Prepared by:
The Center for Autism Support and Education (CASE) and
The Children’s Guild Foundation Autism Spectrum Disorder
Center at Women & Children’s Hospital of Buffalo

Many Au-Some Parent Volunteers

This project is supported by a grant from Family Support Services at the
Office for People with Developmental Disabilities
Summer Fun for Children with Autism Spectrum Disorders

It’s summer and there are many fun activities for children with autism spectrum disorders. From sensory-friendly movies to swimming lessons, the following is a sampling of what is available in Western New York. Please note that this list was compiled from many sources and recommendations and it is the responsibility of parents to make sure activities are appropriate for their child. Some of the listings are for general fun and entertainment.

Contact information is provided for each of the resources. To avoid disappointment due to schedule changes or space limitations, we encourage parents to call ahead to make sure the listed activity is available and meets you and your child’s particular needs.

Another good source of information for your particular area is your town’s Department of Recreation – many of them offer adaptive programs.

If you know of a program that should be added to this list, please contact: Jana Mertz at jmertz@kaleidahealth.org.

This guide is supported by a grant from the Family Support Services program through the Office for People with Developmental Disabilities, the Center for Autism Support and Education (CASE) and The Children’s Guild Foundation Autism Spectrum Disorder Center at Women & Children’s Hospital of Buffalo.

A special thanks is due to the many Au-Some parents who have contributed to and reviewed the directory.
SENSORY FRIENDLY FILMS

AMC Entertainment and the Autism Society of America have teamed up to bring families affected by autism a special opportunity to enjoy their favorite films in a safe and accepting environment on a monthly basis. With Sensory Friendly Films, the movie auditoriums will have their lights brought up and the sound turned down.

In order to provide a more accepting and comfortable setting for this unique audience, the movie auditoriums will have their lights brought up and the sound turned down, families will be able to bring in their own gluten-free, casein-free snacks, and no previews or advertisements will be shown before the movie. Additionally, audience members are welcome to get up and dance, walk, shout or sing - in other words, AMC’s “Silence is Golden®” policy will not be enforced unless the safety of the audience is questioned. For more information visit the Autism Society website.

Saturday, June 21 at 10 am: How to Train Your Dragon 2

AMC Maple Ridge 8
4276 Maple Road, Amherst, NY 14226

Saturday, July 26 at 10:00 am: Planes: Fire & Rescue

AMC Maple Ridge 8
4276 Maple Rd
Amherst, NY 14226

For tickets to this unique experience, please visit the theatre's box office the day of the event. To check for upcoming movies, check out the Autism Society's Website at www.autism-society.org, and then click on Sensory Friendly films in the lower left-hand corner.

Website: http://www.autism-society.org/site/PageServer?pagename=sensoryfilms

AU-SOME EVENINGS

Au-Some Evenings at Explore & More Children's Museum
300 Gleed Avenue
East Aurora, NY 14052

Through generous community support, these special evenings give children with Autism Spectrum Disorders an opportunity to play and learn together in an understanding and supportive environment free of charge. Children, siblings and friends are welcome and must be accompanied by a parent or guardian. Families will have access to the museum and Imagination Playground where they have an opportunity for more active play.

The evenings are held on the second Friday of every month. For 2014 the dates are:

May 9th 5:30 – 8 pm
June 13th 5:30 – 8 pm
July 11th 5:30 – 8 pm
August 8th 5:30 – 8 pm

Space is limited so reservations are essential. Please call Peg at (716) 332-4170 to secure your spot.

Check Explore & More’s website: www.exploreandmore.org for a Social Story about a visit to the museum!
**BOWLING**

AMF - A Gift for Autism – Bowling League  
Time:  9 am - Saturdays  
AMF Thruway Lanes  
1550 Walden Ave  
Cheektowaga, NY 14225  
For more information, call 716-896-8507 or amf00233@amf.com  
Cost:  $15 per team per week  
The league continues and you can still join. It is every Saturday until mid September.  
A Child-Parent Bowling League at AMF Thruway Lanes Saturday Mornings for 15 weeks with part of the proceeds going to the Autism Society of WNY. This league gives the kids an opportunity to bowl when they might not be able to otherwise. Gives you parent and child time while also giving you a chance to network and get to know other families.  
- 1 adult and 1 child per team  
- 2 games weekly for 15 weeks  
- Bumpers available  
- $15 per team weekly (Pay only when you bowl)  
- includes shoe rental  
- End of Season Pizza Party and Awards Banquet  
- $2 from each team each week will be donated to the Autism Society of WNY  
Can join at anytime.  
To register, complete the registration form and drop off at the front desk of AMF Thruway Lanes.  
Download form at:  
http://www.autismwny.org/downloads/A%20GIFT%20FOR%20AUTISM%20summer.pdf

**FLOOR HOCKEY/FIND YOUR NICHE**

Contact: Mark Collins (716) 646-0665  
mcollins@townofhamburgny.com  
The Town of Hamburg Department of Youth, Seniors and Recreation offers adaptive programs and occasional field trips. The “Find Your Niche” program is for youth with Aspergers syndrome/NVLD & high functioning autism. At this time, they have a Floor Hockey session offered but you should call or visit their website to see if anything else is planned. A softball session is being planned for June.  
The Adaptive Floor Hockey is designed to provide the participants with a general knowledge of the game through a series of skill development stations in a non-threatening environment. NOTE: This is a NO skating program.  
Every Friday Starting May 2, 2014 - June 20, 2014  
TIMES:  5:00-6:30---Find Your Niche  
$10.00/for all sessions  
Town Of Hamburg Ice Arena (Nike Base)  
2982 Lakeview Road, Hamburg, NY 14075
THERAPEUTIC HORSEBACK RIDING

Buffalo Therapeutic Riding Center
Buffalo Therapeutic Riding Center, Inc.
950 Amherst Street · Buffalo, New York 14216
(716) 877-9295 or (716) 877-4001 (FAX)
Email: BECandBTRC@aol.com
Website: http://www.thebtrc.org

Age requirement: six years old and up

THE 2014 SUMMER SCHEDULE HAS TWO SUMMER SESSIONS. ALL SESSIONS TAKE PLACE ON MONDAY AFTERNOONS.
SESSION 3: July 7, July 14, July 21, and July 28
SESSION 4: August 4, August 11, August 18, and August 25

Special things happen when children and horses are brought together.

There is a unique bond between horses and people that can be particularly meaningful to children with disabilities. Riding programs provide a relaxing, non-academic environment in which children can interact with adults and peers and more importantly with their horse.

The mission of the Buffalo Therapeutic Riding Center is to create an environment to provide our child community with quality training, education and competition. We will provide a stimulating environment for mentally and mildly physically challenged children. Our goal with each student is to increase their self esteem and self confidence. We will strive to achieve new levels of success in all our endeavors.

Equi*Star Therapeutic Ranch
Newfane, NY (9 miles North of Lockport N.Y)
(716) 778-8249
http://www.equistartheranch.org/

A not-for-profit 501 C 3 Corporation whose mission is to enrich the lives of people with disabilities through equine-related activists. Therapeutic riding has been shown in several medical studies to produce multiple benefits to people of various disabilities. Therapeutic riding is recognized by the American Occupational Therapy Association and the American Physical Therapy Association. Research shows that students who participate in therapeutic riding can experience physical, emotional and mental rewards.

Equi *Star is located on 36 peaceful acres just 9 miles north of Lockport, New York. When the weather isn't cooperating we have a new indoor arena,.Classes run rain or shine. The Equi *Star professional instructors and trained volunteers provide a safe and nurturing environment for its riders.

High Hurdles Therapeutic Riding
Suburban Adult Services, Inc.
13339 Route 39, Sardinia, NY 14134 - 20 minutes south of the end of Route 400, One mile West of Route 16; South of Holland and North of Arcade.
(716) 496-5551 (office) or (716) 548-0004 (barn cell) after 4 PM and on weekends
Website: www.sasinc.org

Offers cognitively, emotionally and physically challenged individuals a unique opportunity for growth and development. Ages: individuals who are at least three years old. High Hurdles is one of the only programs with a permanent mechanical lift, offering horseback riding as a therapeutic service to people who may not be able to bear weight on their legs.
Instructors, students, horses and volunteers work together to achieve challenging yet attainable horsemanship goals. Learning to care for and about horses while mastering riding skills is what High Hurdles is all about.

