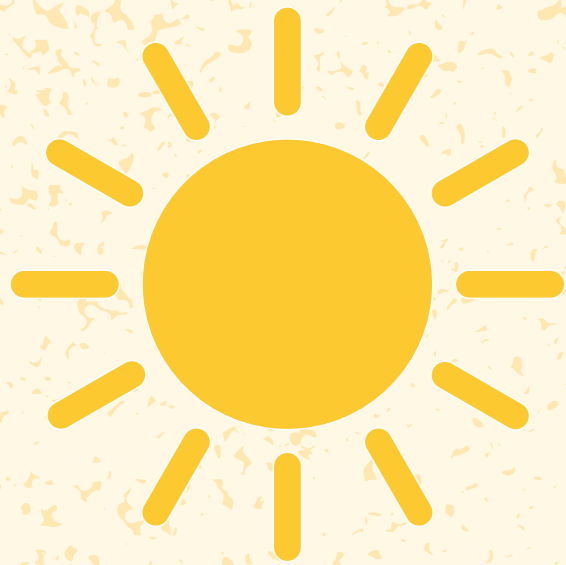




Therapy Solutions
Children's Services

Summer 2025 Newsletter

July 1st, 2025



Table

OF CONTENTS

What We've Been Up To...

3-4

Summer Activities

5-6

**Vacationing with Neurodiverse
Children**

7

Summer Safety Tips

8

**Thank you / how to stay
in touch**

9

Further Reading

10

What We've Been Up To...



Girlfriend's Night Out Fundraiser May 3rd, 2025

On Saturday, May 3rd, we held our annual Girlfriend's Night Out fundraiser for children's and family programming at Church of the Redeemer in Bryn Mawr. The night featured special "30tini" cocktails and mocktails, Designer Bag Bingo, luxurious raffle prizes, "Boots on the Ground" line-dancing, and a whole lot of fun!



Our theme and dress code this year was "*Red, Blue, and Don't Forget Your Pearls Too!*" to honor our 30th anniversary edition of this classic event. GFNO is quickly becoming a hot event: we sold out of tickets fast this year! Be sure to stay tuned so you can be first in line for next year's tickets. Watch the recap video [here](#).

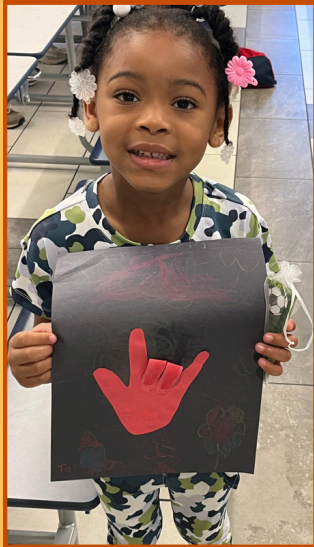


What Else We've Been Up To...

Soccer and Arts & Crafts

May 17th, 2025

In May, we expanded our Non-Competitive Soccer Clinic initiative to include Arts & Crafts for the first time! We all had a great time sharpening our soccer skills, playing together, and seeing everyone's artistic creations.



In line with the rest of our special 30th anniversary programming, we'll be continuing our sports streak with a **Basketball and Arts & Crafts** event this fall! Mark your calendars for **Saturday, October 18th, 2025** and keep an eye out for our RSVP form to ensure you don't miss this fun day with us.



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Check out the video from this year's soccer clinic [here](#)! And follow our social media pages above to stay up-to-date on details for all our upcoming events.

Summer Activities

All summer, you'll be able to stay entertained at Summerfest on the Delaware River Waterfront. Between May 23rd and September 1st, visitors can access Summerfest for free and find food, arcades, \$5 skating (plus skate rentals), rides, and more.

Note: IBX members can get free admission to skating with their Blue Cross Card!



Photo: Philadelphia Family

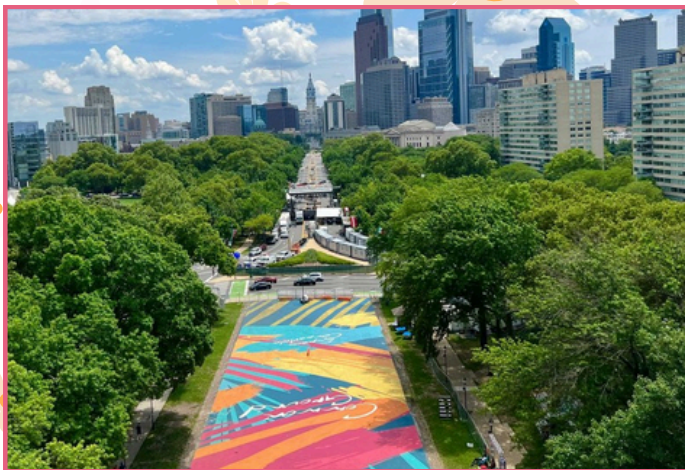


Photo: Phillymag.com

Beginning July 11th, "The Oval" will be back to turn the Benjamin Franklin Parkway into Philadelphia's Central Park. This summer event will host four weeks of family-friendly fun, including free live music, mini golf, outdoor movie screenings, and rotating markets.

