



We are in the month of May now, but it feels like March in Chicago. What is the deal here? School is almost out now and you don't know what you will do with your child for three months. No problem - Chris is here to help you out, so relax.

### Adaptive Cycling

When I was about six years old, my dad and my therapist's husband modified a three-wheel bike for me. That was the best thing for me because riding a bike was therapy for me but it was really fun too. My dad used to run along beside me, so he had his own work out too. These days, there are many types of bikes that are made specifically for kids with cerebral palsy. Some bikes are made with arm pumps or the regular peddles. You might need someone to help you determine what type of bike your child can use.

### Summer Camps for Kids with Cerebral Palsy

Another activity that your child might like is camping. Many kids with cerebral palsy and other disabilities opt to go to day camps, where they can participate in summer activities like swimming, art and crafts, trips to the zoo, museum visits, and more. Other kids opt to go sleep-away camps that can last anywhere from days to weeks. Sleep-away summer camps for kids with disabilities will employ personal care assistants to help your child with their daily needs. Camps can be a great way for your child to have fun and be independent during the summer break.

### Swimming and Aquatic Therapy

Swimming is another fun, therapeutic activity for the summer break. Local pools, swim clubs, and swim teams can give your child the opportunity to meet other kids, make friends, and socialize. Furthermore, aquatic therapy can help with your child's strength, range-of-motion, endurance, and flexibility; check in with your child's pediatrician to see if therapeutic swimming is an option.



## Therapeutic Horseback Riding

Riding a horse is an exciting activity perfect for summer break. [Horseback riding](#) is a popular form of therapy among people with cerebral palsy and other disabilities. There are many stables around the country that provide hippotherapy and equine-assisted therapy classes and programs. Contact local stables to see if they have specific riding programs or courses for people with disabilities. If your child loves riding horses, your local stable may provide horseback riding beyond summertime.

## My Summers as a Child with Cerebral Palsy

My parents didn't let cerebral palsy stop me from doing things; they treated me like any other kid. If my cousins came over to play baseball, guess what: I played too. My dad held my hands on the bat and helped me swing. It was a lot of fun. That was how I started enjoying sports. I think it gives parents a chance to interact with the child, which is important; my hope is that both parents are helping each other in taking care of the child and enjoying the summer as a family.

I have a website that is for people with disabilities, especially those with cerebral palsy and their parents. There, you will see blog posts about cerebral palsy and many other topics that will help you on your journey with your child.

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## Related Reading:

- [Meet Chris Lenart](#)
- [Chris Lenart: 4 Misconceptions About Raising a Kid with CP](#)
- [Adaptive Sports](#)
- [Summer Camps for Kids with Disabilities](#)

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## Summer Activities for Kids with Cerebral Palsy: Favorites from My Childhood

Chris Lenart is the founder of Disability Awareness, an organization that educates, supports, and advocates for individuals with disabilities.