



For more fun suggestions visit: <http://blog.trekaroo.com/>

The picturesque drive out to Bodega alone makes this excursion worth it, but a full day in Bodega Bay brings fresh air, good food, and great memories. Begin at Spud Point for the freshest off-the-boat crab you'll ever have. (I recommend the crab cakes.) Journey on to Bodega Head and hike the bluffs hovering above the majestic Pacific. Go tidepooling at Schoolhouse Beach and dip your toes into the icy water of Doran Regional Park, where kite flying is always a good idea. Be sure to grab some saltwater taffy for the ride back.



A Day in Bodega Bay

See the giant redwoods loom above you at Armstrong Woods in Guerneville. Ask at the Visitor's Center for a scavenger hunt map and go searching for famous faces hidden in the trees. There are hiking trails for all levels, but a stroll on the forest floor will leave you awestruck. These magnificent trees have survived for centuries. Be sure to visit the outdoor theater, where symphonies once played amongst the redwoods.



Armstrong Woods

Explore Jack London's Beauty Ranch, the Winery Cottage, the House of Happy Walls, and surrounding grounds at the Jack London State Historic Park in Glen Ellen. Here, the "Call of the Wild" author built his dream home, "The Wolf House," which tragically burned down before he was able to reside there. After circling its haunting remnants, take a picnic up to the lake and imagine what life was like in the early 1900's. In addition, kids grades 6th to 8th can join Jack's Camp, a day camp at the state park.



Jack London State Historic Park

Fun Sonoma County Summer Activities

Providing Speech-Language Pathology Services to Adults and Children Since 1985

Safari West

Who knew the plains of Africa existed in California nestled amongst the vineyards? Experience an African Safari ride at Safari West, where animals roam free on a Wildlife Preserve. This is not a zoo or a theme park. This is a chance encounter with cheetahs, giraffes, zebras, and numerous other animals of the savannah. Reserve a day tour or stay overnight in one of their luxury tents or cottages.

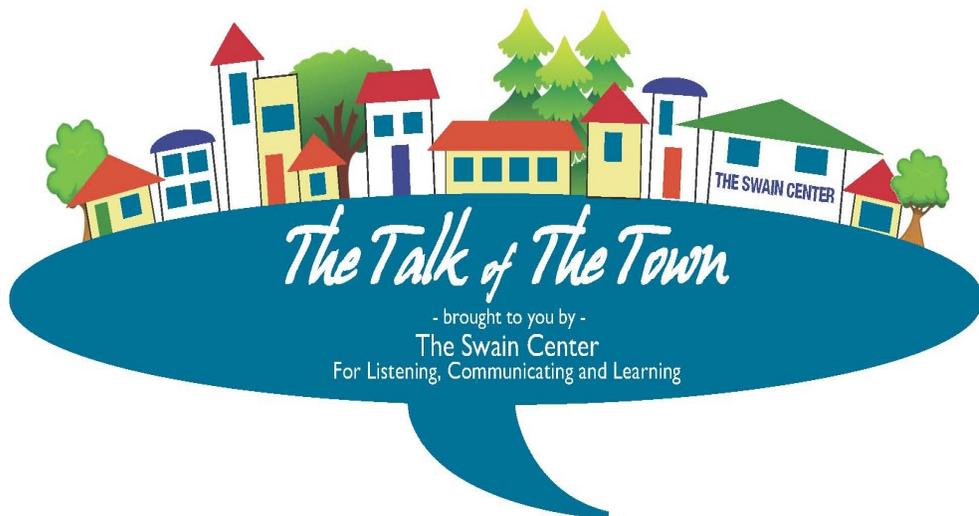


Howarth Park/Spring Lake Regional Park

Rarely can you find a one stop outdoor park that has it all. There will be no kid's complaints of "I'm bored" while exploring this Santa Rosa gem. At Howarth Park your kids can ride ponies, chug along on the mini-train, splash in the water fountains, and pretend they're cowboys in the park's Old West Town play area. Just over the hill at Spring Lake, take bikes on the paved path, feed the ducks, paddleboat on the lake, and swim in the lagoon.



More Fun Sonoma County Summer Activities



JUNE

please be good. ♡

Let the summer fun begin! We love summer around here. No school, family picnics and play dates. Does it get any better? We also love summer because we offer different programs for you and your family.

