

Spring Fun for The Whole Family

How Special Needs Families Can Enjoy Time Together



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Springtime is right around the corner and what better way to kick it off than plan some fun time for the family?! Of course, we know there are often more considerations when it comes to planning for special needs. Whether it's an hour, or a full vacation, special needs can warrant extra research and preparation but despite this, families are finding ways to make it work, and work well! And, communities worldwide are getting up to speed on how to best accommodate families' needs.

We are hopeful this month's article will give you some ideas on how to create a fun experience while supporting the needs of someone in your family who may have challenges with learning or behavior. Take a look!

Playgrounds

Grab your tennis shoes and head outdoors. Parks and playgrounds near and far are being designed for all abilities to be inclusive and accessible, and we bet you'll find one near you!

<http://www.accessibleplayground.net/>
<http://www.playgroundsforeveryone.com>

Movies

Grab some popcorn and check out several theaters for some sensory-friendly fun (lights up, sound down, no previews, run around!). Theaters are now offering movies on a regular basis for families to come together and watch a good flick. Take a look here or inquire at your local theater today!

AMC Movie Theaters

<https://www.amctheatres.com/programs/sensory-friendly-films>

NCG Cinemas

<https://ncgmovies.com/locations/>

Regal Entertainment

<http://www.regmovies.com/mywaymatinee>

Cineplex Theatres

<http://www.cineplex.com/Theatres/SensoryFriendly>

MLB Baseball Games

Get your hotdogs, peanuts, or foam fingers here! Several Major League Baseball teams offer sensory-friendly evenings for the whole family to enjoy (lower speaker volume, quiet rooms are made available, activities are provided, and tickets are given away). Go team!

http://mlb.mlb.com/mlb/tickets/autism_awareness.jsp

Sky Zone

Sky Zone (indoor trampoline park)- Bring your appetite for excitement (just don't eat beforehand!) and jump the day away. Special needs families are able to enjoy a toned-down, quieter approach to the park while still having a blast. Sky Zone has parks for our Rethink families living in countries such the US, Australia, Saudi Arabia, the UK, Mexico, and will be opening soon in countries such as India!

<https://www.skyzone.com/programs/sensory-hours>

Vacationing

Going on a trip can be a tricky experience with special needs but it doesn't have to be! These days, there are cruises, outdoor camps, and even travel agents that specialize in supporting families with special needs to book a fun and stress-free experience. After all, that's what vacation is for, right?!

<http://www.friendshipcircle.org/blog/2012/06/06/32-vacation-destinations-for-individuals-with-disabilities-or-special-needs/>

<http://www.discovernac.org/>

<http://www.asdvacations.com/>

<http://www.celebritycruises.com/htmlpage/autism-friendly>

Playgrounds

Theme Parks- Ready for some ad-

venture!? More and more theme parks internationally are accommodating all abilities to ensure their guests have an easy time accessing the rides and attractions, as well as providing special services as needed. Disney parks, for example, are world-renowned for being mindful of the unique needs of our families. Check out the supports available to you and get ready for some fun!

<https://disneyland.disney.go.com/guest-services/guests-with-disabilities/>
<https://www.sixflags.com/magicmountain/plan-your-visit/guests-with-disabilities>

Hanging Out in the Neighborhood

You don't have to go far to have fun this spring. Check out hundreds of additional ideas for both kids and teens when staying local.

<http://www.friendshipcircle.org/blog/2012/06/20/82-summer-activities-for-families-with-special-needs/>
http://www.oneplaceforspecialneeds.com/main/library_social_outing_ideas.html

So get out there and have a great time as a family!

Have more to add? We'd love to hear them. And, as always, don't forget Rethink is here to help you at <http://rethinkbenefits.com>

