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Parent Connection

Summer 2024 Edition



A Note from the Executive Director

As another school year comes to an end, we hope our families plans for summer include lots of rest and relaxation. I always say there is no better place for a staycation than Maine in the summer months. MPF staff will enjoy some much deserved time off as our offices will be closed the week of July 4th. The office will also be closing every Friday at 2PM from May 24th – September 31st.

The summer months bring requests for recreational camps that are accessible for individuals with disabilities. Each year we work very hard to put together a comprehensive summer programming lists for families to explore. We also have a list of recreational resources available upon request. Please check out the Maine Access to Inclusive Education Resources Adaptive Sports and Recreational Opportunities in Maine page as well: [Adaptive Sports and Recreational Opportunities in Maine - Maine Access to Inclusive Education Resources - University of Maine \(umaine.edu\)](#)

With the legislative session wrapped up we can report that **LD 2166**, An Act to Establish a Grant Program to Increase Postsecondary Educational Opportunities for Students with Intellectual or Developmental Disabilities or Autism Spectrum Disorder **did not** receive a vote in the Appropriations Committee. While this was very disappointing it will not cease our efforts to continue to pursue this programming in our state.

The effort to transition the responsibility of a Free and Appropriate Public Education (FAPE) for 3-5-year olds with different abilities from Child Development Services to Local School Advisory Units (school districts), **LD 345**, continued to move forward. We are working with a group of Early Intervention advocates to monitor this work as it moves forward to ensure that family engagement is included in the process.

We will not be holding any of our formal trainings over the summer but please check out our website for recorded versions: www.mpf.org/trainings-webinars/.

Our printed publications are also available to you via our website and by calling our offices. Please continue to watch our website and social media pages on Facebook, Twitter, & YouTube for continued updated information.

Kind Regards,

Carrie Woodcock, Executive Director



What's New in the Information Center at MPF?

Maine Parent Federation has informational packets available on more than 200 topics. These packets contain researched information, local and national resources, and a list of related lending library material available here at MPF. The following information packets have recently been updated:

Disability/Disorder Related Topics:
Visual Impairment
Post Traumatic Stress Disorder
Recreational Resources

If you would like to receive any of our information packets, or would like information on another topic, please contact MPF by:

- Phone: 207-588-1933
- E-mail: parentconnect@mpf.org

(Please provide mailing information)

These materials are offered *free of charge!*

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Family Support Navigator Program

Often when a family is exploring and accessing genetic services, they may feel overwhelmed and have many questions along the way.

If you or a loved one needs help navigating genetics, Maine Parent Federation is pleased to announce that in addition to our Family Support Navigators, we now have five Genetic Navigators! Whether you are looking for emotional or informational support, or need help with system navigation, a Genetic Navigator can provide 1:1 support to help you understand and find genetic resources and services.

For more information or to request a Navigator, please call (207) 588-1933, email- parentconnect@mpf.org or fill out an application on our website www.mpf.org.

Androscoggin, Cumberland, Franklin, Kennebec, Knox, Lincoln, Oxford, Piscataquis, Sagadahoc, Somerset, Waldo, and York

Anne Bourque, 800-870-7746, abourque@mpf.org

Aroostook, Hancock, Penobscot, and Washington

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DISCUSS THE FUTURE NEEDS OF DEPENDENTS WITH SPECIAL NEEDS: SUGGESTIONS FOR PLANNING MEETING WITH FAMILY/FRIENDS

EP Magazine: BY COURTESY OF MASSACHUSETTS MUTUAL LIFE INSURANCE COMPANY (MASSMUTUAL) SPECIALCARE | NOVEMBER 2023 | CATEGORY: FINANCIAL PLANNING

Just as caring for a dependent with special needs is a family affair, so is the related planning. It is recommended that caregivers host a meeting with family/friends to discuss the future medical, educational, and housing needs of their dependent with special needs. Share information about you and your dependent's vision of the future and discuss any concerns and options for future care.

