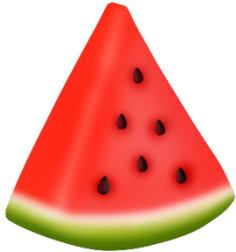




# CAPTAIN X NEWSLETTER

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## Summer is here! Tips to ease the change



Summertime can often be challenging for our students and families. Maintaining structure, setting expectations, and providing a predictable schedule can help ease the transition to summer.

Here are some tips to help support you this summer:

-  **Prepare your child**  
Prepare your child in advance by talking to them about summer break and what to expect. If you will be traveling somewhere show your child photos or a video of your destination and talk to them about what they can expect to do.
-  **Maintain structure**  
Try to maintain a consistent eating and sleeping routine. Create mini tasks such as completing puzzles, reading a book, making their bed, sorting laundry, etc.
-  **Plan activities**  
Plan activities in advance with your child. Get them involved in choosing an activity. Provide them choices of what to do.
-  **Create a schedule**  
Create a schedule of daily activities. Review the schedule each day with your child so they know what to expect and what is coming up next.
-  **Use timers**  
Time is abstract for individuals on the autism spectrum. Utilize timers to help ease transitions, limit time on devices, and teach time while brushing teeth, or taking a shower.
-  **Have fun!**  
Go swimming, take a walk, visit the zoo, make a craft, ride the train to the beach, have a picnic, enjoy some ice-cream, or go to the park.

# EVIDENCE-BASED PRACTICE IN FOCUS: RESPONSE INTERRUPTION AND REDIRECTION (RIR)

## What is Response interruption/redirection.

Response interruption/redirection is an effective, evidence-based practice for decreasing behaviors that interfere with a learner's opportunity to interact with his/her environment or engage in learning. RIR is designed to divert the learner's attention away from the interfering behavior and redirect the learner to more appropriate, alternative behaviors. RIR is cost-effective and can be used to address significant interfering behaviors (e.g., stereotypes or self-injury) that are often difficult to address.

## There are two components to RIR.....

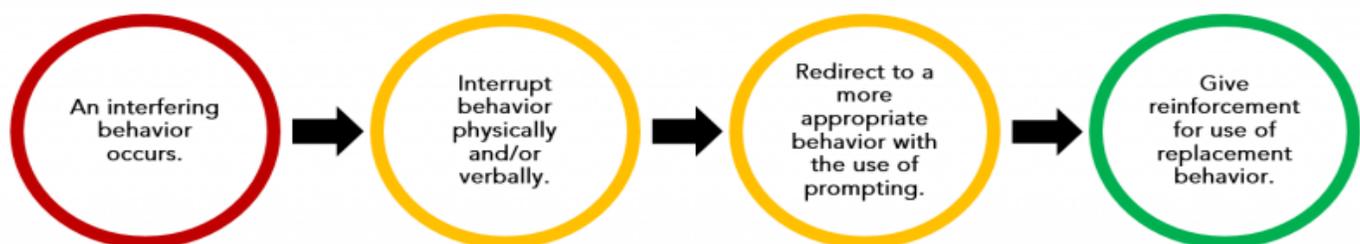
### Response Interruption:

**Is when we interrupt the behavior through verbal or physically blocking.**

For example, if a student demonstrates vocal sterotypy or repeats sounds that serve no apparent social function. The teacher may "interrupt" the stereotype by gaining the child's attention by stating their name.

### Redirection Procedures:

**Is when we prompt the learner to engage in a more appropriate behavior.**



For example, after the child's response is interrupted and the teacher has the learner's attention, the teacher asks the child to answer a question.

# EVIDENCE-BASED PRACTICE IN FOCUS: AYERS SENSORY INTEGRATION (ASI)

## What is Ayers Sensory Integration?

An evidence-based practice that targets a learner's ability to process and internally integrate sensory information from their body and the environment:

- Ayres Sensory Integration® is the only type of sensory integration therapy with an evidence base.
- Used to increase a target goal/behavior/skill and/or to decrease an interfering/inappropriate / challenging behavior.

ASI can help learners with autism regulate their bodies and process sensory information so that they can complete daily activities. Learners may benefit from ASI to support fine and gross motor skills, adaptive skills, communication and socialization skills, and emotion regulation.

## TIPS FOR TEACHERS

### 1. PLAN

- Obtain ASI training from a licensed provider
- Determine learner's sensory needs
- Conduct an ASI Assessment
- Develop an ASI session plan
- Identify additional EBPs
- Discuss plan with team members
- Have materials ready and available

### 2. USE

- Address the ASI session goals
- Use other EBPs to support ASI sessions
- Promote generalization of learner's target skills

### 3. MONITOR

- Collect data and analyze data
  - Determine next steps based on learner progress.
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## TIPS FOR PARENTS

ASI strategies and activities at home are most effective when used in collaboration with a certified ASI therapist (usually an Occupational Therapist).

Here are some examples:

- Create a quiet, calming space in the home. Provide comfortable seating like a bean bag chair, soft cushions, or pillows. Offer soothing activities, calming music or sounds, or other pleasing sensory stimulation in this space.
- Provide a series of movement-based activities for your child to participate in on a regular basis. A visual sequence, or picture cues, can guide your child to engage in activities such as swinging, jumping, balancing, and climbing.
- To address tactile needs, provide deep pressure using a weighted blanket or squeezing hands. Encourage play that involves a variety of materials like sand, water, finger paint or playdough.

# RESOURCES



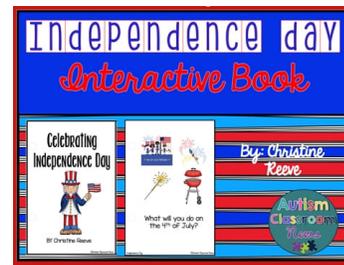
Inland Regional Center 2023 Summer Camp Guide:  
<https://www.inlandrc.org/wp-content/uploads/2023/03/Summer-Activities-2023.pdf>



Autism Society Inland Empire's Social Recreation Resources: <https://ieautism.org/social-recreation-resources/>



Summer Vacation Social Story:  
<https://autismlittlelearners.com/summer-vacation-story/>



Free Summer Resources:  
<https://autismclassroomresources.com/summer-resources-that-will-help-you-survive-the-end-of-the-year/>

## TIPS & TRICKS

7 Tips for Creating Summer Fun for Autistic Kids:

<https://learnbehavioral.com/blog/7-tips-for-creating-summer-fun-for-autistic-kids>