



FAMILY ENGAGEMENT NEWSLETTER

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Planning for a Child with Attention Deficit Disorder (ADHD) During the Summer Months

By Wendy Overturf

Planning a summer for children and teens with ADHD requires a balance between structure and flexibility. Individuals with ADHD often thrive on routines, but summer should still be fun and engaging. Here are some tips to help you plan.

Maintain a Routine

Children with ADHD thrive on consistency, so having a predictable daily routine is key. Use a visual schedule (written, picture-based, or app) to help them stay on track.

- Stick to a consistent bedtime and wake-up time schedule.
- Use visual schedules (calendars, checklists, or apps) to help with expectations. Use timers and reminders (visual clocks, alarms, or verbal cues) to help with transitions.
- Keep mealtimes consistent.

Balance Structured Activities with Free Time

- Sign up for structured programs like sports, art classes, or summer camps.
- Alternate between structured activities and unstructured downtime.
- Avoid over-scheduling—leave room for breaks.

Incorporate Physical Activity

- Children with ADHD often have high energy levels, so plan activities that allow movement.

Keep Learning Engaging

Use interactive ways to keep minds engaged, for example:

- Science experiments
- Hands-on art projects
- Educational apps and games
- Library reading challenges
- Museum visits

Manage Screen Time

- Set clear limits on screen use (e.g., 1-2 hours per day).
- Use educational games.
- Encourage outdoor play instead of excessive screen time.

Create Calm & Relaxing Moments

- Introduce mindfulness activities like yoga, breathing exercises, or sensory play.
- Have a quiet space where they can relax when overstimulated.
- Use calming activities before bedtime, like reading or listening to music.

Plan for Travel & Outings

- Prepare your child in advance for new places with pictures or videos.
- Bring fidget toys, snacks, and noise-canceling headphones for long trips.
- Keep outings short or break them into manageable chunks.

Offer Choices & Rewards

- Give some control to your child of their summer schedule by offering choices.
- Use a reward system to encourage positive behavior.
- Set goals (e.g., reading a certain number of books or trying a new sport) with incentives:

Transition Smoothly Back to School

About 2-3 weeks before school starts, gradually adjust the schedule and activities.

- Shift wake-up times and bedtimes closer to school day routines.
- Reintroduce school-related activities such as homework routines.
- Talk about school expectations to ease the transition. It also might be helpful to visit the school prior to the first day.

Additional Resources

[5 Smart Summer Routines for Kids with ADHD](#)

[A Summer Schedule for Kids with ADHD: How to Balance Fun, Independence & Structure](#) In this hour-long webinar-on-demand, learn how to create a balanced summer schedule for children and teens with ADHD.

UPCOMING WI FACETS EVENTS

There are very limited webinars during the summer. However, be sure to check some of our online resources. [IEP Mini-Modules](#): These 30 to 40-minute modules break down what you need to know about the IEP process. You can watch through the entire ten-part series or jump right in with the modules that are most interesting to you. Clicking on the module will direct you to a registration page. After filling out the required information, you will be able access the recorded video(s).

[Training Webinar Recordings](#): This link has many of our archived webinars in case you missed one or perhaps want to review it again. The webinars are all organized into categories. Just select the title of the webinar you would like to view. Please note: You will have to provide some basic registration information before you are able to access the recording. If there were slides that were used during the webinar, they are included as well.

[Supporting Literacy at Home | WI FACETS](#)

Check out these self-directed, interactive online literacy modules-“Literacy Training Series for Families” on the WI FACETS website. The purpose of this series is to help families better understand how to effectively support their children’s literacy development at home and to increase communication with their children’s teachers and school about literacy-related goals. While this information is beneficial to all families for supporting their children’s literacy development, this series was specifically developed for families of students with special education needs.

[IEP 10: Derechos de los Padres en el Proceso del IEP](#)

Date: June 12, 2025, 12pm-1pm

Presenter: Nathaly Silva, WI FACETS

HOME LEARNING



Tips to Help Reduce the Summer Slide

The summer slide is when children experience a decline in their academic skills during the summer months when school is not in session. Lack of structured learning activities and reduced access to resources during the summer can contribute to this learning loss. See tips below for how to encourage learning during the summer months.

[Make Reading Fun and Accessible](#)

Visit the Library

Libraries often have summer reading programs with fun activities and rewards, plus a wide selection of books.

