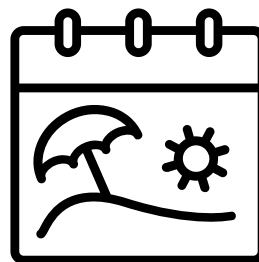


Summer / Holidays

Finding what works for you and knowing that others are doing that too

In our Team we have different Summers

- Holiday at home
- Virtual visits
- Safe spaces
- Time out and about
- Short overnight trip away to a familiar place
- Holidays away be that in uk or abroad
- No holiday - just keeping things the same



Where can I find more Information that's helpful for us and to share? - PACT Signpost

- [SNAP Summer and September guides](#) from activities to flying - information for Families !
- [PACT - Out and About links on our Signpost](#) this includes virtual visits and travel and more links for savings, access and adjustments
- [Support through the Summer - PACT Support page](#)
- [Autism Central Out and about](#) - a range of info/useful links/adjustments for all ages

Preparation

- Planning an overview of what, when, where and you may want to share that with others / your child
- Pack a bag - snacks, drinks, fidgets, comforts, what works for you too
- There are cards and memberships / Carer rates that may make access to venues cheaper or more flexible / accessible - most websites have access info to check.
- Visual timetable as a guide - from a picture to website links, map and calendars
- Have a **draft** plan of activities at home / trips / socials / rest/down time
- Prevent overload - Less is more!

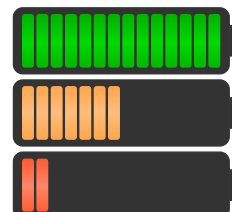


Routine

- Relaxed structure to your days that works for you
- Working in zones of the day am/pm /evening
- Together time and downtime
- It can be a good time to feel the natural flow of timings for ourselves, children and young people naturally seek.....eg transition, length of self led focus time / settling into a rhythm
- Near the end of holidays - start moving towards timings more like education / work hours so it's not a shock to the system when school / education / work begins again

Down time and rebalancing

- We all need time to rest from the pressure of education / work / change of pace
- Sometimes physical activity helps re-balance - walk / jump / dance / skip
- Plan in some PJ day / rest day/ nest day
- Low arousal, low demand days in between busy activity days/ zones of the day
- take time to do things that boost you / your family
- Take a moment to notice Glimmers and breathe
- Tech! - We all need down time and the sameness tech gives can be soothing. watching same clips / films / songs / playing games brings predictability and comfort.
- Sameness - familiar items and a space to retreat to even when away on holiday / visiting



Explore

sensory and health

whats on and Exploring from your safe space

Sensory and health

- **Interoception** - be aware of heat changes / intolerance and hydration levels when you have sensory differences heat and hydration can feel very different and you may not notice/ process how your body is responding .
- Medications - Consult your gp or health team/ nhs 111 with any concerns - some can impact how we manage in the heat
- Changes in temperature changes how our clothes / we feel , toleration levels change eg clothes may become unbearable or may need prompt to wear clothes suited to weather.
- remember we all experience heat , weather , light differently - accept need
- Think about managing sunscreen - roll on or spray options are also available
- [NHS information on keeping cool , Heat exhaustion / heat stroke signs and how to manage](#)
- [Easy read info re heat and safety](#)
- **Sensory Spectacle has a range of videos on you tube** - from adapting to coming home from holiday , sensory changes in weather , school uniform and much more

Whats on and Where ?

- Check out our instagram and facebook pages we will share events as they come up
- Check out [What's On at PACT](#) page activities and session through July and August
- Check our [Out and about page](#) - information for different age groups
- [Local offer website activity search](#) for 0 - 25's shares activities and more around the county
- Summer activities info email coming soon from PACT for more Community information
- [West Essex Inclusion project](#) - your local activities for under 14's
- [Active Essex](#) - your local connector who can signpost and connect you to local activities that suit you

Exploring from a safe place

- [links in our Out and about page](#) on virtual travel and more_
- Virtual tours of museums and places the world
- Online Activities and clubs
- [Videos you can do from home - exercise and activity](#)
- Creating experiences at home eg theme days, beach at home, camp , cinema
- Having a retreat space wherever you are even at home / on visits
- if you get out - make a way that you can return or retreat eg many shopping centres and museums have quiet spaces you can find about online - plan ahead - check access info
- Many of our favourite spaces can become busy during the holidays - talk to staff and find out if they have quiet times planned in / quieter times of the day may be different

