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

Summer 2019
How will your child be spending his or her summer? In school, camp, or at home?

CAMP
Special Education Camp? Inclusive Camp?
See pages 2-5 for a list of camps around Boston and the greater Boston area

HOME
Inside
Check out pages 13-15 for DIY activities you can do at home!

Outside
Water Safety is important! Check out our tips on pages 11-12

See pages 6-7 for tips and tricks on preparing for camp
Check out our cool camp social story and visual on pages 8-9
Don't forget your checklist! Page 10
Summer 2019

You may be asking, is camp the right choice for my child? Here are some questions to get you thinking...

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.

Is your child ready for camp?

If the answer is yes, check out our suggested summer camps on the following pages. As you explore your options, keep in mind the following questions:

- Would my child do better at a part-time or full-time camp?
- What size group would my child be most comfortable with?
- How much support does my child need to do well in a social setting?
- What are my child's interests and hobbies?

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:

- What is the counselor to child ratio?
- How is the staff trained? Do they have additional qualifications to work with children with special needs?
- If the camp is not specifically for children with autism, how will my child's needs be met?
- What does a typical daily schedule look like?

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!
#1 Camp Shriver
Located at Stonehill College and Umass Boston Ages 8-17 General activities camp
7/8-8/2 - App due 3/29
8:30am-2pm
Free! ($25 registration)
- Free breakfast, lunch, & snacks
- Free camp gear & transportation
- Provides sport instructions
Inclusive camp (50/50)
www.umb.edu/csde/camp_shriver (617)-287-7251

#2 Camp Joy
Boston (multiple locations)
Ages 3-22 - siblings camp 2-7
General activities camp (encouragement of peer interaction)
Includes meals and transportation
Inclusive camp
- Children and adults w/ disabilities (& their siblings)
www.cityofboston.gov/bcyf (617)-635-4920 ext. 2402

#3 Camp Harbor View
Boston Harbor
Ages 11-14
General activities camp w/ leadership focus
Two 4-week sessions (7/2-7/25 & 7/31-8/23)
Applications starting: 3/5 returning, 3/19 new campers
9am-5pm
$5/session
- Free meals and transportation
Inclusive camp
www.chvf.org
(617)-379-5500

#4 Camp FUSE
Lexington
Ages 3-8
Camp focus on social skills
7/1 - 8/8 - Must do whole summer
9:30am-2:30pm
$5400/6 weeks
1:4 counselor to child ratio
Inclusive camp
www.fuseprogram.com
(781)-656-3009

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Did you know? Sometimes insurance companies will cover the cost of camp tuition. Check with your insurance carrier for more information.
Preschool Pals
Sudbury Ages 3-4 General Activities Camp 1-week sessions - 7/8-8/116 - Apps start (non-resident): 3/5
9am-12pm Price TBD
Inclusive camp
1:5 counselor to child ratio

Sudbury Summer Inclusion Program
Sudbury
For children entering grades K-5
General Activities Camp
2-week sessions - 7/2-8/17 (first session is 1-week)
Apps start (non-resident): 3/5
8:45am-3pm Price TBD
*Scholarships available*
1:10 counselor to child ratio (1:5 kindergarten)
Inclusive camp
-Must have IEP to qualify

Camp Grossman
Dover/Westwood
Ages 4½ -15
General activities camp
1 week sessions - 6/24-8/23 9am-4pm
$1,185 first 2 weeks, Special needs: $1,270, ~$500/added week
- Discounted rates before 4/15
- Financial assistance available - Deadline 4/1
- Transportation, early drop-off and extended day available
- Discounts for siblings and first-time campers
Special needs program www.bostonjcc.org/Camps-and-Vacations/JCC-Grossman-Camp
(617) 795-3868