The Philadelphia area also offers classic indoor and outdoor fun for kids year round!

If you're feeling up for an outdoor adventure, consider visiting **The Elmwood Park Zoo**, **The Schuylkill Center for Environmental Education**, or **Sesame Place**.

If you want to beat the heat, check out **The Franklin Institute**, **The Museum of Illusions**, **LegoLand**, or **The Please Touch Museum**.



More Summer Activities

Philadelphia's Office of Children and Families has just announced its 2025 "It's A Summer Thing" website, a line-up of free or low-cost programs and activities for children, youth, teens, and families for the whole summer. Check out the full website [here](#)!



Photo: Visit Philadelphia



Photo: Phila.gov

Did you know? Phila.gov hosts a list of all public pools and spraygrounds in the city! There is even a list of inclusive, accessible pools for those with physical disabilities.



Vacationing with Neurodiverse Children

A 2019 survey indicated that 87 percent of parents with at least one autistic child said that they avoid taking family vacations because they are too difficult for special needs children. Unrecognizable, unfamiliar environments plus a disruption to routines can pose a real challenge for all children and families.

These tips below, as well as more from [Afar Magazine](#), can help make a summer vacation fun for everyone.

Bring a little familiarity

The newness and unfamiliarity of a vacation environment can make any child struggle with adjustment. To help give kids a dose of home, try packing their preferred snacks for the entire trip. [LEARN Behavioral](#) also has a list of companies that are either autism-friendly or allow, for instance, practice flight rehearsals for the airport.

Don't forget headphones, fidgets, or anything else that helps your child feel in control

Any tool that helps your child stay regulated will be a necessity on vacation. A "sensory bag" or even just a few of your child's preferred items can help soothe them in times of distress away from home.

Share the Schedule

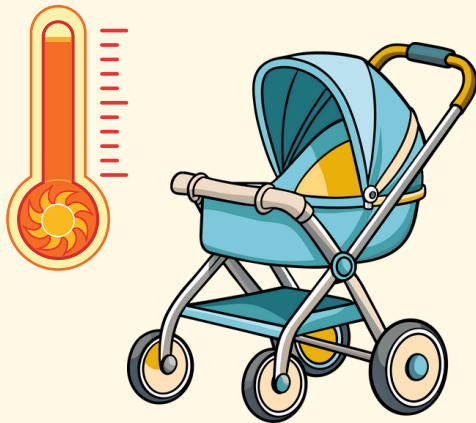
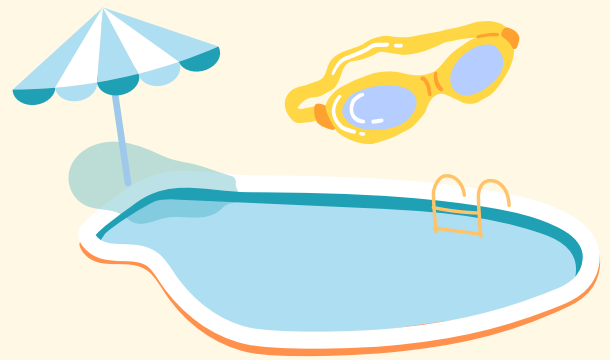
Neurodivergent children thrive on structure and routine. If your normal routine is not doable on vacation (it usually isn't!), write down your family's whole schedule for the day. Review it with your child ahead of time so they know exactly what to expect throughout the day.



Summer Safety Tips

Swimming

Remember that swimming is not only fun, but a lifesaving skill! When your child is ready to start swimming, there are many free or low-cost options for kids and adults to take lessons, such as a local YMCA or Parks and Rec Department. If your kid is too young for lessons, always make sure someone is there to watch them in the water, even if a lifeguard is present. Read more [here](#).



Strollers

Keep a close eye on kids when using strollers. Children overheat much faster than adults do, so it's important to be cautious and avoid stroller or car seat covers that trap in heat. Additionally, the semi-reclined angle of an infant car seat can lower their oxygen levels, meaning travel time in these seats should be monitored and limited. Find [more info here](#).

High Heat

Overheating is no joke. Kids can easily experience heat exhaustion or heat stroke. If you see an individual, child or adult, experiencing the following symptoms, take them out of the sun to a place they can cool down: headache, dizziness, nausea/vomiting, red clammy skin, not sweating in heat, or seizures. More info and treatment options are available [here](#). Always drink water before, during, and after spending time outside, and remember that the sun is at its hottest between 10am and 4pm each day.



Thank you!



Thank you again to all of our families, therapists, sponsors, and supporters for 30 great years of Therapy Solutions!

Have a safe and happy summer.



Stay in touch with us throughout the rest of our 30th year celebrations:



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References and Further Reading



AFAR

[Is Your Family Neurodiverse Like Mine? These Are the Tricks I Learned to Make Every Trip as Great as Possible](#)

The Arc

[Summer Safety Tips](#)

CDLS Foundation

[Summer Safety](#)

Children's Hospital Colorado

[Summer Safety Tips for Kids: How to Avoid Burns, Bike Accidents and More](#)

LEARN Behavioral

[5 Tips for Planning a Successful Vacation for Your Child with Autism](#)

May Institute

[Summer Safety Tips for Children with Special Needs](#)