Riders participating in the program are given an opportunity to join in an on-farm horse show on an annual basis. The atmosphere is friendly and supportive; riders are able to show off what they have learned to their loved ones, while receiving valuable feedback to help build their skills.

Individuals who are at least 3 years old and who are physically, emotionally or cognitively challenged are eligible to participate in the High Hurdles Program. We encourage students to reach their highest potential through individualized riding plans. Adaptive equipment that meets the therapeutic needs of each individual may also be used.

**Lothlorien Therapeutic Riding Center**
15 Reiter Road, East Aurora, NY 14052
(716) 655-1335
[http://www.lothlorientrc.org](http://www.lothlorientrc.org)

Lothlorien Therapeutic Riding Center was established in 1983 to provide horsemanship and horseback riding opportunities for individuals of all ages with mental, physical, emotional and learning disabilities. The facility consists of three pastures, 16 stall barn, large outdoor riding arena, indoor riding arena, a classroom, storage shed, hay barn, office and home for the Stable Manager. The grounds are surrounded by beautiful trees and offer a tranquil, secluded setting for all to relax and enjoy their visit.

**Summer Sessions:**

- **Session 3:** Monday, June 2 – Saturday, June 28, 2014 (4 weeks)
  - No lessons June 30 – July 12
- **Session 4:** Monday, July 14 – Saturday, August 23, 2014 (6 weeks)

**2014 Session Fees:**
- **Group Lessons:** (1 hour, 2-4 riders) 4 weeks: $135 6 weeks: $195
- **Private Lessons:** (40 minutes. Not offered on Saturdays) 4 weeks: $145 6 weeks: $216
- **Equivision Lessons:** (40 minutes. 2 rider maximum) 4 weeks: $145 6 weeks: $216

**2014 Lesson Times:**
- Lessons are held Monday-Thursday and Saturdays, with no lessons on Fridays or Sundays.
- Monday-Thursday lesson times: 10:00am, 11:30am, 1:00pm, 2:30pm, 4:00pm, 5:30pm, 7:00pm
- Saturday lesson times: 9:00am, 10:30am, 12:00pm, 1:30pm, 3:00pm, 4:30pm

**Nash Hill Equestrian Center**
10999 Persia Rd. Gowanda, NY 14070
(716) 257-5257
[http://www.nashhillequestriancenter.com](http://www.nashhillequestriancenter.com)

Our therapeutic riding program is aimed at providing safe, fun and progressive lessons to riders with special life circumstances who want the opportunity to ride.

The Nash Hill team provides quality instruction & training by professional trainers and instructors. We offer lessons for all levels of experience and all ages. Group lessons are available.

Lessons are available by appointment by calling 716-257-5257 or 716-640-1133.
WNY SUMMER CAMPS/PROGRAMS

Cradle Beach Camp
8038 Old Lakeshore Rd,
Angola, New York 14006
Phone: (716) 549-6307
http://www.cradlebeach.org

The Summer Camp program at Cradle Beach serves the needs of children with special needs and children from low-income families from Western New York and beyond. We provide a healthy environment and organized activities to promote socialization, independence, and decision making in an atmosphere of love and acceptance.

Cradle Beach serves approximately 800 children with special needs and those who come from disadvantaged backgrounds between the ages of 8 and 16 in our summer camping program. Children come to camp for 7-10 days of residential programming focusing on education and training in a recreational setting.

2014 Summer Enrichment Program Dates:

Session 1 June 30th - July 9th (ages 8-11)
Session 2 July 12th - July 21st (ages 11-14)
Session 3 July 24th - August 1st (ages 8-11)
Session 4 August 5th - August 14th (ages 11-14)
Session 5 August 17th - August 23rd (ages 8-12)

Fees
Although no one is turned away, it still costs a significant amount to feed, house, supervise, and offer special programs to a child during the summer enrichment camping program. The actual cost of this summer program is approximately $1,000 per camper. However, because Cradle Beach’s unique mission is to serve both the economically disadvantaged and children with disabilities, Cradle Beach offers campers’ families the ability to pay what they can afford on a sliding fee scale based on family income. All applicants are required to show proof of income and number in household.

For more information please call Robin Barone, Admissions Coordinator at (716) 549-6307 Ext. 205 or e-mail admissions@cradlebeach.org.

Camp Ji-Ik-Do-Wah-Gah/Camp Crab Apple

Through Town of Cheektowaga, Department of Youth & Recreational Services
(716) 897-7207
http://www.town.org/Departments/YouthRecreationalServices/Camps.aspx

Residency in Cheektowaga is a priority but not a requirement. Accepting registrations through June.

Designed especially for who are learning disabled and emotionally disturbed. Daily activities include physical education, camp events, cooking, music, arts & crafts, nature and swimming. Each activity will specialize in appropriate goals to suit each camper’s needs.
In addition, there will be weekly age-appropriate field trips to various points of interest in the area.
Every camper will receive his or her own T-shirt.

July 7 - August 15, 2014
Monday through Friday 8:30am--3:30pm
Fees for Residents:
$119 per week, $114 each additional child
$644 all six weeks, $620 each additional child
$106 *three day week *
Please call about fees for non-residents

Buffalo Hearing and Speech Center's Social Communication Program
http://www.askbhsc.org/content/pages/social-communication-program

The program is available to students age 5 through high school who have social communication deficits. We believe the following areas are critical for students to develop successful social communication skills including: Conversational Skills, Self-Regulation Skills, Cooperation Skills and Generalization Skills.

SUMMER 2014 SESSION: July 8th through August 20th

Mandatory Parent Orientation: 6/26/14: 5:00 to 6:00 at 50 E. North Street Buffalo.

Ages are broken up by groups 5-8, 9-12 and 13-17. The classes meet 3 days per week (Tues/Wed/Thurs) Possible times are 9:00-10:30, 11:30-1:00 or 3:00-4:30 on Tues/Wed/Thurs.

1. There is a $100.00 registration and supply fee which is an out of pocket expense. This $100.00 holds a seat in the class for your child, as well as pays for supplies he/she will need during the program, and get to keep as a resource after the program ends.

2. Each class costs $85.00, but if you have insurance that we accept, the cost to you is your CO-PAY for a speech-language therapy outpatient visit. So having a co-pay instead of paying the full tuition price, saves you money.

NOTE: **Call your insurance plan to see if the plan covers outpatient speech-language therapy—as this is what your child is receiving—language therapy. If they ask for a diagnostic code, or an ICD-9 Code, it is: 315.32. Support staff at BHSC will do a courtesy check for you, but it is ultimately your responsibility to educate yourself on your speech-language therapy benefit of your plan. Medicaid and Medicaid waivers are accepted as are many other insurance plans.

For more information, please contact:
LeeAnn Terhune MS, CCC-SLP
Licensed Speech-Language Pathologist
Coordinator of the Social Communication Program
50 E. North Street
Buffalo, NY 14203
716-885-8318

Community Connections – Summit Educational Resources
https://www.summited.org/what-we-do/summer-programs/community-connections.html

Community Connections is an evidence-based summer program for children and adolescents (entering 1st grade - age 16) with high-functioning autism spectrum disorders (Asperger’s, high-functioning autism, and PDD-NOS) or other disabilities.

The program will be conducted for five weeks during the summer, June 30 – August 1, 2014 (Monday – Friday) from 8:30 a.m. – 4:00 p.m. The program will be held at two sites in 2014 - at Hilbert College in Hamburg, New York, (Southtowns) and at Erie Community College - North (Northtowns). The Northtowns site will offer recreational opportunities at the YMCA. Cost is $1,950.
Eligible participants should have a diagnosis of Asperger’s, high-functioning autism, PDD-NOS or other developmental disability. Community Connections targets development of key social competencies using direct instruction, fun and engaging practice exercises, and recreational activities in a summer camp format.