A person-centered life care planning process focuses on the development of a Life Care Plan that will enable the person with a disability to obtain the best quality of life possible. You, your loved one with special needs, if applicable, and your team of professionals should work collectively to help develop a life care plan that best suits the needs of a person with a disability – now and far into the future.

You, your loved one with special needs, if applicable, and your team of professionals should work collectively to help develop a life care plan that best suits the needs of a person with a disability. Here are some recommended topics of discussion.

Letter of Intent (LOI) (Recommended to be completed prior to meeting)

- Explanation of Letter of Intent: A Letter of Intent can be used as part of a special needs estate planning process. Although it is not legally binding, this document provides direction for the person(s) who will care for the dependent with special needs in the future. It should detail medical history, daily care needs, housing and services, as well as specific wishes and expectations as they relate to the dependent's future. It is a working document for the future caregiver(s) to follow that is updated regularly.
- Discuss the process of your Letter of Intent (written or video format) with your family, friends, professionals and make any necessary updates and changes (the LOI is a work in progress, it is never fully done and needs to be updated as situations change).
- Advise your family/friends/professionals where your Letter of Intent is located, should it need to be accessed.

Government Benefits

- Inform your family/friends what government benefits your loved one with special needs is receiving, if applicable.
- Government benefits may help to provide for the needs of a loved one with special needs in the form of medical treatments and supplies, equipment, financial assistance and more. Some supports they may be entitled to, while others they may have to apply and qualify for. Here are some examples, however, benefits vary by state and jurisdiction. For more information, visit www.ssa.gov
- Communicate the importance of not having any assets in your dependent's name over the \$2,000 limit, in most states, for them to continue qualifying for SSI and Medicaid, if applicable. Examples of such assets include:
 - Cash, art, jewelry, etc. worth more than \$2,000
 - Inheritance and inherited assets
 - Insurance benefits



Beneficiary Designations

- Recommend everyone review their beneficiary, transfer on death (TOD), paid on death (POD) designations on their accounts, such as life insurance policies, bank accounts, and align with all legal documents (wills, trusts, etc.) to ensure money is not left directly to the dependent with special needs or it could disqualify their eligibility for government benefits.
- There are distinct ways to leave money to individuals with special needs so that their government benefits are not lost, such as through a Special Needs Trust or ABLE Account.

Special Needs Trusts Benefits

- If you have a Special Needs Trust already established or plan on setting one up, explain to your family that money can still be left to an individual with special needs by listing your dependent's special needs trust as the beneficiary.
- Explain what a special needs trust is in general and how it can benefit your loved one with special needs:

A special needs trust may offer a means of protecting a dependent with special needs' eligibility for government benefits, while addressing their ongoing care and needs. In general, a trust is an arrangement by which property is held by one party (the trustee) to benefit someone else (the beneficiary). Different types of trusts suit different needs and may have different tax implications. There are two main types of special needs trusts: first party and third party depending upon the source of the funds.



A trust created to benefit a person with special needs can:

- Receive assets, such as an inheritance, a court settlement, an insurance claim payment, gifts of money, or life insurance proceeds.
- Protect current or future government benefits.
- Pay for medical care, special equipment, education, entertainment, transportation, and more.

Consult an attorney who has experience with special needs planning. A financial professional with experience in working with special needs families can help with funding options for special needs trusts. If your loved one with special needs has an ABLÉ account already, share this information with your family/friends and explain what an ABLÉ Account is.

What is an Able Account?

ABLE (Achieving a Better Life Experience) accounts allows eligible individuals with special needs who have a disability that manifested itself before the age of 26 to open tax-advantaged savings accounts. Only one ABLÉ Account can be opened per eligible individual. The account can be established by the eligible dependent with special needs, or their parent, legal guardian, or agent acting pursuant to a power of attorney. ABLÉ accounts are developed and managed on a state level. Most states allow deposits from out of state residents so even if your state does not have the program you may still be able to sign up for another state's account.

