

# SUMMER CHECKLIST FOR PARENTS

Use this checklist to help your child transition smoothly from school to summer:

## **Before School Ends**

- ✓ Talk about changes in routine
- ✓ Create a countdown to the last day
- ✓ Connect with teachers or providers about key skills to maintain

## **At Home**

- ✓ Establish a consistent daily routine
- ✓ Use a visual schedule
- ✓ Create a calm, sensory-friendly space

## **Skill Building**

- ✓ Practice life skills like cooking and organization
- ✓ Build learning into daily activities
- ✓ Encourage independence

## **Activities & Engagement**

- ✓ Plan a mix of structured and unstructured activities
- ✓ Include sensory-friendly options (water play, outdoor time)
- ✓ Research summer camps or programs for children with special needs

## **Social & Emotional Support**

- ✓ Schedule regular social interaction
- ✓ Use social stories for new experiences
- ✓ Stay flexible—some days will be easier than others