**Opportunities Unlimited of Niagara**
716) 434-4050  
[http://www.opportunitiesunlimited.org](http://www.opportunitiesunlimited.org)

For residents in Niagara or Orleans County or Grand Island, Tonawanda, Kenmore, or West Amherst. A variety of social and physical oriented activities for youth (12-18 years) and adult (19+) with various disabilities.

**Camp Happiness** is a traditional one-week day camp experience for people with intellectual and other developmental disabilities from Niagara County. It is offered at Camp Kenan on Lake Ontario through a collaborative effort of the Lockport Elks Lodge #41, the Lockport Family YMCA and Opportunities Unlimited of Niagara. This is a one week long day camp that runs primarily from 9:30am-2pm for 5 days for individuals with Developmental Disabilities. The price is $10.00 a day or 3 or more days is $25.00. Lunch and activities are provided for this price.

June 16th – 20th  
Location: Camp Kenan 8571 Lower Lake Road, Barker, NY.

Open House on May 21st at 10am at the Camp for those interested in Camp Happiness.

**Electronic Gaming Therapy**
8616 Main St, Suite 4 • Williamsville, NY • 14221  
(716) 961-9435

Electronic Gaming Therapy offers a monthly group that encourages development of social skills and interaction with peers and the community. It is most appropriate for children with verbal communication who can follow directions and benefit from guided social interaction. Electronic Gaming Therapy is the technique of using video game technology to take the pressure off of interacting one to one with a therapist and with peers. Just as you may find it easier to talk with your child while driving in the car than over the dinner table, talking about feelings and problems can be easier while playing a game. In a group setting, Electronic Gaming Therapy can provide a more comfortable environment for learning to get along with peers. During the session, parents are welcome to participate in a support/social session with other parents.

**2014 Spring/Summer Schedule** *

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<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday, June 9</td>
<td>5:30 – 6:30 PM</td>
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<tr>
<td>Monday, July 14</td>
<td>6:45 – 7:45 PM</td>
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<tr>
<td>Monday, August 11</td>
<td>8:00 – 9:00 PM</td>
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*Group Dates/Times are subject to change. Please call for more details and to confirm time of session.

Groups are $25 per child/per session. Parents are welcome to stay for the parent session at no additional charge.
DEPARTMENT OF RECREATION - ADAPTIVE PROGRAMS
Many Departments of Recreation offer adaptive programs for sports or socializing. Some may even offer the programs to non-residents (typically for a higher fee). Look up your local Department of Recreation to see what they offer.

For example, please see below for the brochure for Town of Cheektowaga’s Adapted Recreation Program. http://www.tocny.org/Portals/0/Departments/YouthAndRec/Adaptive%20Rec/2013-14/brochure%202013%202014.pdf
ICE SKATING

SABAH – Spirited Athletes Bold At Heart Summer Skating Program
http://www.sabahinc.org/
Pre-registration required.
(716) 362-9600

SABAH Summer Skate at Riverside Ice Rink
2607 Niagara Street
Buffalo, NY 14207
716-362-9600

This program is available for pre-registration only. It is important to register with SABAH so that we are prepared with your skates and proper equipment.

$10.00 per Skate.

Wednesday July 9  6:30-7:30pm
Wednesday July 16  6:30-7:30pm
Wednesday July 23  6:30-7:30pm
Wednesday July 30  6:30-7:30pm
Wednesday August 6  6:30-7:30pm
Wednesday August 13  6:30-7:30pm

SABAH Gamechangers at Timothy J Burvid Rink
25 Cazenovia Street
Buffalo, NY 14220
716-362-9600

Join SABAH Gamechangers this spring and summer for their sports fitness sessions indoors! Athletes of all ages are welcome to come and enjoy a variety of adapted activities.

Floor Hockey – Monday, May 12th 6pm
Soccer – Saturday, June 7th 10am
Football – Monday, July 14th 6pm

$15.00 per session or $40.00 for all three sessions.

Public Ice Skating
Some ice skating rinks offer ice skating for the public. For children who skate, this can be a nice way for the family to cool off.

Please check the following rinks for their public ice skating schedules:

Northtowns Rink
http://www.amherst.ny.us/govt/recreation/ice_detail.asp?dept_id=dept_17&div_id=div_24&menu_id=menu_00
1615 Amherst Manor Dr, Williamsville, NY 14221
(716) 631-7555

North Buffalo Rink
156 Tacoma Avenue - Buffalo, New York 14216
http://www.bisonhockey.net/page/show/519699-public-skating
SAILING/BOATING/FISHING

Saturday Adaptive Sailing Program
Erie Canal Harbor Central Wharf - Floating Docks
716-553-7670 for information and arrangements
http://wnyadaptivewatersports.org

Our program is designed to accommodate any situation from individual to groups with special needs to training for Paralympic competition in sailing. Our program leader, Tom Nowak, has many years of experience being out on the water and is willing to accommodate any special need to share his passion of sound with others.

Regular fishing trips go out every Saturday morning at 9:00. Special arrangements can be made for trips at other times.

Saturdays June - August

Please contact Tom Nowak with any questions: tom@adaptivewatersports.org

Excalibur Leisure Skills Center, Inc.
716-831-3188
http://erie4everyone.com/

NFTA Boat Harbor
1111 Fuhrmann Blvd.
Buffalo, New York 14203

The Wheelchair Access Dock is behind Dug’s Dive Restaurant.

Accessible boating and fishing opportunities for differently-abled and disadvantaged persons.
Accommodates up to 18 persons per trip.
Reservations from May 15th through October 15th. Call (716)831-3188 to schedule.
Parking is available.
DANCE

Danceability, Inc.
George Urban Plaza
3859 Union Rd
Cheektowaga, NY 14225
716-651-0094
http://www.danceabilityinc.com

Summer Dance Program 2014: July 1 – August 5
Registration Dates: June 10 & June 11
Danceability, Inc. is a program for children and adults with special needs utilizing dance and movement to enable and empower students while promoting physical, social, and emotional wellness in a family-focused, peaceful environment.
• Tap, Jazz, Ballet, Creative Movement, etc.
• Select inclusive classes for children with special needs and any family member who wishes to have fun dancing
• Afternoons and evenings, Mondays-Thursdays and new Saturday classes
• End of the year performance (optional for every student)

Moving Miracles, Inc.
In affiliation with SASi
2305 Union Road
West Seneca, NY 14224
(716) 656-1321
www.movingmiracles.org
Ages: three years old and up

We will begin summer 2014 classes on Tuesday, July 9th. The classes run for 6 weeks at a cost of $82.50. There is a $30 registration fee for new students.

Moving Miracles is a dance/movement program for children, adolescents and adults who are exceptionally challenged mentally, physically and/or emotionally.

A non-profit organization, Moving Miracles is committed to assisting individuals with special needs by developing their highest potential through a kinesthetic approach combining dance, creative movement, music, props and rhythm, ultimately inspiring self expression, self-esteem & socialization.

Our student body is composed of boys and girls, and men and women ranging in age from children three and up to adults in their forties. Some of our students are mildly delayed and comparatively, very high functioning, needing little support. Other students are wheelchair bound and require "hand over hand" assistance. Many of our "Moving Miracles" have a form of Cerebral Palsy, and are afflicted with complex seizure disorders as well. Autism, Developmental Delays, Down Syndrome, ADD / ADHD and behavioral challenges are obstacles that we as a dance ensemble are victoriously dancing with everyday.

Time to Dance – Graceful & Gifted Dance Program
Studio location:
5000 Saunders Settlement Rd. Bay #3
Niagara Falls, NY 14305
(716) 946-7909 – Susan Farley-Akin
http://www.timetodancestudios.org/main.html?src=%2F3_5
Ages: Three years old and up

Cost: $25 per month per dancer
Graceful & Gifted Summer Dance Program – July 5th – August 29th

Day and evening programs also available.

