

July 2023

# CAREGIVER'S NEWSLETTER



[www.BehavioralFamilySolutions.com](http://www.BehavioralFamilySolutions.com)



BHCOE Accreditation has recognized Behavioral Family Solutions with a 2-Year Accreditation, acknowledging the organization as a behavioral service provider dedicated to continuous improvement in applied behavior analysis. BHCOE Accreditation recognizes behavioral health providers that excel in the areas of clinical quality, staff qualifications and consumer satisfaction and promote systems that enhance these areas. These areas are measured with a wide-ranging audit, including interviews with agency clinical leadership, in-depth on-site observation, a detailed staff qualification review, an anonymous staff satisfaction survey and an anonymous consumer satisfaction survey.

BHCOE Accreditation is the only applied behavior analysis (ABA)-specific accreditation. It provides feedback regarding clinical best practices, staff satisfaction and turnover, and consumer protection. Acting as a third-party, the organization systematically measures and reports on existing quality criteria in the behavior analysis community using standardized methods and practices, and accredits only those service agencies that meet these standards.

#### About BHCOE Accreditation

BHCOE Accreditation is a trusted source that recognizes behavioral health organizations committed to continuous quality improvement. BHCOE offers a third-party measurement system that differentiates and provides independent feedback on clinical quality indicators. The BHCOE criterion features standards that subject-matter experts developed to measure effective applied behavior analysis services. For more information, please visit [www.bhcoe.org/standards](http://www.bhcoe.org/standards).



BFS wishes you  
and your family  
a safe and  
happy 4th of  
July!

# Welcome July

*B7S is wishing you a happy...*

*4th of July!*

*Some Dates to Remember:*

- 7/2: World UFO Day
- 7/3: St Thomas
- 7/4: Independence Day
- 7/7: World Chocolate Day
- 7/9: National Sugar Cookie Day
- 7/11: World Population Day
- 7/13: National French Fry Day
- 7/15: World Youth Skills Day
- 7/16: National Ice Cream Day
- 7/18: Nelson Mandela Day
- 7/23: Parents' Day
- 7/24: International Self Care Day
- 7/25: St James TG
- 7/30: International Day of Friendship

# Transitioning to Summer:

## 5 Tips to Make It a Success!

Summer is the time when most kids look forward to playing outside, staying up later, going to summer camp and having care free days at home. Unfortunately, for kids with ASD, the transition can be difficult. Summer causes a disruption of the schedule and structure that school provided over the past 10 months and this disruption can trigger anxiety and outbursts.



# Make a Daily Schedule

Children on the Autism spectrum thrive on routines and like to know what's happening next! Discussing changes in the routine as early as possible may help your child prepare for what's to come and minimizes the amount of stress! Try creating a visual schedule for your kiddo to help them understand the new structure of their day.

# Only Take On What You Can Manage

For starters, understand what will allow your child to thrive and what you, as a parent or caregiver, can manage. While it's important to provide opportunities for your child, be careful of overdoing it and creating stress for yourself—and the whole family. Strategize and play to your child's strengths.

# Spend time Outdoors

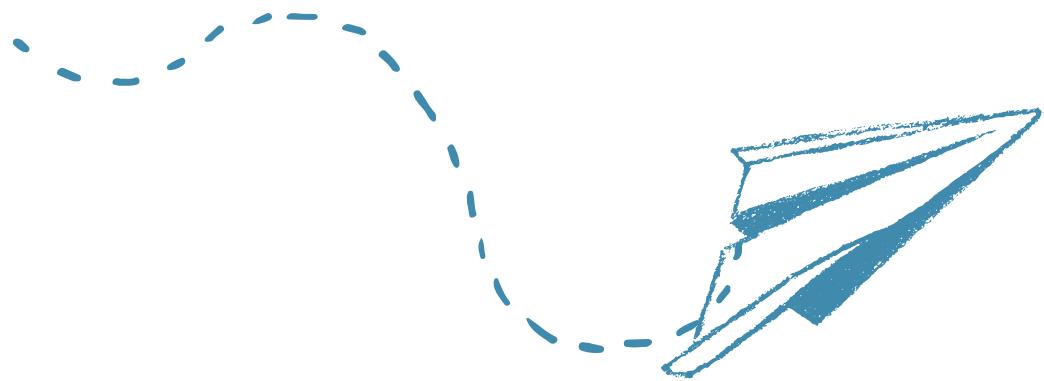
Many children with autism enjoy water play, which you can set up outdoors, even without access to a pool. Simply fill up bowls or an inflatable pool, and give your child a mix of cups and utensils to interact with water in different ways! Some other activities include drawing with sidewalk chalk, blowing bubbles, and collecting and painting rocks!

