



Summer is Finally Around the Corner

Ideas for a Carefree Summer

Play is important "work" for children, especially for those with ADHD. It strengthens muscles, improves stamina, and sharpens coordination, and it provides a host of mental and social benefits.

Games, sports, and make-believe encourage a child to feel and express emotion, and to develop skills, like getting along with others and problem-solving, that are essential in school and at home. Buy items that a child can throw, fling, or glide. Balsa wood airplanes, plastic discs, and hollow plastic baseballs and footballs are fun for children of all ages, and will minimize the risk of injuries.

Vacations are always anticipated but in reality they can turn nasty if not planned well. Here are a few tips for keeping out of trouble.

While nothing can guarantee smooth sailing, putting a few basic principles into practice should mean a less turbulent trip.

•**Keep it structured:** Kids need structure and predictability. If the day's activities can't follow a rigid timetable, a child should know what to expect.

•**Anticipate trouble** spots where you can to prevent

anxiety.

•**Avoid lines** because kids have little tolerance for the frustration of waiting. Keep lines to a minimum with a Fast-pass or the equivalent to get in quicker at amusement and theme parks. Go to restaurants that take reservations or have speedy service.



•**Stay consistent** with the meds. When kids take medication for ADHD during the school year, it's tempting to give their bodies a break and take them off for the summer. If you know the child is more irritable and hyperactive and harder to be around without medication, why add this to the vacation?

•**Try to say what you mean** and mean what you say. By making empty, unrealistic threats your child knows you're not serious or can't possibly follow through; therefore the unwanted behaviour is most likely to continue.

•**Make it Memorable** It's worth the effort to make vacations special. A fun and exciting trip lets busy families bond and reconnect.

SCHOOL END

Summer sports schedules are now in effect and students' minds are clearly on thoughts of the lazy, crazy days ahead!

Elvis has
left the
building!!



The countdown to
the end is on!

**Tutoring Sessions
will stop
for this school year
as of
Friday, June 19, 2009**

I will send another
invoice the week of
June 15/09

Please send a payment with your child on their last day of tutoring. If you have not returned the form for September be certain to do so at this time to ensure a place for the fall.

FYI

SUMMER TUTORING

I will be offering individual tutoring during the month of August. As you plan your summer, please let me know if you wish to book time for your child to consolidate skills.

BOOK RETURNS

Whoops, none of my books have found their way back home. Please check for materials you have borrowed and return them. Thank you

CONFERENCES.

SurPASS

Tuesday, May 26, 2009
7:00-9:00 pm

Ms. Malkin Dare

Current president of Society for Quality Education

SurPASS, a Burlington organization founded to support struggling students

For more information:

info@passforkids.com

or Call 289-288-3167

ADDressing ADDult ADD

Talk to text:Text to Talk

Wednesday, June 17, 2009
at 7:00 pm

On the subject of assistive technology for students.

Held at Glen Abbey United Church, Oakville

Contact: Lisa Booth at 905-827-1311