Dance or dance movement is considered a therapy for everyone. The use of movement is psychotherapeutic. The use for dance is emotional, cognitive, social, behavioral and physical conditioning.

**SPORTS**

CAPS, INC.

104 Fairbanks Avenue
Kenmore, NY 14223
(716) 836-3843

Sam.caps@yahoo.com
http://www.capswny.com

Sports offered: Baseball, Basketball, Floor Hockey, Indoor and Outdoor Soccer,

The purpose of C.A.P.S. is to provide safe, nurturing and supportive athletic activities and opportunities for children and young adults with physical and mental special needs. An easier way to put this is that we give people with disabilities a chance to play sports and to participate in various recreational activities that may be difficult to find elsewhere.

**Challenger Baseball**

There are a few different challenger baseball leagues including those in Amherst, Lockport, Grand Island. The description below is for the Amherst league.

For **Amherst**: http://challengerbaseball.wordpress.com/ Challenger Division Little League Baseball is designed to give children and adults ages 4 & up an opportunity to play baseball regardless of their challenges. Participants enjoy the full benefits of taking part in an athletic program structured to their abilities. The value of the program is found in the proven therapeutic & socialization benefits of participating in sports, the strengthening of self-esteem, and the disciplines of teamwork, sportsmanship & fair play.

Challenger Division participants learn not only the fundamentals of baseball, but also how it feels to be just like other children pulling together as a team, being cheered on, and earning awards for their achievements.

The registration fee is $55 and includes a team hat and shirt, our annual picnic and a trophy.

The season runs from the end of April through end of July on Sunday mornings. We play on the Central Amherst Little League Diamonds on Wehrle Dr. by the blue water tower. 480 Wehrle Drive, Amherst, NY 14226.

2014 Schedule: Sundays Children - 10 a.m. Adults - 11:30 a.m.
Contact info: Jacqui Berger (716) 839-1224 , jacqui.berger@gmail.com

For Lockport Challenger baseball, please visit: http://wnychallengersports.com/sports/baseball/
The Miracle League of Grand Island & Western NY - Baseball
http://miracleleaguewny.org/
Phone: (716) 773-9600 x 725
Veterans Park 1715 Bedell Rd
Grand Island, NY 14072
Office: admin@miracleleaguewny.org

Provides opportunities for children and young adults with disabilities to play Miracle League baseball, regardless of their abilities. Promotes community support and sponsorship of a Miracle League and the construction of special facilities that meet the unique needs of Miracle League players.

BIKE
iCan Bike – Clarence, NY
http://wnylttw.wix.com/icanshine

Clarence High School 9625 Main St. Clarence NY 14031

Hosted By: Developmental Disabilities Alliance of Western NY

When: July 14 – 18

Contact: For information on this bike camp please e-mail wnylttw@yahoo.com or call 716-817-7204. **Please don't delay in signing up!** Last year our camp was full and we had to add riders who registered late to our waiting list, so don't wait!

We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist!

SPECIAL OLYMPICS

Daniel Kubera
Special Olympics New York
Director of Program - Western Region
2801 Wehrle Dr. - Suite 12
Williamsville, NY 14221
(716) 580-3346 ext. 204

http://www.nyso.org/WESTERN/home.php

To provide year-round sports training and athletic competition in a variety of Olympic-style sports for all children and adults with intellectual disabilities giving them continuing opportunities to develop physical fitness, demonstrate courage, experience joy, and participate in a sharing of skills and friendship with their families, Special Olympics athletes and the community. Through their participation in Special Olympics New York athletes gain confidence and build a positive self-image, which carries into the classroom, the home, the workplace and the community.

Special Olympics are for ages 8 and up. Their “Summer” session runs from March to June, while their “Fall” session runs from July to mid October.
**SWIMMING**

**Clarence Swimming Adaptive Swim Program**
www.ClarenceLearntoSwim.com

Clarence Learn to Swim offers two programs geared towards swimmers with special needs, ages 4 -18yrs. Additionally, a parent & child class is open to swimmers ages 2 - 4years, of all ability levels. Registration for our Summer Session will begin May 10th:

Classes are held July 8th - August 7th at Clarence Middle School:
Adaptive Level 1, Tuesdays & Thursdays at 5:15 - 5:45PM Adaptive Level 2, Tuesdays & Thursdays at 7:45 - 8:15PM Parent & Child, Saturdays (resume in the Fall)

Additional classes are held during our Fall, Winter & Spring Sessions. You may register for classes at www.ClarenceLearntoSwim.com or contact Director, Jamie Johnson at ClarenceLearntoSwim@yahoo.com for more information.

**JCC Au-Some Swimmers**
Jewish Community Center of Greater Buffalo Holland Family Building
787 Delaware Avenue
Buffalo, NY 14209

Au-Some Swimmers is a pilot swim program developed to give children with autism and their families an autism friendly environment to learn to swim and learn water safety. Sessions are 30 minutes as well as families are able to stay after class for free swim if they wish.

Saturdays 12:30 – 1:00pm and 1:00 – 1:30pm
July 12 – August 16
6 classes for $45
Tuesdays 3:00 – 3:30
July 1 – August 19
8 classes for $60

If interested, please contact Eric:
Eric Poniatowski
Aquatics Director
eponiatowski@jccbuffalo.org
(716) 886-3172 x 411

**Clearfield Community Center**
730 Hopkins Rd
Williamsville , NY 14221
Town of Amherst Youth & Recreation Department
716-631-7132 Clearfield Community Center

The Saturday Program will begin June 28th. There are two session and the cost is $20 per session for residents and $40 per session for non-residents. The Saturday Program provides families with individuals with disabilities the chance to swim and become familiar with water in a safe environment, the program does not include swim lessons. The pool in closed to the public and gives families the chance to enjoy the water in a safe and comfortable setting. You do not need to be a resident of Amherst to sign up for this program.

**Open Swims at Schools and Community Centers** – check with your local schools and community centers to see if there are open swims that you may be able to attend.
OTHER COMMUNITY ACTIVITIES
While the following group of activities/ places may not necessarily been established for children with autism, many parents and families in the community have enjoyed as additional outlets for their families.

Leaps N Bounce
4401 Bryant and Stratton Way
Buffalo, NY 14221
(716) 634-2190
http://www.leapsnbounce.com/

Sky Zone – Indoor Trampoline Park
425 Cayuga Rd
Cheektowaga, NY 14225
(716) 206-3300
http://www.skyzone.com/buffalo

Roly Pollies
www.RPWNY.com

Roly Pollies - East Amherst
9630 Transit Road, Suite 100
East Amherst, NY 14051
(716) 689.6151

Roly Pollies – Orchard Park
4058 North Buffalo Road
Orchard Park, NY 14127
(716) 662-7424

Olcott Beach Carousel Park
5979 Main Street
Olcott, NY 14126
(716) 778-7066
http://www.olcottbeachcarouselpark.org/

On the south shore of Lake Ontario in N.Y. State, you'll discover the quaint Hamlet of Olcott Beach. In the shadow of Olcott’s famous Lighthouse is a wonderful vintage amusement park. It features a 1928 style Herschell-Spillman two row carousel. Five vintage kiddie rides, and a wonderful 1931 Wurlitzer band organ. Rides are only 25 cents!

Martin's Fantasy Island
http://www.martinsfantasyisland.com/
Martin's Fantasy Island
2400 Grand Island Blvd.
Grand Island, NY 14072-3198
Phone: 716.773.7591

Amusement and water park on Grand Island. Reasonable prices and you can bring in your own food and snacks. Many times the Fantasy Island Website and Wendy’s will have coupons for reduced family admission.
Sweet Charlotte’s
http://sweetcharlottes.org
10255 Main Street, Suite 9
Clarence, NY 14031
716.320.5848

Sweet Charlottes is a safe and positive children’s play place created to embrace ALL children and their families as well. We welcome you to come and play with our “back to basic” toys inspiring children to use their own imagination. Owned by a mom of a child with autism.

