

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

CAMP



HOME



Summer 2019

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

Special Education
Camp?

Inclusive
Camp?

or

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

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



Don't forget
your checklist!
Page 10

Check out our
cool camp social
story and visual
on pages 8-9

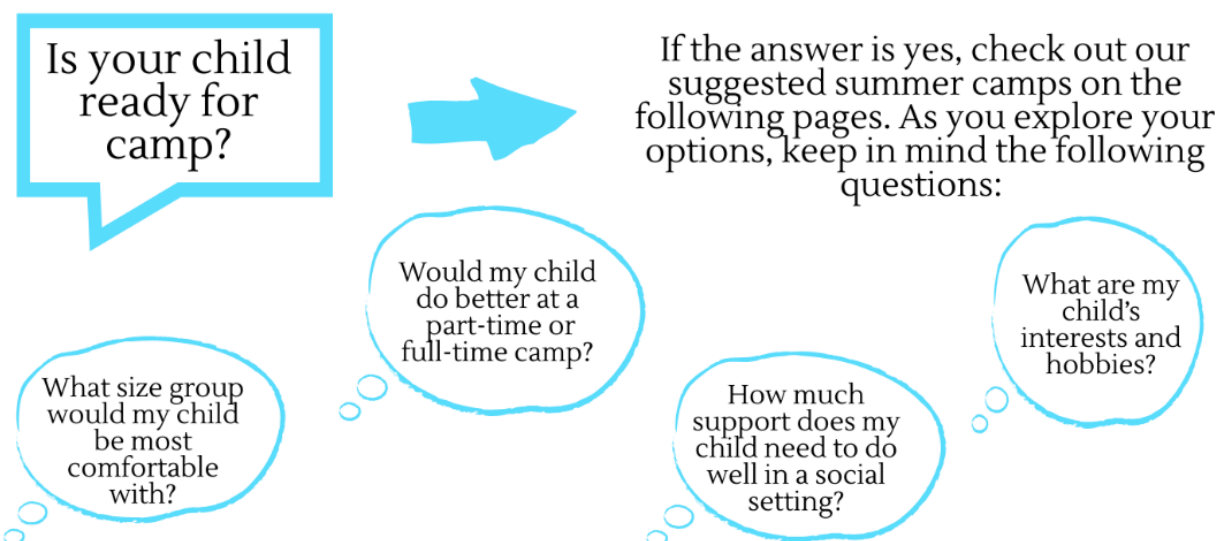


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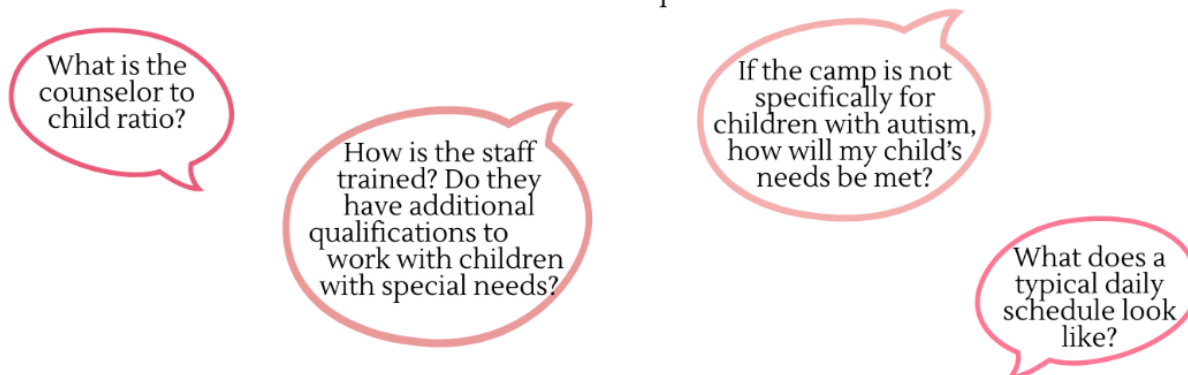
Summer 2019

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.



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!



#1

Camp Shriver

Located at Stonehill College and Umass Boston Ages 8-12 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 - Foundations for Understanding Social Engagement

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)-658-3009





Sudbury Summer Camps

www.sudbury.ma.us/recreation/2016
(978)-443-1092

Preschool Pals

Sudbury Ages 3-4 General Activities Camp 1-week sessions -
7/8-8/11/6 - 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

\$1265 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



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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



#10

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 be evaluated by 4/1

<https://marcuslewisdaycamp.com/autism/>

(978)-9279-9997



#11

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

#12

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

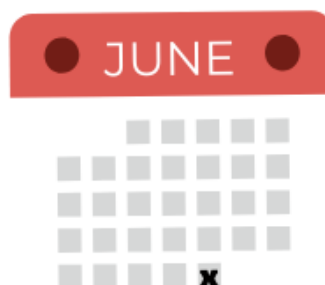
7/29-8/1

\$650

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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.

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!

8

#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!



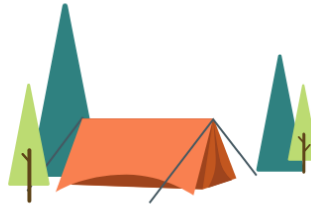
I'm going to Summer Camp!

9

Hi! My name is _____.

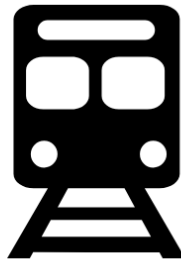


This summer, I'm going to
_____ Summer Camp.



My camp is located in _____ Massachusetts.

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

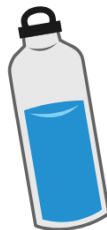


My camp starts at _____ and ends at _____.

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.



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.

I can play in the water



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



D.I.Y Projects

Summer Edition

Project #1: D.I.Y 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!

Creativity



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!



Independence



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!



Playdough to Plato

Project #5: Homemade Play Doh

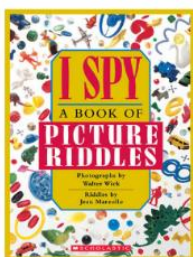
- Ingredients:
- 2 cups of baking soda
 - 1.5 cups of water
 - 1 cup corn flour
 - Food coloring (optional)

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 Rubbery Goop.



Books and other activities

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



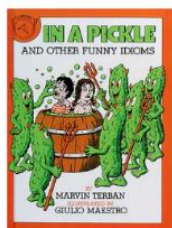
I Spy: A Book of Picture Riddles

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

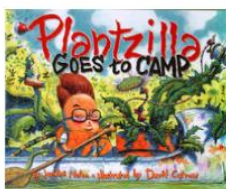


- Materials:
- Around 10 small toys
 - 1 cup of rice
 - Ziploc bag
 - Tape

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 is entertaining 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:

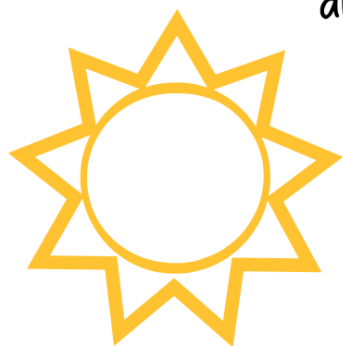
www.accessibleplayground.net/united-states/massachusetts/

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!



The Autism Program
AT BOSTON MEDICAL CENTER

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