Create a Reading Nook

Designate a comfortable and inviting space for reading, whether it's a cozy corner with pillows or a spot outdoors.

Choose Engaging Books

Explore different genres and formats (eBooks, graphic novels, audiobooks) to cater to your child's interests.

Read Aloud

Even older children can enjoy being read to, and it's a great way to model reading and build vocabulary.

Go on Reading Adventures

Make reading a part of your summer activities. This could include incorporating reading traffic signs on car rides, signs at the park, or signs at a store.

[Encourage a Reading Routine](#)

Schedule Reading Time

Even short, regular reading sessions can make a big difference.

Set Realistic Goals

Don't pressure your child to read excessively; focus on consistency and enjoyment.

Make it a Family Activity

Read together as a family or encourage siblings to read to each other.

Start a Book Club

Discuss books with your child or with a group of friends to foster a love of reading.

[Summer Reading Challenges](#)

Participate in Library Programs

Many libraries offer summer reading challenges with prizes and activities.

Create Your Own Challenge

Set up a simple challenge with rewards for reading a certain number of books or pages.

Reward Reading

Recognize your child's efforts with small rewards such as a special treat or a fun activity.

Be a Reading Role Model

Show Your Love of Reading

Let your children see you reading regularly, whether it's a book, magazine, or newspaper.

Talk About Books

Discuss the books you're reading and share your thoughts and opinions.

Encourage a Lifelong Love of Reading

Make reading a fun and enjoyable activity that your children will continue to enjoy throughout their lives.

[Practice Writing](#)

Letter of Appreciation

Encourage your kids to practice their writing skills by crafting notes to loved ones. Little ones can draw a picture and dictate a note to you!

Start a Journal

Grab notebooks and set aside some time for journaling. The kids can write about what they did that day, what they're thinking about, and how they're feeling. If they enjoy it, try doing it regularly.

Math Activities to Help Prevent Summer Slide

Check out these websites for activities to prevent summer slide and to help students keep their math skills sharp while enjoying summer vacation.

[Summer Slide: 5 Strategies for Prevention](#)

[9 Summer Math Activities: Preventing Math Summer Slide](#)



June 20, 2025

The first day of summer is often called the [summer solstice](#). Summer is often a time for family road trips. It is a great opportunity for families to interact together.

[Ideas](#) on how to keep kids off their phones and engaged in the Family Road Trip!

[Tips to Easy Gardening with Kids - Video](#)

Gardening with children is incredibly rewarding and can plant the seed of a lifelong hobby.



Personalized Father's Day Celebration

Create a day of activities Dad enjoys, whether it's a relaxing day at home, an outdoor adventure, or a fun outing with family.

Outdoor Adventure: Go for a hike, fishing trip, or picnic, depending on his preferences.

Family Games: Have a game night with his favorite board games or video games.

Barbecue: Plan a barbecue with his favorite foods and enjoy the outdoors together.

UPCOMING STATE EVENTS

[2025 Endless Possibilities Conference](#)

Bridging Success: Empowering Every Learner!

Date: Tuesday, August 5, 2025

In person – Location: [Waukesha County Technical College, Pewaukee Campus](#)

Registration is open! Contact **WI FACETS** for information about parent scholarships.
Exhibit Registration - We also have limited space for Exhibit Tables.

Teamwork makes the dream work! We've all heard this phrase, but how can we develop teams to make that dream a reality? The Endless Possibilities conference will provide resources and tools to build your knowledge to support all of our students with disabilities to succeed in school as well as in life!

This year we welcome Mike Hipple as our keynote speaker to share his first-hand experience and talk about technology and accommodations for students. We will also hear from young adults with lived experience in special education, delve into dynamic discussions around how to support engaged readers, learn what others are doing to support positive outcomes for students with disabilities to achieve their goals, and much more. Please visit our **conference site** for more information.

By working together, educators and families can help students thrive in school and prepare for success after school. Please join us! Spanish Interpretation Available.

Empowering Preschool Educators & Leaders:
A Deep Dive into Addressing the Behaviors That Challenge Us

Educators and leaders will be empowered to implement strategies to promote skill development and positive behavior outcomes for all learners.