Mon, Tues, Thurs, Sat: 9am - 3pm
Friday: 9am - 8pm

Buffalo Zoo
http://www.buffalozoo.org/
300 Parkside Avenue
Buffalo, NY 14214
(716) 837-3900

Throughout the year, the Buffalo Zoo offers guests fascinating animal exhibits, naturalistic wildlife habitats, beautiful garden areas and several unique areas in which to enjoy an environment that is full of fun, adventure and history. The Buffalo Zoo is open daily rain or shine!

Hidden Valley Animal Adventure
http://hiddenvalleyadventure.com/
2887 Royce Rd,
14167 Varysburg, NY
585.535.4100
info@hiddenvalleyadventure.com

Hidden Valley Animal Adventure is a family-run and operated animal park. They have over 400 animals and 30 different exotic species for you to come and interact with up close.

Griffis Sculpture Park
http://www.griffispark.org/

Since the early 60’s, the steel sculptures of Larry Griffis, Jr. and other international artists have been residing in the woods, fields, and even ponds of Griffis Sculpture Park. The 450 acre Ashford Hollow park, located eight miles outside of Ellicottville, is not only a tremendous regional attraction, but holds the distinction of being one of America’s largest and oldest sculpture parks. The park features over 250 large scale sculptures dispersed through miles of hiking trails. Each sculpture was placed with the natural setting in mind, creating a truly unique experience between art and nature.

The park is actually split into two sections: Rohr Hill Road Site and Mill Valley Road Site. The Rohr Hill area is characterized by towering sculptures set in fields and woods just off the road. The Mill Valley Road Site features both a smooth walk area, as well miles of trails through a variety of terrain. Whether you have five minutes or five hours, one can always get a flavor of the park.

May 1-October 31  dawn to dusk  (8am-8pm)

Admission
Adults $5
Seniors/students $3
Children under 12 FREE
Admission on honor system- put it in the yellow box
Penn Dixie Paleontological and Outdoor Education Center
http://www.penndixie.org/
4050 North Street
Blasdell, New York 14219
(716) 627-4560. Fax: (716) 627-4571

At Penn Dixie, you can walk on the site of a former quarry operation that was once the source of
calcareous shale excavated and used for cement aggregate by the Penn Dixie Cement Company. During
the 1960ís, 9 to 10 feet of shale was removed revealing 380 million year old Devonian era fossils
preserved within the Windom Shale.

Makes Sense
http://www.makessenseproducts.com
13295 Broadway
Alden NY 14004
(716) 902-5025

Store and sensory rooms dedicated to children with autism spectrum disorders. They also offer support
and social groups, open play, birthday parties and SUMMER ACTIVITIES. Please call or check their
website for hours and more information.

Community Music School Buffalo
http://communitymusicbuffalo.org/
Main Location in the Elmwood Village but locations also in Amherst, Clarence, East Aurora, Lancaster
and Lockport

415 Elmwood Avenue
Buffalo, NY 14222
(716) 884-4887

CMS offers music therapy for individuals and groups. From managing stress to reducing pain to improving
memory, music therapy can be tailored to the client’s needs. Musical ability is not required.

Canalside –Buffalo, NY
http://www.canalsidebuffalo.com/
44 Prime Street
Buffalo NY 14203
(716) 574-1537
(716) 846-8200

This summer, over 800 events and activities will encompass a wide range of programming including
regularly scheduled family programs featuring Explore & More...a children's museum, Buffalo Museum of
Science/Tifft Nature Preserve, Young Audiences of WNY, as well as 2 appearances of the Pop Up Park
Playground. In addition, Story of Buffalo performances, Music at the Ruins, Shakespeare at Canalside,
Saturday Artisan Market and the UB Archaeological Dig highlight the myriad of cultures in our region. The
continuous activity blossoms each day with hands-on activities for children, live music and theatrical
performances to make Canalside a must see destination.
Aquarium of Niagara
http://www.aquariumofniagara.org/
701 Whirlpool Street
Niagara Falls, NY 14301
Phone: (716) 285-3575
1-800-500-4609

HOURS OF OPERATION
OPEN DAILY 9:00 AM to 5:00 PM
( Last admission at 4:30 PM )

One warning – this is at least a one parent per child place for young children. There is a second floor with railing that overlooks the sea lion pool.

Herschell Carousel Museum
http://carrouselmuseum.org/
Herschell Carrousel Factory Museum
180 Thompson St.
North Tonawanda, NY 14120
P: (716) 693-1885 | F: (716) 743-9018
Email: info@carrouselmuseum.org
facebook.com/herschellmuseum

Botanical Gardens
http://www.buffalogardens.com/
2655 South Park Avenue
Buffalo, New York 14218-1526
Phone: 716.827.1584
Hours: 10:00am - 5:00pm Monday - Sunday
Closed Thanksgiving and Christmas Day

Wegmans Family Garden in Botanical Gardens
Children of all ages will delight in a place to dig, discover and dream as they plant a seed, build a sand castle, water a garden, smell a flower, examine a bug, read a book or touch a fuzzy plant. This garden is indoors and open year-round. Click here for Saturday activities in the Wegmans Family Garden.

Buffalo Museum of Science
http://www.sciencebuff.org/
1020 Humboldt Parkway | Buffalo, New York 14211 |
(716) 896-5200

The Buffalo Museum of Science is a non-profit educational institution dedicated to the study and interpretation of the natural and physical sciences. Its extensive collections of over 700,000 specimens and artifacts represent all facets of the natural world with an emphasis on Western New York as well as man-made objects spanning the globe.

Some libraries have passes that you can check out for free admission.
Just Fun – Family Entertainment Center
6000 South Park Ave
Hamburg, NY 14075
Phone: (716) 648-3222
Fax: (716) 648-3223
justfunfec@gmail.com
http://www.justfunhamburgny.com/contact.html

Niagara Climbing Center
1333 Strat Avenue
North Tonawanda, NY 14120
http://www.niagaraclimbingcenter.com/
716.695.1248
info@niagaraclimbingcenter.com

Strong Museum of Play (in Rochester)
http://www.museumofplay.org/
1 Manhattan Square Dr, Rochester, NY 14607
(585) 263-2700

The Strong® is a highly interactive museum devoted to the history and exploration of play. They also have Upstate New York’s only year-round indoor butterfly garden.

PARKS, NATURE & FARMS

NY State Parks Access Pass
http://nysparks.com/admission/access-pass/
The Access Pass permits residents of New York State with disabilities, as defined in the application, free or discounted use of state parks, historic sites, and recreational facilities operated by the New York State Office of Parks, Recreation and Historic Preservation and the New York State Department of Environmental Conservation. The pass holder may have free or discounted use of facilities operated by these offices, for which there is normally a charge.

The application is available on the website and may take 2-4 weeks to process.

Glen Park
278 Glen Ave
Williamsville, New York 14221

Located near picturesque Glen Falls, Glen Park is jointly owned by the Village of Williamsville and the Town of Amherst. It was built in 1976 with funds obtained from a federal grant and includes many interconnecting ponds which are now home for many ducks. Popular activities in this walking park include taking wedding pictures, fishing and nature walks.

Olcott Beach Carousel Park
http://www.olcottbeachcarouselpark.org/
5979 Main Street Olcott, NY 14126
(716) 778-7066

On the south shore of Lake Ontario in N.Y. State, you'll discover the quaint Hamlet of Olcott Beach. In the shadow of Olcott’s famous Lighthouse is a wonderful vintage amusement park. It features a 1928 style Herschell-Spillman two row carousel. Five vintage kiddie rides, and a wonderful 1931 Wurlitzer band organ.
Kelkenberg Farm
http://kelkenbergfarm.com/
9270 Wolcott Road Clarence Center, NY 14032
716.741.4862

Kelkenberg Farm of Clarence is a family operated business open for tours and group parties for all ages year round. We are a real livestock and horse farm that has been welcoming farm visitors for over 30 years. There is fun for everyone every season of the year. Pumpkin pickin' in the fall, sleigh rides in the winter, baby animals in the spring, and summer picnics. Come for your birthday, with your school, for pumpkins, or just for fun.

