



CREATING PREDICTABLE SUMMER ADVENTURES

FOR PARENTS AND CAREGIVERS



Structure brings comfort. Predictability builds confidence.

With a little planning, summer can be full of fun,
learning, and meaningful memories!



Children with autism
thrive on routine.
Predictability reduces
anxiety and makes
summer adventures
more enjoyable for everyone!

WHY PREDICTABILITY MATTERS



REDUCES ANXIETY

Knowing what to
expect helps lower
stress and meltdowns.



BUILDS CONFIDENCE

Clear routines help
children feel safe
and in control.



SUPPORTS BEHAVIOR

Predictable plans
lead to more
positive days.



STRENGTHENS CONNECTION

Less stress means
more quality time
together.



CREATES MEMORIES

The best adventures
happen when everyone
feels comfortable!

HOW TO PLAN PREDICTABLE SUMMER ADVENTURES



ESTABLISH A DAILY ROUTINE

Keep wake up, meals, quiet time, and bedtime
consistent—even in summer.



USE VISUAL SCHEDULES

Show the plan for the day with pictures
or words. Make it visible and easy to follow.



PLAN AHEAD

Preview outings with photos, maps, and
simple social stories.



PACK FOR SUCCESS

Bring comfort items, snacks, headphones,
sunglasses, and anything your child may need.



CHOOSE CALM ADVENTURES

Look for sensory-friendly places and quieter
times to visit.



BUILD IN FLEX TIME

Allow breaks and downtime. It's okay
to keep some days simple!

SAMPLE PREDICTABLE SUMMER DAY



8:00 AM Wake up & morning routine



9:00 AM Breakfast



10:00 AM Learning / quiet activity



12:00 PM Lunch



1:00 PM Outdoor adventure



3:30 PM Snack & break time



4:00 PM Play or creative time



6:00 PM Dinner



7:30 PM Wind down routine



8:30 PM Bedtime

♥ Routines don't have to be perfect—just predictable!

CAREGIVER TIPS

- ✓ Keep expectations realistic.
- ✓ Celebrate small wins.
- ✓ Involve your child in choosing activities.
- ✓ Connect with other families for ideas.
- ✓ Give yourself grace—you are doing great!



A calm
caregiver
helps create
a calm day.



YOU ARE DOING AN AMAZING JOB!

Meaningful, predictable moments make the best kind of summer.



Fun. Connection.
Predictability.
That's the magic
of summer! ♥



For more tips, resources, and real-life ideas, visit:

<https://www.lifeafterabackclassroom.com/post/creating-predictable-summer-adventures-for-parents-and-caregivers>



Scan to read
the full article!



PLAN A LITTLE. ENJOY A LOT. MAKE MEMORIES TOGETHER.

