

## TIPS FOR INDEPENDENCE DAY CELEBRATIONS

Spending time outside, parades, barbeques, fireworks. Doesn't that remind you of a perfect 4th of July? Well for some kids, the 4th of July means being overly hot, crowds of people, feeling overwhelmed, and loud noises. That's a lot for your senses to take in. Use these tips to make the holiday a little less overwhelming.

### **Count Down**

Make a calendar with your kids and cross out days leading up to the 4th. This helps prepare them by letting them know something different is coming up, but it's exciting.

### **Talk It Out**

Let them know about your plans as much as possible. If your kiddo is older try to let them know how long you expect things to take. Let them know that the parade might be an hour and the ride to the party will be a half an hour or longer with traffic. Talking to your child about what plans can help them feel better about what is in store for them.

### **Go Through Old Pictures**

If you're going to a party or barbecue with friends you haven't seen in a while, show your little one a picture of them ahead of time so they don't feel like they're in a crowd of strangers. Bonus if you have pictures of that friend or family member with your kiddo together!

### **Cool Down**

It's the middle of summer! And doesn't it always seem like the 4th of July is the hottest day of the year? Well, be prepared. Sunglasses, sunscreen, fans with squirt bottles, hats, and water bottles can help keep the kids (and adults!) cool.

### **Bring the Right Gear**

Noise cancelling headphones, blankets, a fidget toy. Maybe all of the above? You know what your child needs, so depending on your plans don't forget to pack some things to comfort them.

### **Location, Location, Location**

The right spot to watch fireworks or the annual parade can be key. If your kids get overwhelmed, try finding a more secluded spot for these events. Some parents recommend staying near the car during the fireworks show in case you need an escape from the noise for a bit and watch the fireworks from there.

### **Prep For Fireworks**

We want all fireworks and no waterworks! But let's face it, fireworks can be a little scary, especially when you don't understand how they work. You can talk about what to expect ahead of time and during the show families can talk about all the different colors they see. Sitting on a family member's lap during the show can definitely be an added comfort.

Keep in mind you know your child best. It's up to each family to determine what and how many activities they can handle on the 4th of July. The important thing is to spend the day celebrating together!

FULLY ENCLOSED, SHADED WATER PLAY FOR UNDER'S 5'S OPEN TO ALL CHILDREN  
(IN SUMMER OLDER SIBLINGS ARE WELCOME JUST WATCH OUT FOR UR LITTLE ONES!)  
BRING A BATHING SUIT, TOWEL AND A DRINK/SNACKS IF YOU WOULD LIKE - FREE

WATER PLAY  
MAY - SEPTEMBER

# COMMUNITY PLAY DATE

*Under 5's*

.....  
**EVERY 4TH WEDNESDAY OF THE MONTH**

**From 9:00am - 10:30am**

**The Children's Center**

**5650 S. Washington Ave.,**

**Titusville 32780**

**RSVP to Mary: 321-292-1370**

**SPACES ARE LIMITED!**



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## Share Your Story

Why Share Your Story? Our stories connect us as human beings. Each of you has a story to tell. Some parts of your story are uniquely yours while other parts are common to most of us. For example:

- ❑ How did you feel when you first suspected that your child had a disability or delay?
- ❑ When and how did you find out about your child's disability or delay?
- ❑ How did your family become involved in Early Steps?
- ❑ How do you feel now concerning your child's disability or delay?
- ❑ How overwhelmed do you feel with all the new terminology and programs you must learn about?

Sharing your story may be easy or it may be difficult. Just remember that you can share as much or as little as you like with others. Sharing your story can be a healing exercise that helps as you face your life experiences.

*An excerpt adapted from "New Star" A Family's Guide to Navigating Early Steps*

If you would be interested in sharing your story to help other families, please reach out to Mary Cancel at [Mary.Cancel@spacecoastes.org](mailto:Mary.Cancel@spacecoastes.org) or text/call 321-292-1370



**OUR OFFICES WILL BE CLOSED ON  
THURSDAY, JULY 4<sup>TH</sup>, 2024  
IN OBSERVANCE OF INDEPENDENCE DAY**



<https://fun4spacecoastkids.com/>

Check out this site for lots of events,  
groups, activities, clubs and more!

7th  
Annual



FREE

Space Coast

Baby & Kids EXPO

Saturday, July 13th 10:00-2:00pm

- ✓ Programs & Resources • Giveaways • Free Activities
- ✓ Baby Bump Painting • Soft Play Zone • Balloon Twister
- ✓ Temp Tattoos • Photo Booth • Dozens of Vendors
- ✓ Informative Workshops • Mommy & Me Classes

RSVP: [SPACECOASTBABY.EVENTBRITE.COM](http://SPACECOASTBABY.EVENTBRITE.COM)

MELBOURNE 1700 W New Haven Avenue  
SQUARE Melbourne, FL 32904

To become a vendor, email [Info@TouchofMagicEvents.com](mailto:Info@TouchofMagicEvents.com)



## FAMILY RESOURCE LENDING LIBRARY

If you are in need of special items, resources or information we may be able to help! We loan out books, toys, or special items depending on what you and your unique child might need. We have lots of hands out on lots of subjects! Do you have items you wish to **donate** for our families? We would LOVE to pass them along to another family in need!

## INDEPENDENCE DAY CELEBRATIONS

[https://fun4spacecoastkids.com/  
Whats-Happening/July-4th-](https://fun4spacecoastkids.com/Whats-Happening/July-4th-)



**1st Sunday Morning of Each Month**

**9am to 11am**

**2250 W Coastal Ln, West Melbourne, FL 32904**

Chuck E. Cheese's now offers a sensory-friendly experience on the **first Sunday of every month**. Our trained and caring staff is there to make sure families who have children with special needs have a fun filled visit.

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## **BREAKFAST SUPPORT GROUP**

Please join us for resources, friendship and support. We will share our journey together!

Food and/or drinks available for purchase.

All ages welcome!

**Friday, July 12<sup>th</sup>**

Cracker Barrel Old Country Store

1175 Palm Bay Rd NE,

Melbourne, FL 32905

9:30am – 11am

**Space Coast Early Steps  
C.A.T.C.H. of Brevard**

Community Access to Child Health of Brevard, Inc.  
Early Intervention Services for young children with  
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104  
Rockledge, Florida 32955

Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

**VISIT OUR WEBSITE:**

<https://www.spacecoastes.org/>



**LIKE OUR NEW FACEBOOK PAGE!**

<https://www.facebook.com/Space-Coast-Early-Steps-101089132406421>



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**CHECK OUT OUR WISHLIST:**

[https://www.amazon.com/hz/wishlist/l/s/2GMM3ZYZA9H69?ref=wl\\_share](https://www.amazon.com/hz/wishlist/l/s/2GMM3ZYZA9H69?ref=wl_share)

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therapists on Amazon, every item is needed  
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