Becker Farms
http://www.beckerfarms.com/
3724 Quaker Rd.
Gasport, NY 14067
Tel: 716-772-2211

Becker Farms and Vizcarra Vineyards is a 5th Generation family owned 340 acre working fruit and vegetable farm that sells most of their products directly to the public. They have a U-Pick where families can pick their own fruits and vegetables - Picking Times and Dates are subject to change due to weather and availability of fruit. Please call 716-772-2211 for the most up to date picking conditions.

Greg's U-Pick Farm
http://www.gregsupick.com/
9270 Lapp Road
Clarence Center, NY 14032
(716) 741-4239
Easily located off Transit Rd. in Clarence Center.

A family owned farm featuring over 12 acres of u-pick strawberries, 8 acres of u-pick blueberries, 1/2 acre blackberries and 2 acres of red raspberries and more! Our fall harvest includes a u-pick pumpkin patch and a corn "maize" to benefit Roswell Park Cancer Institute. Unlike many u-pick fruit operations, we WELCOME and ENCOURAGE children of ALL ages to come and experience the fun of u-pick! Please note that they only accept cash or check.

Tifft Nature Preserve
http://www.sciencebuff.org/tifft-nature-preserve/
1200 Fuhrmann Boulevard
Buffalo, New York 14203
716.825.6397

Tifft Nature Preserve is a 264-acre nature refuge dedicated to conservation and environmental education. The Preserve was created in 1972 from land purchased by the City of Buffalo for a landfill site. Ponds were enlarged, and trees and wildflowers were planted. Conservation of Tifft's large cattail marsh helped attract a variety of animals. Animals from the entire region take advantage of its ponds, marshes and woodlands.

Charles E. Burchfield Nature & Art Center
http://www.burchfieldnac.org/
2001 Union Road ·
West Seneca, NY 14224 ·
For more than 40 years, Charles E. Burchfield lived and painted in Gardenville, an area located in the northern end of the town of West Seneca. This area is now home to our center, situated on 29 acres of nature trails and woods, wild and cultivated gardens, alongside the banks of the scenic Buffalo Creek.

**Krull Park**  
http://www.niagaracounty.com/parks/KrullPark.aspx  
6108 Lake Road Olcott, NY 14126

Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

**Art Park**  
450 S 4th St, Lewiston, NY 14092  
(716) 754-4375  
http://www.artpark.net

http://www.artpark.net/content/pages/family-saturdays-at-artpark  
Free Family Saturdays  
Families flock to Artpark for hours of hands-on discovery and fun with weekly themed workshops and live performances! A variety of "Make and Take" workshops are available at each and every installment of Family Saturdays- no matter the theme. These Artpark classics include, The Paint Space, Costume Closet, Sand Box, Face Painting, and the Pottery Wheel.

**TRAINS**

**Medina Railroad Museum**  
http://railroadmuseum.net/  
530 West Avenue  
Medina, NY 14103  
(585)798-6106  
Office@railroadmuseum.net

Museum is filled with railroad artifacts, has one of the biggest model-train layouts in the country, and features fun train excursions all year round. Some special events include Day Out With Thomas in May and Polar Express in December.

**Arcade & Attica Railroad, Corp.**  
http://www.arcadeandatticarr.com/  
278 Main Street  
Arcade, NY 14009  
PHONE: 585-492-3100

The Arcade & Attica Railroad Corp features a historic station, exhibits and excursions on the last operating steam train in New York State. It is an authentic operating short line railroad and holds the distinction of being one of the last "common carriers" - running freight and passenger trains weekly.

**Amtrak Station in Depew**  
http://www.amtrak.com/servlet/ContentServer?pagename=am/am2Station/Station_Page&code=BUF  
Station Building (with waiting room)  
55 Dick Road  
Depew, NY 14043  
Good place to watch trains.
WEBSITES

Fun 4 Kids in Buffalo
http://fun4kidsinbuffalo.com/
Listing of many fun and free activities for kids in Buffalo.

Kids Out and About
http://buffalo.kidsoutandabout.com/
Listing of many fun activities and places for kids in Buffalo – including Top 20 places and parks.

SPLASH PADS

Krull Park
http://www.niagaracounty.com/parks/KrullPark.aspx
6108 Lake Road Olcott, NY 14126
Krull park of Olcott NY was established in 1937 and covers more than 325 acres. Used year round, the park includes five softball diamonds, soccer and lacrosse fields, basketball courts, horseshoe pits, two playgrounds, tennis courts, a splash park, and four exercise stations.

Buffalo Splash Pads
The splash pads are supposed to open on July 1st, but please call to see if your particular pad is open (716) 851-5553
https://www.ci.buffalo.ny.us/Home/City_Departments/Public_Works_Parks_Streets/ParksDepartment

Martin Luther King Park
Near the Buffalo Museum of Science
Roughly bounded by Northampton St., E. Parade Ave., Best St. and Kensington Expressway, Buffalo, New York
The new water basin features 300 fountains, with 15-foot-high water sprays, and can be animated and set to different patterns through a computer in City Hall. It will be a splash pad in the summer and a reflecting pool in the spring and fall.

The city has ten other splash pads – please check ahead to see if they are open
• Allison (Reese St next to pool)
• Cazenovia
• Centennial (foot of Porter next to pool in Lasalle park)
• Kensington (corner of Grider and Kensington next to pool)
• Lanigan (Fulton between Chicago & Louisiana)
• Schiller (Sprenger Ave. side)
• Lincoln (end of Quincy St.)
• Masten (Best St. next to JBW Stadium)
• Houghton Park
• Roosevelt Park
LIBRARIES
Many libraries offer special activities and story hours for free. Here is a link to The Buffalo & Erie County Public Library System
http://www.buffalolib.org/
Many of the libraries have access passes that you can check out and visit the Buffalo Museum of Science and Explore & More Children's Museum for free. Please check with your local library for availability and details.

SAFETY
Summer can be packed with fun activities but can also be a potentially dangerous time for children who wander – especially for those who cannot swim. Here are a few websites that give parents tips and tools to help develop safety plans and prevent wandering.

AWAARE  http://www.awaare.org
The Autism Wandering Awareness Alerts Response and Education (AWAARE) Collaboration is a working group of six national non-profit autism organizations whose mission is to prevent autism-related wandering incidents and deaths.

National Autism Association – 12 Ways to Prevent and Respond to ASD Wandering

Autism Speaks Autism Safety Project
http://www.autismspeaks.org/family-services/autism-safety-project

TRAVEL TIPS
BY AIRPLANE
Buffalo Niagara International Airport - Preview Program for Individuals with Autism or other Special Healthcare Needs
The Buffalo Niagara International Airport offers a special service called the Preview Program to help families of children with special needs prepare for an upcoming flight. Please make an appointment in advance of your trip. Through the preview program, the individual and caregiver are escorted through security, have the opportunity to see the waiting area and sometimes even sit on a plane. Having some familiarity with the security and airport process can help reduce anxiety for the child and make the travel experience more comfortable. For any questions or to schedule a preview appointment, please call: (716) 630-6072

Airports, Airplanes & Autism
Prepared by Florida's Center for Autism & Related Disabilities, this is a guide for parents, airport and airline personnel to meet the needs of individuals with Autism Spectrum Disorders.
http://www.umcard.org/files/CARD_AwarenessBrochures_Airport.pdf
Social Story about going on airplane – free downloadable, prepared by Carol Grey for Philadelphia International Airport
GENERAL TRAVEL TIPS…….PREPARE, PREPARE, PREPARE
Ten strategies for traveling with a child with Autism
http://www.autismspeaks.org/docs/family_services_docs/schlosser.pdf

Autism Speaks website with links about Traveling tips for individuals with autism and their families
http://www.autismspeaks.org/family-services/community-connections/traveling-tips-individuals-autism-and-their-families

Autistic Globetrotting (not our name) – Autism Travel Made Easy. In 2009, Margalit Francus established a nonprofit website, Autistic Globetrotting, to inspire and encourage families with autism to explore the world. By communicating with both the families with autism and travel communities, she aims to raise autism awareness and facilitate the implementation of much needed accommodations for special needs travelers. http://www.autisticglobetrotting.com

Six Tips for Traveling with a Child with Autism
http://www.time.com/time/specials/packages/completelist/0,29569,1893554,00.html

Autism Society Travel Tips
http://www.autism-society.org/blog/archive/summer-travel-tips-for.html
The Autism Society is committed to providing information that will help you live your best journey with autism. In celebration of the unofficial start of summer, we would like to share with you this helpful list of vacation tips. And don’t forget the sunscreen!

