

IDEAS AND TIPS FOR A SAFE SUMMER

By: The PMS International Registry Coordinators

As the fun of summertime is upon us, we as parents and caregivers of individuals with PMS are faced with specific safety challenges. There are many ways we can help our children stay cool and have fun during the hot summer months.

- 1) Stay indoors or in shaded areas
- 2) Drink plenty of water
- 3) Don't forget to use sunblock. *Not only is sunburn bad for everyone, but most of our children have a high tolerance for pain and are unable to recognize and understand the pain involved with a sunburn.*
- 4) Purchase a Frog Toggs Chilly Pad. *A great invention to help our kids keep cool for longer periods of time* <http://www.froggtoggs.com/chilly-pad-9.html>
- 5) Enjoy a swim in the pool. *Please remember that children with autism are instinctively drawn towards water with a natural fascination and this can present a very serious drowning danger. Be sure to take special precautionary measures when in and around a pool, lake or ocean this summer. Here is a helpful blog discussing ideas for drowning preventing in children autism:* http://www.abpathfinder.com/autism_drowning/

Looking for activities to do this summer? Need some help for managing your child's summer schedule? Listed below are additional resources to help make you and your child's summer fun, safe and enjoyable:

Transitioning to Summer: 9 Tips for Special Needs Parents

<http://www.friendshipcircle.org/blog/2013/05/01/transitioning-to-summer-9-tips-for-special-needs-parents/>

Top 10 Tips for Purchasing an Adaptive Bike:

<http://www.friendshipcircle.org/blog/2013/04/29/the-top-10-tips-for-purchasing-an-adaptive-bike/>

What To Do During the Summer Months?

<http://www.tacanow.org/family-resources/during-summer-months/>

10 Activities For Practicing Life Skills This Summer:

<http://www.friendshipcircle.org/blog/2013/05/14/10-activities-for-practicing-life-skills-this-summer/>

Stay cool, be safe and enjoy your summer!