Camp Kaleidoscope
Newton
Grades K-8
Creativity camp (art, music, dance, theater, science and nature activities)
minimum of one 2-week session, then flexible -6/24-8/16 9am-4pm
$1285 first 2 weeks, $590/added week (Discounted rates before 4/15)
Financial assistance available - Deadline 4/1
- Transportation, early drop-off and extended day available
- Discounts for siblings and first-time campers
Inclusive camp (with mild special needs)
https://www.bostonjcc.org/summer-and-vacation-camps/camp-kaleidoscope
(617) 558-6523
The Bridge Center Summer Camps

www.thebridgectr.org/summer-camp (508)-697-7557 ext. 12
Bridgewater
Non-refundable $50 registration fee
Camp deposit of $200 by 3/30
Therapeutic Horseback riding now available

Camp Sunshine
Ages 4-14
General activities camp and relationship building activities
1-week sessions - 6/24-8/23 9am-3pm
$650/week ($390 2nd week)
1:5 counselor to child ratio
Inclusive camp

Camp Connect
Ages 4-22
General activities camp with therapeutic activities
3-week sessions
9am-3pm
Session 1: $2100 (6/24-7/12); session 2: $1820 (7/15-8/2);
session 3: $2100 (8/5-8/23)
1:3 counselor to child ratio
For children with ASD and related profile
-Must have IEP

VIP Program
Ages 14-22
General and specialized activities camp
-Focus on leadership and communication to prepare
- campers for volunteer or paid work position
1-week sessions - 6/24-8/23
9am-3pm
$700/week ($420 2nd week)
1:4 counselor to child ratio
For individuals with high functioning disabilities

Horse Camp
Ages 8-14
Activities involving caring for horses & riding lessons
1-week sessions - 6/24-8/23
9am-3pm
$650/week ($390 2nd week)
1:4 counselor to child ratio
For individuals who love animals/horses and can demonstrate safety awareness

Camp Discover
Ages 4-22
General camp activities and therapeutic activities
1-week sessions - 6/24-8/23
9am-3pm
$700/week ($420 2nd week)
1:4 counselor to child ratio
IEP required

Camp Triumph
Two locations: North Reading and Bedford
Ages 6-16
General camp activities and therapeutic activities
3-week and 2-week sessions - 6/24-8/16 - Apps due 5/1
9am-3pm (M-Th) 9am-12pm (Fr)
$2,050/3 weeks, $1,510/2 weeks, $785/week
- Financial assistance available
- $100 new camper interview fee
1:3 counselor to child ratio
For children with special needs
www.triumphcenter.net/programs/therapeutic-camp
(781)-942-9277

Did you know there are camps in MA for the whole family? Check out one of these camps. Camp High Rock by visiting www.camphighrock.org/camps/family-camps/
Camp Apex Marcus Lewis
Westford
Ages 5-16
General activities camp and skill building
6/24-8/23
9am-4pm or half days (9am-1pm)
$580/week or $350/week (half-day)
- Scholarships available
- Transportation offered
- Must be paid in full by 4/1
For children w/ high functioning ASD - If aid needed, must evaluated by 4/1
https://marcuslewisdycamp.com/autism/
(978)-9279-9997

Camp Arrowhead
Natick
Ages 5-adult
General camp activities and skill-building
six 1-week day camp sessions 6/25-8/2
One 1-week sleep over session for children who have participated in the day camp 8/11-8/17
9am-3pm
Each camper is paired with a 1:1 teen volunteer
Call for pricing
Financial aid available
Special needs camp www.camparrowheadnatick.com/camp (508)-647-6530

Bina Farm Center
Natick, Lexington, Wellesley
Application deadline 3/31/2019 - early bird rates until 2/1
508-651-2462 | info@binafarm.org

Horsing Around the Bina Farm Center
Ages 6-14
Horseback riding & horsemanship classes
1-week sessions; Monday-Thursdays 9am-1pm
7/8-7/11; 7/15-7/18; 8/5-8/8; 8/12-8/15
$650/week

Heels Down Horsemanship
Ages 10-16
Intermediate horse experience & daily hands-on experience with barn upkeep, nutrition and equine health
1-week session; Monday-Thursdays 9am-1pm
7/22-7/25
$650

Pony Pals
Ages 4-7
Horseback riding & horsemanship classes
1-week session; Monday-Thursdays 9am-12pm
7/29-8/1
$650
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.