- ❖ The funds can come from either the individual with special needs or any third person (including family, friends, co-workers, Special Needs Trust, or Pooled Trust).
- ❖ Income earned by the ABLÉ account is not taxed. Contributions must be made with post-taxed dollars and is not tax deductible for federal taxes, however, some states may allow for state income tax deductions for contributions made to an ABLÉ account.
- ❖ Funds in a 529 college savings plan can be moved into an ABLÉ account without incurring tax or penalties if both accounts have the same beneficiary or a qualifying member of the beneficiary's family. The rollover amount must be within the annual ABLÉ contribution limit (\$17,000 in 2023) and must occur by December 31, 2025. There are direct rollovers where the two programs transfer assets directly from one to the other. And there are indirect rollovers in which the account owner of the 529 plan would take possession of funds before they are transferred. The transfer must occur within 60 days of withdrawal.
- ❖ Money from the individual with a disability's special needs trust may also be moved into their ABLÉ account with no tax consequences, again, while staying within the annual ABLÉ contribution limit.
- ❖ The funds can be used for a range of expenses related to the disability of the dependent,

such as education, housing, transportation, health, prevention and wellness, financial management, administrative services, legal fees, personal support services, employment training, etc. In most states, upon death of the dependent with special needs or termination of the account, there is a Medicaid pay-back provision in most states regardless of who deposited the funds. Some states are doing away with the Medicaid pay-back provision.

Annual Contributions

A total of \$17,000 for 2023, plus an additional \$13,590 can be contributed from the earnings of the beneficiary.

If the ABLÉ account owner is employed and does not participate in their employer's defined contribution plan (such as a 401(k) plan, profit-sharing plan, 403(b) plan, or 457(b) plan), they may make an additional annual contribution up to the lesser of:

1. The ABLÉ account owner's compensation from their employer for the tax year. OR
2. The United States poverty line amount in 2023 of \$15,630 in Hawaii, \$16,990 in Alaska,

or

\$13,590 in all other U.S. states.

Total Account Limit Maximum

The maximum accumulation amount in the ABLÉ account is subject to the individual state's limit, based on the state's cap for the traditional 529 Plans. The amount can range from \$235,000 to \$550,000 for 2023.

For ABLÉ account owner's receiving Supplemental Security Income (SSI), if the account combined with their other resources exceeds \$100,000 there will be a suspension of their SSI until all their resources no longer exceed the \$100,000 limit. However, there is no effect on benefits under the Medicaid program, even if a beneficiary's SSI is suspended because the account exceeds the \$100,000 limit. For the most current information and states that offer an ABLÉ Account, visit www.ablenrc.org

Your Team of Professionals

It's important to pull together a support team of professionals that can help guide caregivers through the variety of options available to plan for the future care of dependents with special needs.

The composition of the team may vary depending on your unique situation, but it should include you and your loved one with special needs, if applicable, working collaboratively with professionals who have experience in working with special needs families, such as:

- Special needs financial professional
- Special needs attorney, and
- Perhaps a health professional and a school guidance counselor, among others.

Advise your family who will be on your "Team" to assist you with executing your plan for your loved one's future.

SpecialCare is a program created by MassMutual that provides access to information, specialists and financial solutions to people with disabilities and their families. For more information about Massachusetts Mutual Life Insurance Company (MassMutual) and its SpecialCare program, please visit www.massmutual.com/specialcare.

The information provided is not written or intended as specific tax or legal advice. MassMutual, its subsidiaries, employees, and representatives are not authorized to give tax or legal advice. Individuals are encouraged to seek advice from their own tax or legal counsel. Individuals involved in the estate planning process should work with an estate planning team, including their own personal legal or tax counsel.