Dates: June 19-20, 2025

Location: Hyatt Regency, Green Bay, WI

29th Annual Wisconsin American Indian Studies Summer Institute

Dates: July 28-August 1, 2025

Location: Unity School District, Balsam Lake, WI

The annual Wisconsin American Indian Studies Summer Institute is an active, highly participatory, week-long workshop designed to increase participants' understanding of issues related to the histories, cultures, and tribal sovereignty of the American Indian nations and tribal communities in Wisconsin.

National Federation of Families Conference (NFF)

Dates: November 13-15, 2025

Location: Hyatt Regency, Chicago, Illinois

The National Federation of Families is a nationwide advocacy organization with families as its sole focus. It plays an important role in helping parents, caregivers, families, and their loved ones whose lives are impacted by mental health and substance use disorders. The NFF Conference brings together families, caregivers, the family peer workforce, community leaders, providers, partners, and legislators. The annual conference generates a large amount of discussion on current challenges and trends pertaining to families and the health of their loved ones, from the perspective of a family-driven approach.

FOR YOUR INFORMATION

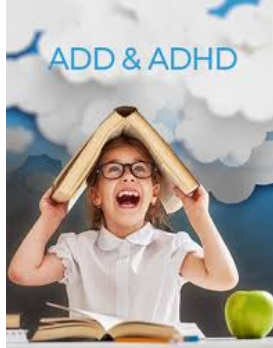
Updated Recreation and Leisure Factsheet

For children who are deafblind, recreation and leisure activities can reduce isolation and encourage independence. A newly updated factsheet, **Recreation and Leisure**, describes strategies for promoting recreational activities and setting the stage for successful participation. Originally published in 2008, the revised factsheet has been updated and redesigned.

Wisconsin FACETS Facebook Page

Be sure to check out the WI FACETS Facebook page. The page includes posts related to children with disabilities and also gives more information about upcoming webinars.

ONLINE RESOURCES: ADD / ADHD



[Center for Parent Information and Resources \(CPIR\)](#)

The link connects to a webpage that provides brief, but detailed fact sheets on ADHD. The fact sheets give information about ADHD, describe its characteristics, offer tips for parents and teachers, and provide links to related information and organizations with special expertise relating to ADHD.

[Information from the Wisconsin Department of Public Instruction Website](#)

"Attention Deficit Disorder" (ADD) and "Attention Deficit Hyperactivity Disorder" (ADHD) are conditions outlined in the federal definition of Other Health Impairment [34 C.F.R. § 300.8\(c\)\(9\)](#) as examples that may, but not necessarily, qualify a student as having an "Other Health Impairment" and may also be a condition associated with other disability criteria.

[ADD and ADHD Resources from the U.S. Department of Education:](#)

[Dear Colleague Letter and Resource Guide on Students with ADHD](#), U.S. Department of Education

[Know Your Rights: Students with ADHD](#), U.S. Department of Education

[Children and Adults with Attention-Deficit/Hyperactivity Disorder \(CHADD\)](#)

CHADD is a national non-profit organization providing education, advocacy, and support for individuals with ADHD. In addition, the informative website publishes a variety of printed materials to keep members and professionals current on research advances, medications, and treatments affecting individuals with ADHD.

[Local CHADD Affiliates](#)

This link can be used to find affiliates in other states. Currently, Wisconsin has no local CHADD affiliates.

[ADHD and School](#)

This toolkit developed by CHADD for parents has strategies to help with school success. The toolkit includes resources tailored to ADHD struggles such as how to create routines, how to set up a homework station, and how to structure home-school communication.

[Understood](#)

This site provides resources and support so people who learn and think differently can thrive — in school, at work, and throughout life. The goal of this website is to empower parents to understand their children's learning and attention issues and relate to their experiences. With this knowledge, parents can make more effective choices for and with their children. The site also has some great suggestions for students such as [5 self-advocacy sentence starters for middle schoolers with ADHD](#).

[ADDitude Magazine](#)

The website provides practical information about raising children with ADHD, including behavior and discipline strategies, helping in making and keeping friends, and organizing for success. There are a multitude of education and learning resources to help students (and the teachers who work with them) succeed at school. While the website also includes the option of a paid subscription to the magazine, most of the articles are free and accessible.

[LD Online](#)

LD OnLine is a website that seeks to help children and adults reach their full potential by providing accurate and up-to-date information and advice about learning disabilities and ADHD.