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#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.

Preparing your Camper

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.

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. Check out the last four pages of this guide for more tips!
- Is there a pool? Make sure your child is comfortable around water

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

#4 Brush Teeth

#5 Pack Bag

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.

Don't forget your sunscreen!
I’m going to Summer Camp!

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 ________________.
Camp Checklist

When I go to camp, I need to bring:

1. ____________________

2. ____________________

3. ____________________

4. ____________________

5. ____________________

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

• ____________________

• ____________________

• ____________________

• ____________________

• ____________________

The activity I’m most excited about is ____________________.

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

1. Touch the Water
2. Put Hands in the Water
3. Put Feet in the Water
4. Kick the Water
5. Play in the Water
6. Get Body in the Water
D.I.Y Projects
Summer Edition

Project #1: DIY Bubble Snakes

Supplies:
- Sock
- Plastic water bottle
- Scissors
- Dish soap and water

Instructions:
- Cut off the bottom of water bottle
- Stretch out sock & fit over open end
- Pull fully onto the water bottle
- Mix some dish soap and water
- Dip the covered end into the soap and blow on the mouthpiece to make BUBBLES!

Project #2: Mason Jar Aquarium

Supplies:
- Mason jars
- Blue food coloring
- Water
- Aquarium rocks/figures
- (Optional) blue & white glitter

Instructions:
1. Fill mason jar with aquarium rocks and decor
2. Fill with water and food coloring
3. Add fish/figures
4. Enjoy!

Creativity
Independence
The Autism Program
At Boston Medical Center
Project #3: Frozen Excavation

Supplies:

- Balloons
- Mini dinosaurs
- Bin for melting & warm water
- (Optional) Eye dropper

1. Blow up a balloon and hold it for 30 seconds or so to stretch it out
2. Stretch open top of balloon and stuff a dinosaur into the balloon
3. Fill the balloon with water and tie it up
4. Stick the balloons in the freezer and wait
5. When frozen, cut off know and peel off balloon
6. Use an eyedropper filled with luke-warm water to melt the ice eggs to excavate the dinosaurs from inside
7. Have fun!

Project #4: Rainbow Jar Science Experiment

Need:

- A tall, see-through container (e.g. mason jar)
- Honey
- Corn syrup
- Dish soap (green)
- Olive oil
- Rubbing alcohol
- Water
- Food coloring
- Dropper

1. Pour in the honey (make sure EVERYTHING is poured into the middle)
2. Pour in corn syrup (color it purple with food coloring)
3. Pour in the dish soap
4. Pour in water (color it blue)
5. Pour in oil (thicker layer)
6. Color rubbing alcohol red
7. Using the dropper, drop the alcohol along the side of the container, making sure it doesn’t “break through” oil
8. Make sure not to shake it, hold it up to light and enjoy!
**Project #5: 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 Rubber Goop.

**Books and other activities**

Take a trip to the Boston Public Library (700 Boylston Street) and check out these great books!

1. **I Spy: A Book of Picture Riddles**
   
   ![I Spy: A Book of Picture Riddles](image)
   
   I Spy books are fun for children of all ages. They are interactive and can benefit your child's sensory skills!

2. **In a Pickle and Other Funny Idioms**
   
   ![In a Pickle and Other Funny Idioms](image)
   
   One challenge that children with autism experience is understanding figurative language, like idioms. This book is written by illustrating the literal meaning of common idioms and also explaining their figurative meanings.

3. **Plantzilla Goes to Camp**
   
   ![Plantzilla Goes to Camp](image)
   
   Plantzilla Goes to Camp is just one of many children's books that can help your child understand the summer camp experience!

**Project #6: Make your own I Spy sensory bag!**

**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!

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**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/](http://www.accessibleplayground.net/united-states/massachusetts/)
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!

The Autism Program
AT BOSTON MEDICAL CENTER

This guide was developed by The BMC Autism Program staff and Fall 2018 Intern Maja Kalkofen.