MaineCare is a coverage option that ensures children and young adults can get the vital health care coverage they need. MaineCare offers high-quality, free or low-cost (through the Children’s Health Insurance Program) health insurance for children under 21 in eligible households. With the current income limits, a family of four earning up to \$90,000 per year may be eligible for coverage, \$59,000 for a family of two.

Young adults who are not claimed on their parents' taxes may still be eligible for this valuable health care coverage. They may be eligible for MaineCare using only their income.

Parents and caregivers who have questions about coverage for dependents or themselves may call Consumers for Affordable Health Care (CAHC) for information about eligibility requirements, coverage options, and transitioning coverage. CAHC is proud to be Maine's Health Insurance Consumer Assistance Program. We provide free, confidential assistance screening individuals and families for eligibility and enrollment in MaineCare and private insurance through the Marketplace, other health care programs, and appeals assistance.

For more information, please visit mainecahc.org, email us at helpline@mainecahc.org, or call us at 1-800-965-7476.

Here is another great resource!

The Maine Early Childhood Consultation Partnership (ECCP®) is an infant and early childhood mental health consultation program that addresses the social-emotional needs of children birth to age eight (0-8) by offering support, education, and consultation to the adults who provide care for them.

www.maine.gov/dhhs/ocfs/support-for-families/child-care/early-childhood-consultation-partnership

How to Build a Teepee Trellis



Simple, sturdy and long-lasting, this teepee trellis is a great way to grow vertically and save space in your garden. Learn how we built this DIY garden trellis with just a few supplies and old tree branches from your property.

Materials:

- 2 8 foot T post
- 4 90" posts (such as branches, lumber, wooden rods or emt conduits)
- Wire
- Thin roping (such as twine, string or nylon braided twine)

Instructions:

1. To build the teepee trellis, start by measuring out a 4' x 4' circle on the ground. You can add placeholders for where your posts will go, if you desire.
2. In the center of the circle, place your T post. Use a sledgehammer or fence post driver to pound the post into the ground.
3. Adding one branch (or your desired post type) at a time, arrange the branches into the shape of a teepee around the center of the T post. When finished, the posts should overlap at the top and be equally spaced from each other on the ground. Optionally, if you plan to walk into the teepee, you can offset the front two branches to create a wider opening.
4. Wrap metal wire or coated garden wire around the center T post a couple of times, then move to the first branch and secure to the center T post. Repeat for the remaining branches. To finish, wrap the wire around the outside to tie all branches all together. This helps to make sure the unit becomes one and does not tilt or tip over from strong winds or storms.
5. Starting in the front of the trellis, tie some twine around the first branch. The first line should start about 6-8 inches from the ground. Without cutting the twine, string it to the next branch. Loop the twine around the second branch a couple of times then move to the third branch. Loop again and proceed to the fourth branch. Finish off the first line by tying a knot on the last branch. Repeat the process, leaving about 6-10 inches between each line until you reach the top of the teepee trellis.
6. Place your plants at the base of the trellis, either beside a branch or in between branches just under the first line of twine. This will encourage the plants to vine up your trellis. When the plant grows tall enough to begin vining, you may need to teach it where to go. I have found some plants require a little more persuasion than others.

Maine Parent Federation Support Groups

We offer lots of different support groups for all needs and ages. Please note that none of these will be held in the month of July. Please check the Events Calendar listed on our website for links to register and current dates and times of groups: www.mpf.org/events/

Ask Us Anything!



Bring your questions and join Maine Parent Federation staff for a Live Q&A! We understand that parents may have a lot of unanswered questions and seeking guidance can feel like hitting a roadblock.

Using personal and professional experience navigating the systems of care, our staff hopes to provide assistance, information, and referral to help you receive the answers you are looking for. If we can't answer your questions, we will find someone who can!

Occurs on the last Tuesday of each month, excluding December.