Many thanks to the Indiana Resource Center for Autism and Dr. Cathy Pratt of the Autism Society Board of Directors for their work on these tips.
If you’re traveling with an individual with autism this summer, check out the following tips from experts to make the trip more enjoyable for all.

- Plan in advance.
- Call ahead and inform the airline, hotel, resort or cruise line of the individual's situation, and inquire what special accommodations (for example, fridge inside room) are available.
- Prepare the individual before and during the trip on what to expect. Use pictures, the web or objects, as appropriate, to communicate.
- Don’t hesitate to explain and share information about autism to others you may encounter, including flight attendants, hotel staff, employees at the amusements you visit and other vacationers.
- Bring familiar items that you think will make him or her more comfortable.
- Select vacation destinations with environments you believe the individual can handle.
- Book a cruise or resort vacation during "low season" so there will be fewer guests and the staff will have more time to devote to your needs.
- Travel by car if flying or other public transportation seems too difficult.
- Choose hotels/motels with kitchen suites or room service so you have the option to eat in your room.
- MP3 players with headphones, loaded with favorite music, can soothe individuals who are disturbed by noises. Personal DVD players can also help make a long trip more enjoyable.
- Adhere as closely as you can to aspects of the individual’s normal routine.
- Whatever happens, stay calm and remember tomorrow you can always try again.
RAINY DAY IDEAS

Being prepared and planning ahead is always important to parents who have a child with autism. Sometimes there are things that are out of our control such as weather, sickness, etc. Here are a few ideas to help plan ahead, even for the unplanned days.

Have a “just in case” bin or closet filled with items and things to do on these days:

- Visit party city or the dollar store and buy sale items and throw a theme party
- Indoor hop scotch with tape, make with numbers, letter, or whatever interests your child
  http://www.pinterest.com/pin/58617232622787584/
- Marshmallow and toothpick building http://www.pinterest.com/pin/81205599502979585/

Pinterest Ideas: please decide responsibly. You know your child(ren) better than anyone. You know what your child's abilities and challenges are.

Therapy Games
A first grade teacher/blogger organized some fun things for the kids to do the last week of school. She had her students do them as a race. You are welcome to do that, but I thought a few might be fun to do as therapy games without having to race at all. Trying to blow plastic cups off the table with a straw, cutting up a favorite cereal box to put together as a puzzle, fanning a tissue paper fish across the floor with a paper plate, or trying to pick up a cotton ball on your nose using a little bit of Vaseline or lotion are just a few ideas. Check out the link for more ideas: http://tunstalltimes.blogspot.com/2012/05/our-last-day-in-pictures.html?m=1

Alphabet Garden
Fill flower pots with dried beans or split peas, make or buy flower stickers to stick on top of popsicle sticks and write the letters of the alphabet or whatever fun/educational thing you want them to find when they pluck the flower out of the bean-potted plant:

Block Puzzles
Draw out different shapes up can make with square blocks on cards and then have your child fit them in:

Action Dice
Get a smaller square box (or a block) make each side a fun movement they have to do when it's their turn:
http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1

Make pretend pizza
I know imaginative play doesn't always come easy, but if your kid likes arranging things and tactile things, you could play pizza shop. Use felt, paper bag/cardboard for the crust and make toppings out of felt or paper. Here's the site for a felt one: http://www.littlefamilyfun.com/2011/04/physical-activity-cube.html?m=1 Of course you could expand on this and do "top your own cupcake" or stack a sandwich. For those that can, you can have your child help make the toppings and base-food to build on.

Balloon Hockey Blow up balloons, make cardboard hockey stick: Done!
LEARNING OUTDOORS (&IN) – Courtesy of Mid-State Early Childhood Direction Center

We love the following pages provided with permission from the Mid-State Early Childhood Direction Center. They have really great resources sheets and were kind enough to allow us to reprint this one. http://ecdc.syr.edu/
LEARNING OUTDOORS (& IN)

Parents work hard all year, but especially in the summer. Not just for a paycheck but keeping their children entertained with fun activities. You might think that because an activity is fun, it is not educational. However, it is important to recognize the educational value of “summer fun.” It is lighter later, summer is more relaxing and kids are playing all day outdoors and in. Summer is the perfect time for children to discover that learning is fun and can happen anywhere. Learning can take place whether you are taking a trip to a far-off place or spending the summer in your own neighborhood. Keeping the ideas creative, fun, and inexpensive is the challenge that all families face!

Play is the work, the occupation of childhood, and a cherished part of our early memories.

Finding a Balance
When the warm air and sunshine finally break through the clouds, kids and, sometimes, parents think the days should be non-stop fun. However, the reality is that most parents still work during the summer, so they have to take advantage of what time they do have off of work to make activities fun and educational. In addition, parents need their downtime too. So it is important to create a balance between structured and unstructured activities. That way, activities can also be child-directed and not always require adult instruction. Parents can set up toys and activities that children can access with parents supervising but not necessarily directing their play. Be creative!

How parents can help develop a child’s attention span:

➢ Encourage children to read longer books.
➢ Encourage children to talk about things they have done.
➢ Limit the number of hours spent with TV, videos, and other spectator entertainment.
➢ Select toys, games, and activities which require mental challenges or just physical activity.
   ☺ a puzzle
   ☺ Lego blocks
   ☺ hop scotch
   ☺ jump rope
   ☺ coloring books
   ☺ blank paper and crayons

Even on a Rainy Day... Don’t let a little rain keep your kids from enjoying their summer! Bring the outdoors indoors.....

➢ Bring outdoor games in: Play basketball with a soft foam or sponge ball using any type of basket for the “hoop.” Have kids shoot from different parts of the room or in different ways.
➢ Make a sand-free sandbox: Use a large plastic bin or box and fill with oatmeal, rice, beans, etc. and stock with scoops, funnels, toy cars, toy people, etc. whatever interests your child.
➢ Up, Up and Away!: Blow up balloons and play keep them in the air or “volleyball.” Take precautions for balloon pieces with young kids.
➢ Field trip: Take a trip to an indoor pool, ice or roller rink, bowling alley, or inflatable play space to expend some energy.
➢ Get wet anyway!: Suit up with boots, raincoats and warm socks and get outside! Splash in puddles, twirl your umbrella, “quack” like ducks and “ribbit” like frogs. Then come inside to a warm bath or cup of soup.

Did you know what your child was learning when they……???

