
My camp is located in _____, Massachusetts.



I'm going to take a _____ to get to camp.



My camp starts at _____ and ends at _____.



When I go to camp I need to bring:



At camp I get to participate in a lot of fun activities. For example,



The activity I'm most excited about is _____.

My counselors names are _____.

A question I have about camp is _____?

If I am feeling _____, _____, or _____

I can _____.

At the end of the day I will go home to my family.
They will be so proud of me for having a fun, happy, and
safe day at camp



Water Safety

As summer rolls around, many parents find themselves spending more time near water. Whether at pools, ponds, or beaches, follow these 6 pointers to ensure a safe and fun time in the water!

#1

Expose your child to water as frequently as possible

The more time your child spends in the water the more comfortable and safe he or she will be. Check out our water safety visual on the next page to help your child get comfortable in the water!

#2

Be patient with your child when he or she is learning to swim

Every child's path to water comfort is different. Do not allow your child to rush his or her learning process by swimming in the deep end or jumping off the diving board until he or she feels ready and can demonstrate being safe.

#3

Proactively watch your child in the water

Simply being with your child in the water setting is not enough. Don't assume that because your child has mastered swimming, that he or she can be left unsupervised. Remember to keep an eye out at all times!

#4

Keep an eye out for dangerous situations

Children with ASD often lack awareness of the dangers around them, putting them at a higher risk than other children in the water. Remember to look out for things like slippery surfaces, water that is too cold, or unexpected deep water.

#5

Watch out for wandering behaviors

Children with ASD often exhibit wandering behaviors. Being near water makes these behaviors extra dangerous, especially if they are still learning how to be safe near the water. Remember to watch for wandering behavior, especially when near water.

#6

Ensure that your child is wearing water safety gear

Insist that your child wears a life-jacket or floatie until he or she has mastered swimming and water safety skills. Also note that he or she still needs to be carefully watched when wearing safety gear.

Water Safety Visual



Touch the Water



Put Hands in the Water



Put Feet in the Water



Kick the Water



Play in the Water

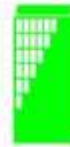


Get Body in the Water



Family Fun

● In & Around Boston ●



Going to summer camp is not the only way to get out of the house and into the community. There are plenty of fun and interactive opportunities for your whole family right here in the city of Boston!

You know your child best, so keep in mind your child's needs and comfort level in certain settings while planning your outing. If you would like to learn more about a certain program or event, be sure to call the location ahead of time for information and don't be afraid to ask for the assistance your child needs.

The Boston area has a TON to offer- check out some of the exciting, inexpensive events below or go to www.cityofboston.gov/visitors/free.asp to find out about free activities in the city!

Museums

Did you know that the Boston Conservatory has a specialized program for children with ASD?

Visit <http://www.bostonconservatory.edu/autism> for more information!

Boston Children's Museum

The perfect place for families with kids under 10 to explore and play together. On Fridays from 5-9 pm, admission costs \$1

WWW.BOSTONCHILDRENSMUSEUM.ORG



Institute of Contemporary Art

Admission is free for youth 17 and under! Admission is also free for the whole family every Thursday from 5-9 pm. On the last Saturday of each month, attend a free day of learning, art workshops, and performances for the entire family.

WWW.ICABOSTON.ORG/

Museum of Science

Take the kids stargazing at the Observatory on Friday nights for free! Weather permitting, the observatory is open every Friday, 8:30 - 10 pm, early March - late November

The MOS also offers science summer courses with scholarships available!

WWW.MOS.ORG/



Museum of Fine Arts

Children 6 and under are free! Kids 7-17 get in free weekdays after 3 pm, weekends, and Boston public school holidays

WWW.MFA.ORG/



For only \$9, MFA Artful Adventures offers customized lessons, tours, and art-making activities based on for children. This program welcomes children of all ages and abilities! When making a reservation, be sure to include any special requirements your child may need. Reservations are required two weeks in advance!

Water Fun and Community Pools



Sunday Fun in the Park

The Esplanade Association offers free activities for all, from photography classes to a kids fishing club to family yoga. There will also be games galore — badminton, croquet, paddle ball, and tug-o-war are just a few of the ones they've offered in the past.

WWW.ESPLANADEASSOCIATION.ORG



Frog Pond

Head to America's oldest public park for some fun in the sun. Take a spin on the carousel (\$3), play a family game of Frisbee, or cool off in the spray pool. The Frog Pond also has free puppet shows, yoga, and movie nights for the whole family to enjoy.

WWW.BOSTONFROGPOND.COM



Boston Harbor Whale Watch

Does your child love ocean animals? Take him or her whale watching for the chance to see humpback, finback, minke whales — and maybe a few dolphins! Ask about family and child rates.

WWW.BOSTONHARBORCRUISES.COM

Kroc Center Water Park

Boston's largest indoor water park features a lazy river, 25-foot lap lanes, and a three-story water slide! Check out cheap membership rates or buy a day pass to visit the indoor park, and other amenities offered at the community center.

WWW_USE_BOSTONKROC.NSF

YMCA

The YMCA offers swim lessons for all ages and levels. YMCA locations offer lap swimming pools, therapy pools, splash pads, and outdoor pool and more! Contact your local YMCA to learn about schedules and rates.

WWW.YMCABOSTON.ORG/FIND-YOUR-Y

State Owned Pools

The Massachusetts Department of Conservation & Recreation owns many pools and spray decks in and around Boston, including Brighton, Dorchester, Hyde Park, Mattapan, Roxbury, and more. Find the state owned pool closest to you!