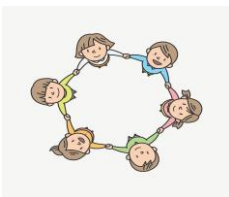
Maine Youth Chat



“Maine Youth Chat is a virtual group for young people in Maine to network and learn about new opportunities. Together we will build and share skills in communication, self-advocacy, and decision making, with the shared purpose of building a supportive community of like-minded people.”

Meets via Zoom every other Tuesday at 4:00pm. (Usually twice a month)

Youth Survivors Network



Youth Survivors Network is a virtual community for young brain injury survivors (16-25) in New England, and a resource for all. Together we will share our experiences, collaborate on projects, and create a platform for youth and young adults navigating life with brain injuries

We are now hosting a quarterly drawing! Every month you attend a Youth Survivors Network Session, your name will be entered into a drawing for a chance to win one of two \$50 gift cards. The drawing will be held every 3rd month.

Occurs on the second Wednesday of each month.



Maine Youth Sibling Group



For siblings (High School & Middle School age) of individuals with special needs, to provide an opportunity to explore the feelings and situations occurring in their lives, with other peers in similar situations.

Occurs every 4 weeks, on Tuesday at 4:00 pm

Parent Support Group: For Parents of Children with Disabilities or Special Healthcare Needs

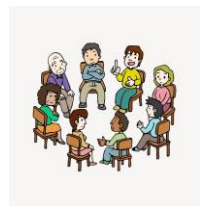


This group will provide a safe and compassionate space to share experiences, foster mutual respect, focus on self-care, and provide useful resources. We encourage everyone that has an adult with disabilities in their life and has questions or needs support to join us. We do have planned topics for the group to discuss including holiday stress, isolation, guilt and connection to name a few. We will also provide time for open sharing as well. Some of the topics we will

discuss include, holiday stress, isolation vs. connection, and guilt to name a few. There will also be time for open sharing at each group as well.

On Thursday once a month at noon.

Support Group for Parents and Caregivers of Children with Complex Medical Needs



We invite parents and caregivers of children with complex medical needs to join our virtual support group.

This support group will provide parents and caregivers the opportunity to connect, find solidarity, give and receive empathy, share resources and provide encouragement to others who share common life experiences of medical caregiving. This group provides a confidential and safe space to share experiences related to the journey of caring for a child with complex medical needs.

We encourage you to pass along this support group opportunity to other families of children with complex medical needs.

On the fourth Thursday of the month at noon.

***To see current information on each support group please go to the Events Page on our website: www.mpf.org/events/**

Keep kids busy all summer long with the ultimate Summer Bucket List ideas. Filled with fun ideas and activities to entertain families No more stressing about what to do with your kids just look through the summer checklist to inspire your day. You'll find new ways to enjoy the summer months together.

Fun Summer Bucket List Ideas for Kids



Kids Outdoor Activities

Water Balloon Fight- Fill up the water balloons and have a family water balloon battle in your backyard.

Scavenger Hunt- Head outside for a fun scavenger hunt with the kids. You can do this on a hike or through your own neighborhood. Old kids will love making it a selfie scavenger hunt.

Outdoor Concert- Enjoy a local outdoor concert that your town or park district offers. Enjoy listening to the music and having a picnic.

Make S'mores- Roasting s'mores is a favorite summer bucket list idea for all ages. You can make them over a fire pit or bake them in the oven. All you need is Graham Crackers, Marshmallows, and Chocolate bars.

Play in a Sprinkler- Keep cool by running through a sprinkler in your backyard or sliding on a slip n' slide.

Backyard Camping- Summer is the perfect time for camping. Make it easy by pitching the tent in your backyard. Tell stories around a fire pit and roast a hot dog and s'mores to eat. If you are more adventurous head out on a camping trip.

Skateboarding- Go skateboarding around your neighborhood or at your local skate park.

Water Gun Battle- Get some water guns and have a fun water fight in your backyard. It's a great way to cool off this summer. Tip: Fill up a large bin with water to make it easier for kids to refill their water guns.

