



Preventing Summer Regression: 5 Simple Strategies



Keep your child progressing—even when routines change

5 Simple Strategies to Prevent Summer Regression

1 Practice Skills Daily (Even Briefly)



- Aim for a few minutes of practice several times a day
- Use play daily routines, and real-life moments.
- Keep it fun and stress-free!

2 Keep Communication Opportunities High



- Encourage requesting ("more," "help," "go"),
- Talk, read, sing, and label items together.
- Offer choices throughout the day.

3 Reinforce Independence



- Let your child try tasks before offering help.
- Celebrate effort, not just success.
- Build confidence through small, achievable steps.

4 Use Real-Life Learning Moments



- Turn everyday outings into learning opportunities.
- Practice social skills, following directions, and problem-solving.
- Point, talk, and explore together!

5 Stay Consistent with Expectations



- Keep rules and routines as consistent as possible.
- Use the same prompts, consequences, and reinforcers.
- Predictability builds security and success.



Tip: Short, frequent practice is more effective than long sessions.

Even 5–10 minutes, a few times a day, can help your child maintain and build skills—while keeping things positive and enjoyable!

Quick Practice Ideas:



Ask for a snack



Follow a 1-step direction



Match items



Take turns



Use a coping strategy



Get dressed



Summer break should be a time for fun—and continued growth!

With a little planning and support, your child can maintain their progress and return to school ready for success.



Proud Moments ABA

Need help maintaining progress?

Our BCBA's are here to support your family with personalized strategies and care.

You're not alone—we're here to help!