WWW.CITYOFBOSTON.GOV/SUMMER/WATER.ASP



Outdoor Movie Series



Free Friday Flicks

Boston Movie Series at the Hatch Shell, Esplanade, Boston. Enjoy classic, family-oriented, feature length movies under the stars all summer long. Movies begin at sundown, but arrive early to grab your spot on the lawn and enjoy free food samples, games and giveaways

WWW.CELEBRATEBOSTON.COM/FREE-FRIDAY-FLICKS.HTM

Family Film Festival

Enjoy movies and music Saturdays at the Prudential Center, Boston. Arrive early on Saturday evenings to enjoy family activities and popular tunes starting a few hours before the film!

WWW.CELEBRATEBOSTON.COM/EVENTS/PRUDENTIAL-CONCERTS.HTM



Local Family Fun Activities



<http://www.puppetshowplace.org>



www.mcgolfonline.com



www.zoonewengland.org



www.bostonducktours.com



www.neaq.org

Other Resources

Check out these other general resources featuring programs, activities, and weekly events happening in the Boston area

1. [www.BostonParents Paper.com](http://www.BostonParentsPaper.com)
2. www.BostonNavigator.org
3. www.Cityofboston.gov/residents/thingstodo.asp
4. www.SpedChildMass.com
5. www.accessrec.org/

DCR ACCESSIBLE RECREATION
UNIVERSAL ACCESS

www.mass.gov/eea/agencies/dcr/massparks/accessibility/



Staying home this summer doesn't have to be boring! Check out these suggestions for ways to have both a fun and productive summer at home with your child.

"Sensory processing," is the way our sensory systems take in information from the environment and make sense of it.



Many children with autism have difficulty with sensory processing, making it tough to learn and process information from the world around them.

Sensory play can help your child overcome some of these challenges! Sensory play includes any activity that stimulates your young child's senses: touch, smell, taste, sight and hearing. Sensory play gives your child the chance to explore, discover, and experiment with their surroundings in a safe and fun way!

The following sensory activities are a great way to get your child to play, create, and investigate with their senses:

Balloon Painting

1. Squirt 6 different colors of paint around a paint tray or paper plate.
2. Take balloons of the same color and place them in their respective colors (red balloon in red paint, etc.)
3. Dip the balloons and experiment with the different colors and textures!
4. Mix the colors and roll the balloons to create it into a learning experience.



Homemade Play Doh

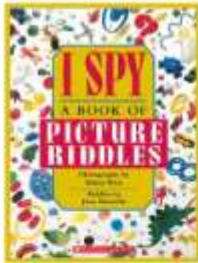
- Ingredients:
- 2 cups of baking soda
 - 1.5 cups of water
 - 1 cup corn flour
 - Food coloring (optional)

Combined all ingredients into a saucepan and heat until boil while stirring. Small lumps will begin to appear, continue to stir until a thick mixture has formed. Once cool, knead together to form a smooth ball of Rubbery Goop.



Books and other activities

Take a trip to the Boston Public Library and check out these great books!



I Spy: A Book of Picture Riddles

I Spy books are fun for children of all ages. They are interactive and can benefit your child's sensory skills!



- Materials:
- Around 10 small toys
 - 1 cup of rice
 - Ziploc bag
 - Tape

Put the small toys in the Ziploc bag and add the rice. Tape the edges of the bag to secure close and prevent rice from spilling out. Your child can play with this by moving the rice around in order to reveal hidden toys. This is a great sensory activity and is easy to bring in the car or anywhere you go!



In a Pickle and Other Funny Idioms

One challenge that children with autism often experience is understanding figurative language, like idioms. This book entertains by illustrating the literal meaning of common idioms and also explaining their figurative meanings.



Plantzilla Goes to Camp

Plantzilla Goes to Camp is just one of many children's books that can help your child understand the summer camp experience!



Accessible Playgrounds



Did you know there are accessible playgrounds throughout all of Massachusetts? Check out the full listing of playgrounds and locations at the following Accessible Playground Directory:

www.accessibleplayground.net/united-states/massachusetts/

Everyday social skills games

Many children with autism have trouble in social situations and difficulty connecting with people around them.

Practicing social skills at home can help your child better communicate and connect with their peers. No matter which activity you choose, working directly on social skills is a great way to improve a child's quality of life and head towards social success.

Check out the following in-home social skills activities to help your child have fun and feel comfortable in social situations.

Form a Band

1. Gather up several noise-making objects (either household items such as pots, pans, bells, or actual instruments)
2. Give each person in the room an item.
3. Explain that you'll be making music together but that not every can play at once.
4. Instruct children to wait for you to point at them before they start playing. Tell them to stop playing when you point and shake your head.
5. Sit in a circles, and practice the pointing and head-shaking cues in addition to the music.
6. Give each person a chance to be the "conductor".



Act it Out

1. Brainstorm simple situations and emotions.
2. Write these ideas on slips of paper. Put all of the pieces in a bucket or bowl.
3. Take turns drawing pieces of paper and acting out what it says, without using any words. Everybody else can guess.

If you and your child want to make it more competitive, you can form teams!

Your own puppet show

1. Gather a few old socks from around the house.
2. Decorate the socks with markers, paint, yarn, or other art supplies.
3. Sit behind a table, couch, or counter and create interactions and a story-line between the different puppet characters.



LET THE COUNTDOWN TO SUMMER BEGIN!

The snow is melting, the sun is shining, and summer is right around the corner!

We understand that transitioning from a familiar school year routine can be stressful... but summer is an important time to relax and have fun! Whether your child is attending a program at school, enjoying a specialized camp, or experiencing all the exciting things that this city has to offer, our hope is that this guide has helped you to make the best plans for your family!

If you have any questions please contact us at autismprogram@bmc.org or 617-414-3842



Have a great summer!

This guide was developed by
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