Red Light Green Light- Play a game of Red Light Green Light. The kids will run when you say green light and stop when you say red light. Pick a finish line in your yard that they need to reach to win the game.

Enjoy a BBQ- What's a great summer without a BBQ? Host a BBQ with friends and family and enjoy eating and talking with everyone. Entertain everyone with a few backyard games to play.



Read in a Hammock- Relax this summer by reading a good book in a Hammock. Finding a new fun place to read will help encourage your kids to keep up their reading over the summer.

Collect Bugs- Let the kids scour the backyard or local trails for cool bugs to collect. Add small bugs to a bug catcher kit so you can observe the bugs up close. Then when you're done for the day let them go.

Take a Bike Ride- Get your kids to exercise on a bike ride in your local neighborhood or try a new trail for bikes near you.

Sidewalk Chalk- Decorate your driveway and sidewalk with chalk.

You can even play a fun sidewalk chalk game that will keep the kids entertained all day.



Lemonade Stand- Hosting a lemonade stand is the perfect summer activity for kids. Have the kids create a big sign, make their lemonade stand, and the lemonade to sell.

Tell Ghost Stories- Head to your backyard firepit or gather in your house and tell funny or scary Ghost Stories.

Catch Fireflies- One of the best parts of summer is catching fireflies. Head out at night to catch them and don't forget your bug catcher kit.

Stargazing- While you are out catching fireflies do some stargazing. See if your kids see any patterns in the stars above.

Start a Garden- Grow your own vegetables, fruit, or flowers in a traditional garden plot in your yard or in pots to grow on your porch.

Have a Picnic- Enjoy a picnic lunch or dinner in your backyard or at a local park.

Obstacle Course- Make an obstacle course in your backyard with items you have at home. For instance, having kids jump through a hula hoop, run around cones, go up a ladder, and down a slide. Just use what you have and make small obstacles. Older kids will enjoy turning it into a race.

Blow Bubbles- Kids love blowing bubbles and watching the wind take them away or running to pop them. Older kids will really like making trick bubbles with large bubble wands.

Paper Airplanes- Color and fold a piece of paper into an airplane. Then see how far you can toss your paper airplane in the backyard.

Fly a Kite- On a windy day head outside to try and fly a kite. See how high you can get it to go.

Kids Indoor Activities

Make a Time Capsule- Take time to keep memories of 2022 and add them to a time capsule you can bury in the backyard. Kids will love finding interesting items to add to their capsules.

Make Root Beer Floats- Learn how to make root beer floats and enjoy drinking them together.

Family Game Night- Plan a fun family game night everyone can play together. You'll have the best time just hanging out and playing games.

Homemade Ice Cream- Learn how to make homemade ice cream with the kids. When it's done, have a taste test to try the different flavors you make.

Plan a Sleepover- Invite a couple of your child's best friends to bring over a sleeping bag and have a slumber party. Be ready with some Fun Things to Do at a Sleepover.

Build a Fort- Let the kids build huge blanket forts in the house. They'll have fun creating it and then they can use it to read new books or play with toys inside.

