

Accepting the SPECTRUM



COLLABORATIVE
ABA SERVICES, LLC

June 2026 Newsletter
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Happy June! Summer is just around the corner. While it can bring sunshine, vacations, and more time together as a family, it can also pose major changes in routine, increased caregiving demands, and less personal downtime. For caregivers of children receiving ABA services, the shift from school-year structure to summer flexibility can feel both exciting and exhausting. Continue reading for some tips and tricks to avoid summer burnout for caregivers.



Avoiding Summer Burnout

Keep a simple routine.

While summer often means a break from the school routine, maintaining some predictable elements throughout the day can help children feel more secure and reduce stress for caregivers. Consider keeping consistent wake-up times, meal times, or bed time routines. Children do well with predictability and this can give everyone a sense of structure during the summer days.

Prepare for bigger changes in routine.

Offer a visual schedule or a conversation regarding changes to schedule or routine. For example, giving plenty of warnings about going to the water park can help students feel more prepared for changes.



Focus on progress, not perfection.

Not every day will go as planned, and that's okay. Some days may be filled with fun adventures, while others may be a bit more lowkey or even challenging. Celebrate small victories and remember that meaningful growth often happens through consistent practice over time.

Lower the pressure for “perfect” summer days.

Not every day needs to be packed with activities, crafts, or novel outings. Some of the best learning happens in everyday moments - making lunch, going for a walk, or playing outside, to name some examples. Put less pressure on staying busy or scheduled and more pressure on keeping a consistent routine.

Schedule time for YOU to recharge.

Caregivers often spend so much time supporting others that they forget to care for themselves. Even small breaks can make a meaningful difference.

Enjoy a favorite hobby, take a walk, read a book, or simply spend a few quiet moments doing something that helps you recharge and rejuvenate. Taking care of yourself is not selfish - it helps you show up more calmly and consistently for your child.

Ask for support.

You don't have to do everything alone. Lean on family members, friends, community resources, and your child's treatment team when needed.

Seeking support is a strength and can help avoid burnout.



Use natural learning opportunities.

Summer is full of chances to practice skills without creating extra work for yourself.

Examples:

Park- practice requesting, turn-taking, and following directions

Pool- work on waiting and communication

Grocery store- practice labeling items, choices, and helping with finding items on list

Chores- build independence and daily living skills with simple household tasks.



Remember: you're doing important work.



Parenting and caregiving are undoubtedly rewarding, but they can also be demanding. Give yourself grace, recognize your efforts, and celebrate the positive impact you make every day.

UPCOMING EVENTS

Join us for sensory friendly night at Adventure Palace in the Meriden mall!



ADVENTURE PALACE AND **COLLABORATIVE ABA SERVICES, LLC**
PROUDLY PRESENT

SUMMER KICK-OFF Sensory Friendly Family Night!

Promoting Inclusivity for Children of All Abilities
FRIDAY, JUNE 26th 5-8pm

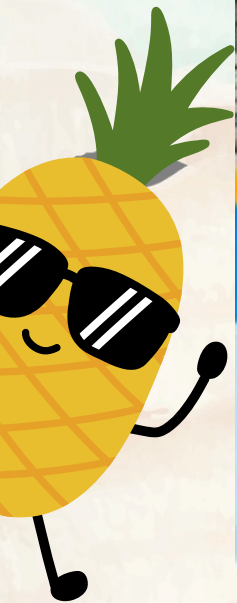


SPECIAL PRICING
\$15.99 per Child
Includes admission for up to two adults

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Register Here



FREE
Face painting & Temporary tattoos



THE AUTISM MOM COACH

If summer feels like a 90-day highlight reel of all the ways autism has hijacked your life, try this.

Acknowledge it.

You're not wrong. Autism changes everything about our lives, from our daily choices to our future plans.

Summer is no exception.

Allow the ugly parts.

Allow yourself to feel the grief, jealousy, resentment, and frustration that show up when expectations and reality collide.

Cut the comparison feed.

Social media is optional.

You are not obligated to follow, like, or comment on content that leaves you feeling worse.

Stop chasing normal.

Take an honest look at your summer expectations.

Are they realistic for your family, or are they based on what you think a summer should look like?

Find joy for your family.

Instead of chasing other people's summers, build yours around the people, places, and experiences that work for your family.



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