# Set up play dates

Play dates with peers are critical to social development. Just as reading skills can diminish if students don't practice over the summer, the same is true for social skills. Reach out to the parents of your child's classmates and plan some get-togethers!

# Acknowledge Differences

If you have more than one child, realize and expect that your children are different, and prepare accordingly! Maybe one of your kiddos enjoys fireworks, and the other doesn't. Instead of becoming frustrated, honor their differences: give them some headphones and encourage them to enjoy the fireworks from afar!



As you gear up for a more relaxed, open summer than last year—keep in mind that planning, prioritizing, and concentrating on what matters most to you and your family are key.

Remember, too, that your time and energy are limited. Resist the urge to overschedule your family, and know that downtime is good for us all!

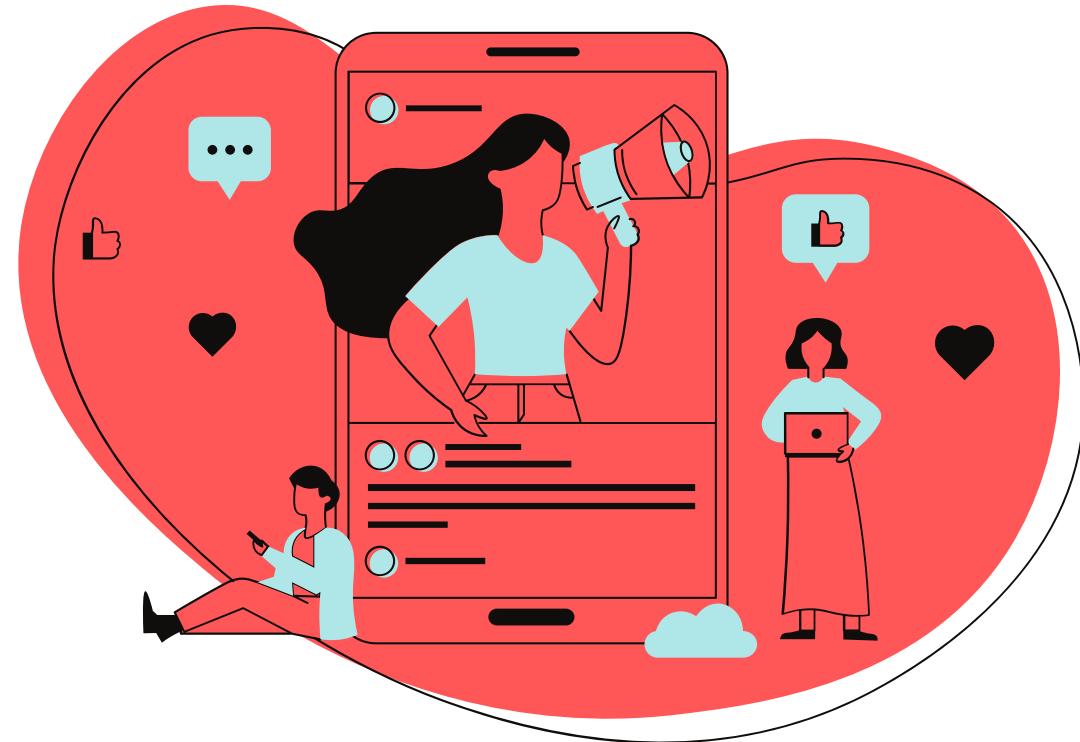


# We're Hiring!

- Registered Behavior Technicians (RBTs)
- Board Certified Behavior Analyst (BCBA)

Servicing the Miami-Dade, Broward, & Palm Beach Counties

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