<table>
<thead>
<tr>
<th>Activity</th>
<th>Related Skills/Goals</th>
<th>Age Ranges</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Ball Play</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Track rolling ball with eyes</td>
<td>Visual tracking</td>
<td>4-8 months</td>
</tr>
<tr>
<td>Rolling back and forth</td>
<td>Cause &amp; effect</td>
<td>1-2 years</td>
</tr>
<tr>
<td>Throwing/catching balls of different sizes and hardness. Underhand &amp; overhand throw, bouncing, two-hand catch</td>
<td>Social, joint attention Eye-hand coordination</td>
<td>by around age 5</td>
</tr>
<tr>
<td>Kicking balls of different sizes and hardness. Encourage switching legs to kick.</td>
<td>Balance Coordination</td>
<td>Walks into ball—1-2 years Swing leg to kick—2-3 years</td>
</tr>
<tr>
<td><strong>Hopscotch</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Bending over without falling</td>
<td>Balance</td>
<td>2-3 years</td>
</tr>
<tr>
<td>Standing on one foot</td>
<td>Strength</td>
<td>2 1/2 - 3 1/2 years</td>
</tr>
<tr>
<td>Hopping on one foot</td>
<td>Coordination</td>
<td>3-4 years</td>
</tr>
<tr>
<td>Jumping with two feet</td>
<td>Motor Planning</td>
<td>2-3 years</td>
</tr>
<tr>
<td>Drawing the hopscotch board</td>
<td>Pre-writing</td>
<td>5 years</td>
</tr>
<tr>
<td><strong>Swing</strong></td>
<td></td>
<td></td>
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<tr>
<td>Push young children in baby swing</td>
<td>Sensory stimulation</td>
<td>0-2 years</td>
</tr>
<tr>
<td>Encourage preschoolers to push their legs out &amp; pull them in</td>
<td>Balance, strength &amp; coordination</td>
<td>3-5 years</td>
</tr>
<tr>
<td>Talk to them about dangers of walking in front/behind swing</td>
<td></td>
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<tr>
<td><strong>Walk/Run</strong></td>
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<td></td>
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<tr>
<td>Walk around neighborhood/park in stroller or on own</td>
<td>Develop leg muscles</td>
<td>All ages</td>
</tr>
<tr>
<td>Run through water sprinkler</td>
<td>Coordination</td>
<td>1-5 years</td>
</tr>
<tr>
<td>Walk in bare feet on grass, sidewalk, driveway (be sure pavement is not too hot!)</td>
<td>Sensory stimulation</td>
<td>1-5 years</td>
</tr>
<tr>
<td>Jumping in puddles, off simple steps, over small objects</td>
<td>Motor control</td>
<td>2-5 years</td>
</tr>
<tr>
<td>Hike through nature park/zoo looking at birds, trees, animals</td>
<td>Language stimulation</td>
<td>2-5 years</td>
</tr>
<tr>
<td>Change walking style: marching, skipping, hopping, pretend to be airplane, bear, etc.</td>
<td>Imagination/pretend play</td>
<td>3-5 years</td>
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<tr>
<td><strong>Blow Bubbles</strong></td>
<td></td>
<td></td>
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<tr>
<td>Tracking bubbles with eyes</td>
<td>Visual Tracking</td>
<td>4-8 months</td>
</tr>
<tr>
<td>Popping bubbles with one finger</td>
<td>Fine motor finger skills</td>
<td>1 1/2 - 2 years</td>
</tr>
<tr>
<td>Sound/word play—“pop, pop,” big/little, up/down, etc. Blowing bubbles</td>
<td>Language stimulation</td>
<td>0-2 years</td>
</tr>
<tr>
<td></td>
<td>Oral motor</td>
<td>2-4 years</td>
</tr>
<tr>
<td><strong>Art Play</strong></td>
<td></td>
<td></td>
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<tr>
<td>Sidewalk chalk</td>
<td>Pre-writing skills</td>
<td>All ages can enjoy at their level of readiness/adult assistance</td>
</tr>
<tr>
<td>Paintmarker/finger paint on easel</td>
<td>Sensory stimulation</td>
<td></td>
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<tr>
<td>“Paint” with water/mud on sidewalk/driveway</td>
<td>Imagination</td>
<td></td>
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<tr>
<td>Create a picture journal of summer activities either through drawings or photos</td>
<td>Creativity</td>
<td></td>
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<tr>
<td></td>
<td>Expression of feelings</td>
<td></td>
</tr>
<tr>
<td>Activity</td>
<td>Related Skills/Goals</td>
<td>Age Ranges</td>
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<tr>
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<tr>
<td><strong>Water Play</strong></td>
<td></td>
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</tr>
</tbody>
</table>
| Water sprinkler  
  Sitting under the water spray  
  Walking/running through water on the grass  
  Jumping over the water spray  
  Running under the water spray | Social  
  Movement  
  Balance  
  Strength  
  Sensory Stimulation  
  Bilateral hand coordination | All ages can enjoy at their level of readiness/adult assistance |
| Pool/Lake/Ocean  
  Walking through water  
  Floating in the water (with assistance)  
  Kicking legs/moving arms through the water  
  Playing with balls and other floating toys  
  Scooping and pouring water | | |
| **Sand Play** | Bilateral hand coordination  
  Memory/object permanence  
  Sensory Stimulation  
  Creativity | 1-5 years  
  1-2 years  
  1-5 years  
  3-5 years |
| Scooping and pouring sand with hands or cups/shovels  
  Hiding toys under the sand  
  Pushing cars and trucks through the sand  
  Building sand castles | | |
| **Dress Up** | Dressing skills  
  Self-care  
  Social  
  Creativity  
  Speech/language stimulation | 2-3 years  
  2-4 years  
  3-4 years  
  2-5 years  
  3-5 years |
| Pulling up/down shorts  
  Putting on/taking off shoes/sandals  
  Comb hair  
  Pretend play—zoo keeper/zoo animals, fireman, etc.  
  Create stories | | |

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For that long car ride......

😊 Download audiobooks online and play them on your iPod dock in the car.
😊 Pack alphabet magnets for your child to play with on a metal baking pan.
😊 Start a scavenger hunt. Have him look for a dog in a yard, a construction cone, and a baby in a stroller. On the highway? Look for a car with another kid in it, a yellow billboard, and a dirty truck.
😊 Broaden the search. See if he can spot things you can eat, wear as a hat, or use to decorate your living room.
😊 Make up songs and stories about objects you pass. "See that moving van? I think the people are moving to the North Pole!"
😊 Count blue cars. When he sees two, tell him to count clouds. When he finds three, switch to finding four green signs.

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**Sources**

12 Rainy Day Activities by Catherine Holecko—[http://familyfitness.about.com/od/waystoplay/tp/rainy_day_activities.htm](http://familyfitness.about.com/od/waystoplay/tp/rainy_day_activities.htm)
Top Summer Safety Tips by Amanda Rock—[http://preschoolers.about.com/od/healthsafety/a/summersafety.htm](http://preschoolers.about.com/od/healthsafety/a/summersafety.htm)
Summer Safety Tips

In Your Yard

♦ Lather everyone up with sunscreen. Use at least SPF 30 designed to protect against UVA & UVB rays
♦ Pack a bag that includes:
  - extra sunscreen
  - hats
  - water/snacks
  - cell phone
♦ Wear appropriate light clothing for the activity & bring a change of clothes

At the Beach or Pool

♦ Talk about water safety with your little one before you go—no running near the edge, no jumping in without you present.
♦ No child should be in the water without an adult on hand, even if they know how to swim or have a flotation device!

At the Playground

♦ Make sure equipment is age- and size-appropriate for your child
♦ Check out equipment for sharp edges, open ended hooks, etc.
♦ Check out the surface—usually rubber mat, wood chips, sand
♦ Touch everything—is it too hot for bare skin?
♦ Do the same with your swing set at home!
♦ Be close at hand in case your child has trouble with some of the equipment
♦ Bring plenty of water to drink

In the Car

♦ Never leave a child alone in the car! Even with windows open, the car can get very hot, very quickly!

Looking for more copies of this bulletin? You can find it on our ECDC website or contact us.

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Workshops of Interest

The ECDC can provide information and workshops on a variety of topics tailored to the interests and needs of parents and early childhood professionals. Resources are available on such topics as general child development, developmental issues for children with special needs, coping strategies, and specific disabilities.

Workshops include:

♦ Including All Kids
♦ Making Parent Partnerships
♦ Early Childhood Development: The Meaning of Red Flags
♦ Positive Guidance and Behavior Strategies
♦ Moving On: Children and Families Facing Transition
♦ What Are Early Intervention and Preschool Special Education?
♦ What is an Individualized Education Program (IEP)?
♦ Getting Ready for Kindergarten

Who We Are

The Early Childhood Direction Center (ECDC) is a regional technical assistance center for the State Education Department providing information, referral and support to families, professionals, and community agencies concerned with young children birth to five. We are located at Syracuse University’s Center on Human Policy.

ECDC services to families are free and confidential.

ECDC Staff

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