

MEHLVILLE EARLY CHILDHOOD  
PBIS PRESENTS:

# STRESS-FREE SUMMER

## Tips for a Successful Summer Transition!

**Prepare your child for changes:** talk about how your schedule will change in the summer, and discuss upcoming plans

**Keep as much routine as possible:** make your child aware of the plans for the day and try to incorporate scheduled "downtime" for preferred or calming activities

**Give clear directives and warnings:** Don't phrase things as a question if you don't want to hear their answer! "In 2 minutes, it's time to get in the car" vs "Are you ready to get in the car?"

**Provide choices when possible:** "Would you like to wear the red or blue shirt?" "Should we get sno cones before or after the pool?"

**Give frequent and specific praise:** "I love how you put your shoes on right away!" "You did amazing eating your snack!"

# ***INCLUSIVE SUMMER ACTIVITIES***

## **Inclusive parks:**

- Dennis & Judith Jones Variety Wonderland Playground
- Willmore Park Playground in South City
- Kade's Playground in Herculaneum

## **Outdoor Activities:**

- Powder Valley Tanglevine Trail
- St. Louis Zoo Sensory Saturdays  
9:30 am on the 2nd Saturday of the month/\$3 a person
- Lemay Pavillion Terrific Tadpoles  
Monday-Friday starting 6/3; 10:30-11:30am 5 and under/\$2

## **Indoor Activities:**

- We Rock the Spectrum Kid's Gym 636.529.8282
- South County Chuck E Cheese Sensory Sensitive Day  
(first Sunday of the month) 314.487.0101
- Rockin Jump Shrewsbury Special Needs Family Night  
(first Tuesday of the month, 3:00-7:00)
- STL County Library Weber Road Branch Sensory Storytime  
Second Monday of each month - 6:30 pm  
Reel Movies for Real Needs- Ronnie's Cinema on Lindbergh  
314.272.2974 for special sensory friendly showtimes

\* Check out Anna's Army ([annasarmy.net](http://annasarmy.net)) for playdate opportunities\*