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5 FUN THINGS TO DO
THIS SUMMER WITH YOUR
CHILD!

NEWSLETTER

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5 FUN THINGS TO DO THIS SUMMER WITH YOUR CHILD!

The summer is here, so is the long break from school. As fun as vacations are for the child, they can get stressful for parents. There is so much time on hand and really not much to do!

Here are some merry ways to constructively use your child's holidays, whilst you can clock in some fun family time with your child.

#1 Make Sundays game days!

Every Sunday can be a, 3 games per day kind of day. Spend your mornings in the playground playing an outdoor sport of your child's preference, pick an indoor game for the afternoon or early evening and save a board game for the night.

Some of the sports you can pick from are cricket, football, badminton, tennis table tennis, squash, chess etc. These games are a super way to build gross motor skills, endurance, coordination concentration and teamwork. Board games are also a great way to engage your child, as they build on many social skills, such as turn taking, waiting, emotional regulation and frustration tolerance.

#2 Get messy this summer!

Messy with colors/paints, messy with food and messy in the sand pit. Messy play is especially recommended for younger kids. It is a fun sensory motor experience that promotes exploration of different textures and helps children gradually overcome their tactile aversion. Consult your child's Occupational therapist to help you dig in deep and choose the most appropriate and fun games to play



with your child. Ensure that your child is onboard with the idea and equally interested in it. Monitor how your child is feeling. Above all don't pressure your child.

Playing different games with food is a great idea as well as external motivation for all our picky eaters. Adding the ingredient of fun in food and engaging your child in messy play with food promotes children to feel comfortable with food and ensures their willingness to try novel foods.

#3 Hit the pool:

Beat the heat this summer by going for a daily swim with your child. The refreshing dive and splash is super fun and enjoyable for most kids. Also, water is an excellent therapeutic medium. It is a form of full body aerobic exercise, promotes core and proximal muscle strengthening and overall sensory regulation and calming. The cherry on the cake is that your child builds on so many skills in a fun and leisure manner.

#4 Spend a day at the beach!

Sun, sand and sea make for a perfect picnic combination. It can be a well-spent family day out!

At the beach kids can enjoy a game of ball, building castles, or just reading a storybook. Heading out to the beach is a great opportunity to take your child to a new environment, that allows for lots of social communication and interactions. Take more friends and family along to make the outing merrier

#5 Go on a hike or a nature's trail:

Nature has immense magnificence and magic to offer. While on a trek in the middle of the mountains you are far away from all the noise, which allows you to inhale the present. Research shows that nature improves regulation of attention, has a calming effect on the mind and promotes increased awareness and mindfulness. A hike is an enjoyable exercise for you and your child. And can be one of a kind experience for you'll this summer.



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Hope you have a fun summer with your child!

For any question or concerns regarding the newsletter please write to us on: reachtcf@gmail.com

- Simoni Parikh
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