- Cook a Meal Together**- Look through recipes with your kids and pick out a meal you'd all like to try. Then cook together and try your food. If you have a favorite family dish, teach your kids how to make that too.
- Play Hot Lava**- This is a classic game to play with kids. Drop pillows or cushions to the floor and let the kids know they can only step on those because the rest of the floor is hot lava. Kids need to make it across the room hopping from pillow to pillow without touching the "hot lava".
- Lego Challenge** - Give the kids a bucket of random Lego pieces. Then give them 10 minutes to make a cool creation. You could also give the kids a theme idea of what to build which will help give them direction.
- Play Board Game**- Pull out all those dusty board games and play together.
- Play Card Games**- Add to your board game rotation some fun card games to play.
- Make Popsicles**- Keep cool this summer by eating homemade popsicles. Use popsicle holders and add your favorite juice or fruit smoothie.
- Play Charades**- Another classic game kids really love is Charades. Kids act out the word they receive and their teammates have to guess the word correctly in 1 minute. All you need is Charades words and you're ready to play.
- Play Hide & Seek**-This game is always a hit for all ages.
- Eat Hot Dogs**- Create a hot dog bar for the family. You can put out all different types of toppings for the kids to try eating on their hot dogs.
- Homemade Pizza**-Let everyone make their own pizza for lunch. Have the kids roll out pizza dough and add the toppings they want to their own pizza.
- Bake Cookies**- Enjoy baking cookies together and then designing them with frosting and sprinkles.
- Balloon Tennis**- Keep kids active when you're stuck indoors on a rainy day with a fun game of Balloon Tennis.
- Would You Rather Questions**- Ask your kids silly Would You Rather Questions and listen to their hilarious answers.
- Freeze Dance**- Crank up the music and play a fun game of freeze dance. It's sure to get all your kids moving.
- Bingo Games**- Enjoy a fun game of Bingo at home with your kids.
- Puzzles**- Do a big family puzzle you can work on together or smaller puzzles individual kids can complete.
- Create Mad Libs**- Let the kids write a funny story and then remove a word in each sentence. Have them ask their siblings to give them words to fill in and then read the story with the new words.
- Look at Old Photos**- Take a trip down memory lane looking at old pictures.

Crafts, Art & STEM

- Bird Feeder**- Make a DIY Bird Feeder that can hang in your backyard. Cover a toilet paper roll in peanut butter or sun butter. Then roll it in birdseed. Lastly, use a piece of yarn as your string to hang it on a tree.
- Coffee Filter Butterflies**- Make easy and cute coffee filter butterflies. All you need is coffee filters, markers & pipe cleaners.
- DIY Laser Maze**- Keep the kids busy thinking of creative ways to design their indoor hallway laser maze with steamers and tape. See who can get through the maze the fastest without touching the “lasers”.
- DIY Race Track**- If your kids love cars, create an indoor race track with painter’s tape on the floor or a large box going down the stairs.
- Make Playdough**- Have the kids help you make DIY Playdough and then play with it.
- Draw a Picture**- Give the kids a theme and ask them to draw a picture. For example – the beach, your house, playground, family, sports
- Shadow Art**- Use the sun to help you trace outdoors by using shadows. You can create shadow art with sidewalk chalk or with paper and pencil.
- Paint Rocks**- Let the kids first go on a hike to find some rocks. Then bring them home to paint and place in your backyard.
- Make Slime** - Create a batch of DIY Slime at home.
- Make Jewelry**- Get some beads or cereal and let the kids string these to make necklaces and bracelets.
- Sun-Catchers**- Create beautiful DIY Sun-Catchers to hang on your windows or outside in the yard.
- Paint with Bubbles**- Kids can make unique art pictures by painting with bubbles. They’ll love seeing all the cool patterns they can make with colored bubbles.
- Leaf Rubbing**- Let the kids find a few leaves of different sizes. Then lay the leaves under a piece of paper and rub a pencil across so that you see a rubbing come through.
- Go to a Baseball Game**- Enjoy a day out at the ball game eating hot dogs and watching your favorite team play baseball. Tip: You’ll find cheaper tickets at a AA baseball game rather than an MLB game and they can be just as much fun.
- Farmer’s Market**- Visit your local farmer’s market to show kids all the different products farmers grow. Then buy some fresh fruit or veggies to eat at home.
- Meet New Friends**- Head to a local park, playground, pool, or storytime and meet new kids and parents to play with this summer.
- Ride Roller Coasters**- Go to a local amusement park and try all the fun rides. Your kids will love the thrill of riding a roller coaster.
- Ride a Ferris Wheel** - When a carnival comes to town or at the amusement park.

Cheers to a fun filled summer!