



What about fun!



Recreation of all kinds is important to health and well being of all of us. When it comes to children with unique abilities, parents may feel alone, frustrated and confused, not knowing what possibilities exist for their child. Family TIES of Massachusetts can help. Our staff is made up of parents of children with special needs, too, and can relate to your concerns. Our staff can listen, brainstorm, and help you discover opportunities for your child and family.

In thinking about recreation, consider what makes your child happy. What interests and excites your child, or brings a sense of accomplishment to him or her? Even when an activity might seem to be impossible or feel scary to the parent, it's important to keep an open mind. Reach out to professionals in the field who can listen and modify an activity to meet your child's individual needs. You will never know unless you try. ***Just about anything is possible.***

It's important to do your homework. Make a list of obstacles that prevent your child from being involved in an activity he or she is interested in. Then begin to think about ways of getting around those barriers. Keep trying until you find the best fit. Over the years, as your child grows and abilities and interests change, he or she may want to try different recreational activities. Keep an open mind! Remember recreation promotes good health and well being for everyone.

EXAMPLES OF THE MANY PROGRAMS TO KNOW:

All Out Adventures: www.alloutadventures.org

Arc in your area:

<http://www.arcmass.org/ArcMassHome/ChapterContactInformation/tabid/57/Default.aspx>

Mass. Dept. of Conservation & Recreation: www.mass.gov/dcr/universal_access/index.htm

Double H Ranch: www.doublehbranch.org

Easter Seals of Massachusetts: www.eastersealsma.org

Massachusetts Special Olympics: www.specialolympicsma.org

Federation for Children with Special Needs Camp Directory: www.fcsn.org

For more Information, contact your **Family TIES Regional Coordinator**
at **1-800-905-8437** or **www.massfamilyties.org**

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