

Family Connection



Dear BAE Families,

Happy Summer! For the last few years, our summers have looked very different. What became known as "the new norm" began just before Summer 2020, pausing all social gatherings and events. Over the past 3 years, we have navigated ever-changing health and safety orders, constantly fluctuating mask rules across all public and private sectors, and a whole lot of the unknown.

Summer 2023 marks the first summer since the pandemic began that feels like pre-COVID times. We hope that you and your family are able to freely experience the magic of summer, spend so much time together, and soak up the sun.

With 4th of July quickly approaching, we would like to share some tips for making sure that your family has a fun-filled, stress free holiday!

- Talk to your child about the day's plans and what to expect beforehand.
- Be prepared: Bring hats, sunscreen, and blankets for nighttime, etc.
- Provide noise protection such as noise cancelling headphones or ear plugs to reduce the impact of fireworks.
- Bring sunglasses to reduce visual stimuli.
- Pre-fireworks Ritual: Engage in an activity before fireworks that you already know calms your child or puts them at ease.
- Consider watching fireworks from a distance from where they are being set off.
- Practice! Watch videos of fireworks beforehand, increasing the volume of the video each time.
- Create a comfort zone. This could be a small tent with pillows, blankets, their favorite stuffed animal, etc.
- Bring snacks and hydration.
- Check out the restroom situation at your venue beforehand.
- Keep your child's limits and comfort level in mind when you plan the day.
- Give your child a task, such as helping to set up chairs, passing out plates, etc. This will help them to have a sense of control.
- Rehearse with your child how they can let you know that they are over stimulated or that they need a break.
- Have a getaway plan. If things get too overwhelming, make sure that you know exactly how you can remove your child from the situation quickly and calmly.
- Make sure that your family is practicing safety.
- Focus on having fun and talking about that fun openly!

Wishing You a Wonderful Summer,
Our Team at BAE



TOP 5 WAYS TO PREPARE YOUR CHILD FOR A FANTASTIC SUMMER

Create Visuals

Friday Create a summer calendar or picture schedule and post it where your child can see. Add activities and events as soon as they get scheduled. Pictures are often easiest, and kids may enjoy selecting the pictures (including emojis) for each activity.

Daily Routines

Try to create a consistent routine for your child. This includes keeping the same mealtime or bedtime routines throughout the summer, as well as scheduling routine summer activities (e.g., going to the park at the same time every day). This sense of predictability will likely increase your child's overall comfort level.

Plan Inclusive Family Outings

Summer is filled with parades, fireworks, and town fairs that bring crowds and extreme sensory experiences that can be difficult for children with autism, but enjoyable for other family members. Find a way to balance activities for all family members. Whether it's sending brother and sister along with the grandparents for the county fair, or taking turns with your partner—determine what works best for your family.

Reward Positive Behavior

Generating or maintaining a simple behavior chart over the summer can also create a sense of structure. Identify 2-3 positive behaviors that you would like to prioritize over the summer (e.g., cleaning up after play, clearing the table, washing hair) and reward those behaviors when they occur. Reward the behavior you observe before giving another command (such as "Thanks for picking up your cars. Please pick up the blocks").

Summer Survival Kit

If you and your child decide to overcome an unknown, such as a carnival or trip to the boardwalk, prepare your child with a 'summer survival kit.' We recommend including sensory toys or items your child enjoys, such as buttons, playdough, ribbons and string, as well as headphones, and a stress ball to help adapt to the loud and overwhelming environment.

Reminder

With summer schedules changing, family outings planned, and family trips booked, please remember to let your scheduler know of any plans that will affect your sessions so that they can ensure that our team is informed and that your schedule is changed accordingly.

BAE Summer Reading List

- Masterpiece by Alexandra Hoffman
All Ages
- My Magical Choices by Becky Cummings
3-6 years
- The Boy with Big, Big Feelings by Britney Winn Lee
3-7 years
- When Things Get Too Loud by Anne Alcott
3-9 years
- Benji, the Bad Day, and Me by Sally J. Pla
5-6 years
- Forever Neverland by Susan Adrian
8 - 12 years
- Kids Like Us by Hilary Reyl
12-18 years

BAE HEALTH POLICY

Medical Illness

The below symptoms indicate a medical illness or infection and require us to cancel or reschedule session when experienced by a BAE client or direct therapy team member:

- Vomiting
- Diarrhea
- Fever of over 100 degrees
- Discolored mucous or other discharge from nose/eyes
- Rash, unless identified by a medical doctor as not contagious
- Persistent cold symptoms (e.g., excessive coughing, sneezing, runny nose, complaints of feeling sick, lethargy)
- Conjunctivitis (Pink eye)
- Covid-19 infection or other infectious illness
- Not attending school or work due to feeling unwell
- Direct exposure to an individual or household member with a contagious illness

If you or a household member display any of the these symptoms, please report the symptoms to your BAE scheduler, or call the BAE office at (833) BAE-TEAM for assistance. Please contact us as soon as possible to allow our team to coordinate scheduling changes.

Cancellations due to illness require a minimum of 4 business hours advance notice to avoid a late cancellation fee.

Session will be cancelled for a 24-hour period from presenting symptoms, unless otherwise indicated by a licensed medical professional.

Please direct questions to contact@baetherapy.com.

YOUR HELP IS NEEDED!

Family Access to ABA Services are California are Under Threat

YOUR HELP IS NEEDED!

Access to ABA services is currently under threat as a result of low and stagnant reimbursement rates as well as drastic increases in costs.

We fear that if there is not intervention, families attempting to access ABA services for those with autism and other developmental disabilities will face long waiting lists. A delay in accessing services can have a long-term negative impact on a child's progress leading to potential lifetime challenges with increased associated costs.

Families can help by:

- Complete the CASP family survey about your experience accessing ABA services
- File a complaint with your insurance company and regulators if you have difficulty accessing ABA services

Take Our Family Survey

FAMILY ENGAGEMENT

Your engagement will be instrumental to effect change with the current barriers to accessing ABA services. It is critical for regulators to hear directly from families. To assist with this, CASP has provided information about how to contact regulators for both commercial and Medi-Cal plans. Please share the flyer and survey with any families experiencing difficulties accessing ABA.