



Children with Special Health Needs (CSHN) Connection July 2025



AHS - VDH CSHN
AHS

Dear Colleagues and Community Partners,

In honor of summer vacations, gardens to tend, trails to walk, and swimming spots to refresh in- we are keeping this edition of CSHN Connections brief. We have big plans for a robust return to a full edition in September. Until then we hope you can enjoy a slower summer pace and take some time for fun and relaxation.

CSHN Connections Team

**Summer Safety for Children and Youth with Special Health
Care Needs**



Nothing disrupts summer fun more than changes to routines, unexpected illness, or surprises for our children or youth with special health needs.

We found a variety of resources and ideas that might help keep a special needs child safe. Feel free to share with your families.

We added links at the end of this section in case you want to share some of the sources we researched.

1. If your child will wear it, a 'needs' related bracelet might help in new environments, around new people. For example, an autism ID bracelet might help your child in public settings as other people interact with them.
2. Stay hydrated! This seems to be the number 1 tip everywhere we searched. Some ideas include keeping a cooler with water or box juices in the car or backpack. Check in to make sure adults working with your child knows to keep them drinking throughout the day.

3. Establish boundaries. Although some play or group settings might look fun, know the audience and surroundings. Protecting your child from exposure to potential 'play' bullies or high energy, antagonizing situations is a simple safety barrier. This also helps keep your child from being overwhelmed or stressed.
4. Summer is a great time to review and practice safety tips with your child. Or, perhaps this summer is a good time to learn a new safety skill!
5. If available, set up home safety devices to protect your child. A tracking device, home or pool alarms are just a few. And don't forget screen guards and window locks.
6. Avoid hot surfaces. Summer is a time when outside exposure causing burns occur. Pavement, a vehicle's exterior or sun exposed interior, metal playground equipment, can cause burns.
7. And don't forget sunscreen and limiting sun exposure!

Finally, summer is a good time for caregivers or parents to review their own safety skills for responding to emergencies, unexpected accidents, bites, falls, burns, power outages, etc. Make a response plan and prepare easy to find emergency information.

CARE (Citizens Assistance Registry for Emergencies) was created to help emergency responders identify Vermonters who might need additional assistance in case of a wide-scale event. If one of your special needs clients might need additional assistance in such an emergency, please have them or work with them to complete the online registration. Website: <https://e911.vermont.gov/care> .

And don't forget the emergency preparedness plan! Summer is also a time of high-energy weather-related events that can potentially disrupt lives quickly. Preparing in advanced and rehearsing a plan will make responding to in the moment surprises a little better for your families.

Here's some links you can share with your families:

[6 Safety Tips for Your Child with Special Needs This Summer](#)
[Expert Columns: Summer Safety Tips for Children with Special Needs](#)
[Summer Safety Tips | HeadStart.gov](#)
[5 Summer Safety Tips for Children with Special Needs | BAYADA](#)
[CARE \(Citizens Assistance Registry for Emergencies\) | Enhanced 911 Board](#)

Wishing you and your families the safest, most fun summer ever!

The CSHN Connections Team



Call us and we'll figure it out with you.

Children with Special Health Needs

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Email: AHS.VDHCSHN@vermont.gov



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