[WebMD](#)

This website has many resources and articles pertaining to the diagnosis and treatment of ADHD. The website also includes an overview of some of the more common medications that are used in the treatment of ADHD.

[Office of Civil Rights \(OCR\) Resource Guide on Students with ADHD and Section 504](#)

The U.S. Department of Education's Office for Civil Rights issued guidance in 2016 clarifying the obligation of schools to provide students with attention-deficit/hyperactivity disorder (ADHD) with equal educational

opportunity under [Section 504 of the Rehabilitation Act of 1973](#). You can also check this [website](#) for “Frequently Asked Questions: Section 504 Free Appropriate Public Education (FAPE).”

[Free Webinar Replay: How ADHD Affects Executive Function in Adults and Kids](#)

In this hour-long webinar-on-demand by Russell Barkley, Ph.D., participants will learn how to identify executive function deficit disorder, the seven major types of executive function, treatment strategies for managing executive function deficits, and more.

[American Academy of Child and Adolescent Psychiatry \(AACAP\)](#)

AACAP's “Facts for Families” provides concise up-to-date information on issues related to ADHD that may affect children, teenagers, and their families.

Positive Behavioral Intervention Supports (PBIS)

Positive Behavioral Interventions and Supports ([PBIS](#)) is a strategy schools use to teach children expected behavior. Check this [article](#) for more detailed information on PBIS.

Using **Positive Behavioral Interventions and Supports (PBIS)** for nighttime routines in the summer can help kids with ADHD transition more smoothly into bedtime when school starts in the fall.

Create a Clear and Structured Bedtime Routine

Structure and consistency are key. Stick to the same bedtime routine each night, even in the summer. An example is shown below.

Example PBIS-Style Nighttime Routine:

7:30 PM - Start winding down (turn off screens, dim lights)

7:45 PM - Take a bath/shower

8:00 PM - Pajamas, brush teeth, bathroom break

8:15 PM - Quiet activity (reading, coloring, listening to soft music)

8:30 PM - In bed, lights dimmed, deep breaths or meditation

8:45 PM - Lights out and sleep

Use PBIS Strategies for Nighttime Success

Reward good bedtime habits.

Sticker or Token Chart – Earn a sticker/token for each completed bedtime step. After a set number, they get a reward (extra bedtime story, special breakfast).

Praise and Affirmations – Verbal praise like “Great job getting into bed on time!” reinforces positive habits.

RESEARCH

Teacher Knowledge of Attention-Deficit/Hyperactivity Disorder and Classroom Management

Bolinger, S. J., Mucherah, D. W., & Markelz, D. A. M. (2020). Teacher knowledge of attention-deficit/hyperactivity disorder and classroom management. *The Journal of Special Education Apprenticeship*, 9(1), 5.

[Read Full Article](#)

There is limited research on teacher knowledge of Attention Deficit Hyperactivity Disorder (ADHD) and classroom management. However, research suggests that teacher knowledge of ADHD influences teaching behaviors. This study investigates general education teachers’ and special education teachers’ knowledge of ADHD and the interaction with classroom management. In this study, 17 teachers responded to surveys about knowledge of ADHD and classroom management. Teachers scored an average of 61% on the knowledge of ADHD questionnaire. Contrary to the hypothesis, teacher knowledge of ADHD was not significantly

related to classroom management. The relationship between knowledge of ADHD and classroom management needs further examination to determine if the two constructs are significantly related.

CONTRIBUTIONS TO THE NEWSLETTER

Upcoming Newsletter Topics:

July: Speech and Language

August: Other Health Impairment

September: Assistive Technology

To submit contributions of articles, events, or resources you may use the [Word document](#). Send submissions to [Wendy Overturf](#). If you are unable to access the form, you may send the information in an email.

Material appropriate for the monthly newsletter include web links to family involvement/parent leadership resources, advertisements for statewide trainings for parents, youth or parent/educator audiences, information about statewide parent agencies, recent research pertaining to family engagement, and family engagement success articles.

This monthly update is provided by Wisconsin Family Assistance Center for Education, Training & Support (WI FACETS) to share statewide information regarding parent leadership and family involvement. If you would like to receive this monthly update or if you would like to have your name removed from the distribution list, please email [WI FACETS](#).

The WI FACETS Family Engagement E-Newsletter can be found online: www.servingongroups.org/newsletter



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