



ACTIVITIES TO PREVENT SUMMER REGRESSION

TIPS TO MAINTAIN ACADEMIC, PHYSICAL, AND SPEECH SKILLS GAINED DURING
THE SCHOOL YEAR

WHAT IS REGRESSION?



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- ▶ Summer regression is a loss of academic, social, or behavioral skills that children worked hard to build throughout the school year.
- ▶ For children with special needs, regression can happen more quickly and may take longer to recover from once school resumes.
- ▶ The good news is that with a little planning and consistency, families can help maintain progress and even build skills over the summer months.

CREATE A SIMPLE, FLEXIBLE ROUTINE

- ▶ 1. Learning/skill practice
 - ▶ 2. Physical Activity
 - ▶ 3. Social Interaction
 - ▶ 4. Relaxation
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- ▶ Consistency and structure helps reinforce expectations and reduces the likelihood of skill loss.



FOCUS ON INDIVIDUAL GOALS

- ▶ Review your child's IEP goals and identify key areas to focus on during the summer.
- ▶ Keeping goals in mind helps guide activities and ensures that important areas continue to be supported.



STAY CONNECTED TO SUPPORT SERVICES

- ▶ ESY = Extended School Year (6 week school program)
- ▶ ABA – Applied Behavioral Analysis (Home)
- ▶ Participate in community programs, therapy services, and structured activities that provide ongoing support.



ENCOURAGE SOCIAL OPPORTUNITIES

- ▶ Social skills are just as important as academic progress. Summer is a great time to build peer interactions through camps, play dates, and community events.
- ▶ Practicing social engagement in a less structured setting can help children build confidence and maintain important interpersonal skills.



WRAP UP



- ▶ Preventing summer regression doesn't require a strict schedule or formal instruction. Small, consistent efforts can make a meaningful difference in helping your child maintain progress and feel prepared for the upcoming school year.
- ▶ Here are some ways to expand on the four related services we provide during the school year – Occupational Therapy, Speech Therapy, Physical Therapy, and Educational Enhancement.

Occupational Therapy



- ▶ Use sidewalk chalk outside and have the child color inside a shape that has been drawn or copy/imitate lines/shapes
- ▶ Play with bubbles
- ▶ Help with a baking or cooking activity
- ▶ Cut paper with a child's safety scissors

Occupational Therapy Continued

- ▶ Coloring with 1" crayons to help strengthen the inside muscles of the hand. If you put something "bumpy" underneath the paper, such as corrugated cardboard, the child can color against resistance.
- ▶ Water play
- ▶ Using sand – with cups with pail and shovel, etc.



Speech Therapy

- ▶ Talk to your child as you're doing daily living activities such as washing dishes, setting the table, naming items around the house, and using verbs to talk about what you are doing.
- ▶ Take your child to the market and name food; categorizing fruits, vegetables, etc.
- ▶ Take a walk outside and talk about the things you see.



Speech Therapy Continued

- ▶ Take trips to the Zoo, Aquarium, Park, and Beach.
- ▶ Cut pictures out of magazines and glue them into categories- food, clothing, animals...
- ▶ Read a book and ask questions; have your child point to pictures in picture books.



Physical Therapy

- ▶ Lots of outdoor activities
- ▶ Variety of playgrounds to give opportunities for motor planning, strengthening, and imagination
- ▶ Beach walking and playing in the sand



Educational Enhancements

- ▶ Use the environment and neighborhood to encourage learning by playing letter, number, and color games. (Sorting socks by color, counting cans in the cupboard, naming objects using letters.)
- ▶ Eye spy with my little eye guessing games.
- ▶ Going to the market, and labeling and categorizing fruits and vegetables.



Educational Enhancements Continued

- ▶ Driving in a car and finding different color cars and counting people in the cars
- ▶ Walking the neighborhood and naming and counting various objects
- ▶ Summer reading. Library activities. Designated reading time every day. Talk about the story. Label pictures - ask children to make up new endings, read aloud and take turns asking questions.



PARENT PLUG

- ▶ Parents can guide their children toward summer activities that are fun and intellectually stimulating rather than defaulting to those activities that keep them quiet and require little effort. It does take planning, initiative, and effort but the benefits make it worth the investment of time and energy.
- ▶ Help your child make the most of SUMMER while staying prepared for FALL because prevention TODAY builds confidence TOMORROW!!