The Swain Center Summer Programs



Community Integration Program

The Community Integration summer program is designed to begin helping participants with the transition and preparation for adulthood and the activities that will require specific behavioral skill mastery and adaptation. This population will have to learn and master skills such as day planning, understanding rules and expectations of safety, managing money, arranging transportation, managing time and adapting behavior to adjust to unpredictable situations. Adaptive behavioral skills in community situations are necessary and essential for life-skills. Knowledge of how relationships are formed aid self-awareness of what we do right and what we do wrong with certain people and in certain situations and have to be generalized to community for overall life-skills success. A large element of adaptive behavioral or 'people' skills involves communication and this program targets enhancing behavioral communication skills in community settings.

The Community Integration summer program is targeted for preteens and teens ages 12-18 years. There will be only one group of no more than 8 participants. The group will be instructed/led by a licensed speech-language pathologist with specialization in adaptive behavior as well as cognitive-linguistic skills as they pertain to adaptive behavior. The SLP will be supported by 2 clinical aides and one typical peer volunteer.



Tomatis Booster Blocks

The Tomatis® Method is an auditory stimulation program that has been in use in Europe for over fifty years. It is a therapeutic application designed to re-educate the auditory system. The Tomatis® Method uses the therapeutic application of sound to treat specific symptoms and disorders including autism, autism spectrum disorders, auditory processing disorders, attention deficit disorders and other neurodevelopmental disorders in a non-invasive format which is medication free. The Tomatis® Method is a total of 90 hours of music broken up into 4 blocks over the course of a few months. Tomatis® has many success stories and we would love to tell you about them.



Interactive Metronome Home Program

The Interactive Metronome (IM) is a brain-based rehabilitation assessment and training program developed to directly improve the processing abilities that affect attention, motor planning and sequencing. This, in turn, strengthens motor skills, including mobility and gross motor function, and many fundamental cognitive capacities such as planning, organizing, and language.

The IM program provides a structured, goal-oriented training process that challenges the patient to precisely match a computer generated beat. Participants are instructed to synchronize various hand and foot exercises to a reference tone heard through headphones. The patient attempts to match the rhythmic beat with repetitive motor actions such as tapping his/her toes on a floor sensor mat or hand clapping while wearing an IM glove with palm trigger.

Individuals with motor planning and sequencing problems, speech and language delays, motor and sensory disorders, learning deficits, and various cognitive and physical difficulties may benefit from the IM program. Adult and pediatric patients who have benefited from IM include those with Sensory Integration Disorder, Asperger Syndrome, Autism Spectrum Disorder, ADD/ADHD and Cerebral Palsy.

FastForWord®

FastForWord® is an individualized research-based advanced training program developed by neuroscientists. FastForWord® has proven results in the development of the cognitive skills for reading and learning success through our on-line and summer programs.

Neuroscience research has proven that difficulties with language and auditory processing can have adverse repercussions on cognitive skills and academic performance. FastForWord® actively helps children improve language and auditory processing as well as overall learning skills.



Ways to Prevent Summer Learning Loss in your children!



Help Them Explore Their Interests

Summer is a perfect time for kids to learn more about something they might be interested in. If they like to doodle, go to a local art walk or museum. If they start to ask questions about how an electric car works, send them to science camp or help them create science experiments. If they start selling all sorts of things to their friends—candy, old cell phone cases, t-shirts with kittens on them—and you find a stash of cash in their drawer, enroll them in a youth entrepreneurship class. They might be the next Steve Jobs. Remember, with your children, the sky's the limit. They just need to know which way is up.



Dedicate at Least 30 Minutes a Day to Reading and Writing

Summer is a perfect time to transform their perception of reading from an obscure required skill into a way of understanding their world through text beyond their iPhone. Encourage daily journaling. Writing is a way of articulating thoughts onto paper. Articulating ideas that readers can understand deeply is a skill. And with any skill, it takes practice. If your kids seem to gravitate towards a certain writer when they're reading, encourage them to think about why that writer is so interesting and to copy that style. Once your kids write a piece, have them read it out loud and edit it. Students can learn some of their writing errors just by listening to what they are writing.



Play Thinking Games with Your Kids

Brain exercise isn't limited to pen and paper. It's important that your child has fun exercising their brain. It's even more important that they share that experience with you. Here are some games you can play with your kids (some of these have variations for different age groups):

- Scrabble
- Boggle
- Cranium
- Civilization: The Board Game



Don't Over Do It

Parents want to help their children reach their potential. Many put their kids in rigorous academic programs to get a head start. While these parents have great intentions, there is such a thing as pushing too hard. What happens if you overtrain an athlete? Injury. What happens if you overwork a student? Burnout and boredom. Remember, your child is still a kid, still learning the world partially through play and their social groups. Give them that time to enjoy being a kid. Let them explore their world and learn life and social skills that books and classrooms can't teach, and they'll grow up to become more than just book smart.

For more information visit:
<http://brightbrainlearning.com/>