July 2019 Edition

CREATIVE NEWS

MONTHLY NEWS AT CREATIVE DEVELOPMENT, LLC

HAPPY *Independence* DAY

Our therapists are wishing you and your family a happy Independence Day! We are all about assuring independence within our clients across all areas of life. This monthly newsletter is here to help you guide your children to living a more independent and successful life while at those summer barbecues and picnics. Check out the flip side to learn more!

Summer Vacation

If you are planning on taking a summer vacation and will be missing treatment sessions, please let the front office know!

Stay Connected

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@creativedevelopmentllc

Upcoming Dates & Activities

7/13 - Disability Dream and Do Baseball Camp for Children with Special Needs at Dunkin Donuts Park with the Hartford Yard Goats! Check out their flyer or visit www.D3day.com for more.

7/13 - Sensory Saturday and Outdoor Water Carnival at Imagine Nation in Bristol. Visit www.imaginenation.org for more.

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PICNIC TRICKS

AND IDEAS TO PROMOTE INCLUSION THIS SUMMER

#1 Loud Noises?

Items Needed: Blankets and Headphones

Unexpected noises, loud music, and chattering voices can be a child's biggest nightmare during summer picnics. Utilize noise reduction headphones to help minimize the extra noise and volume kids are hearing. During those summer night fireworks, a tight blanket can help produce a sense of security and safety, calming the body down during the unexpected booms.

Non-preferred Transitions? #2

Items Needed: Visual Schedule and Visual Timers

When kids are placed in new environments or are attending events that seem "out of the ordinary" schedule, behaviors and dysregulation are bound to happen. In order to minimize those reactions, use a visual schedule and a visual timer. By setting the expectations early and giving your child a visual for time, you'll likely see an improvement in how they respond at summer picnics.

#3 Social Participation?

Items Needed: Social Story or nothing at all

Prior to going to a party or a picnic, practice greeting others while in the car or at home while getting ready. You can talk about how to play with others and how to respect boundaries when people say no. You can also practice safety awareness. With children who have increased difficulties engaging in appropriate play and social gatherings, utilize a social story. Ask our therapists for advice on how to make a social story!

Increased Energy? #4

Items Needed: Crunchy Snacks! (ie. pretzels, chips, carrots)

There is a true connection between what we put into our bodies and how our bodies react. In order to help bring calm to our bodies, they like to know where we are in space! One way to do this is by eating crunchy foods! Foods such as gluten free pretzels, veggie chips, and carrots can help send messages to the brain to slow down and relax.

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