MAY 2020 // MONTHLY NEWSLETTER

CREATIVE NEWS

UPCOMING DATES

5/12 - Facebook LIVE @ 3:30pm

5/19 - Facebook LIVE @ 3:30pm

5/26 - Facebook LIVE @ 3:30pm

FOLLOW US!

With the world and expectations changing daily, social stories are beneficial tools to utilize to help your child understand it. Read the next page of this newsletter.

A MESSAGE FROM OUR CO-DIRECTORS -

Stay tuned for updates to changes regarding additional clinic hours and services. This will be posted on our social media pages, website, and sent via email. As always, we are continuing to offer Telehelath services through the end of June and possibly into July (all payer specific). Please do not hesitate to call 860-284-9779 or email Lauren at lauren@creativedevelopmentct.com or Deanne at deanne@creativedevelopmentct.com with any questions!

HOW IS LIFE AT HOME?

We hope you have a Happy Mother's Day. We are so inspired by all of the love, support, and care that we see from our Creative Development community. While you may be stressed about your child's progress and development, please take a moment for yourself. You are doing your very best. Your child is doing his/her very best.

We understand that this is an overwhelming time for all. Please remember that we can only do what we can with what we have. If your child needs a break from schoolwork, give them a break. Parents are not meant to be teachers and teacher's understand that during this time, the expectation is not overwhelm a child even more... so take a deep breath, take a break when needed, and don't sweat the small stuff.

We continue to be here at Creative Development available to support you and your family. We hope you find our resources helpful and continue to utilize and incorporate them into your daily schedules.

Creative Development LLC

BENEFITS OF SOCIAL STORIES

especially during a pandemic

What are social stories?

Social stories are situational stories created for children to better understand their world and to prepare them for daily activities. They are utilized to simplify parts of the world that a child may find difficult to comprehend and prepares them during a time that may be overwhelming.

How do social stories help?

Social stories are created with:
- simplified language
- minimal language
- visual illustrations

Most social stories are created using these tools to help children know the expected behaviors and feelings they may experience during times of increased difficulty. Social stories can be "outlines" for the rules and routines that need to be followed. Children may also gain the perspective of others, insight into their own self-awareness, and understand how their behaviors may impact others.

Where can I locate Creative Development's social stories?

You can find our social stories on our social media pages, on our website, or at the clinic! If your child is having increased difficulties with a specific activity or event, contact your occupational or speech therapist and we can help create a personalized social story!

Social Stories posted online as of May 2020:
- What is Coronavirus?
- Masks in the Community
- Telehealth

Other social stories that will be shared soon:
- What is Social Distancing?
- Going to the Store in 2020
- Summer of 2020

Please note: Social stories are not just for the current pandemic. Social stories can be utilized for most activities or tasks that might be challenging. Some social stories may be written for he following: activities completing a morning routine, going to the park, hanging out with family or friends, or going to the grocery store!

Creative Development LLC

Implement Optimal Learning with

SCHOOL AT HOME

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Visual Timer

Visual timers allow children to better understand the concept of time. It prepares them for transitions. It also sets the expectation for how long they have until they can receive a break, an award, or how long they have left to complete a task. Be sure to have sound on so your child can also hear when time is done. Purchase a visual timer from Amazon or download the Visual Timer app and set the Guided Access lock on the device.

Optimal Lighting & Air

Day time light exposure and fresh air helps improve our focus, attention, and mood! If your space doesn't have a window, be sure to get outside during breaks and you can also include indoor plants in your school space.

Minimal Distractions

Unplug the unnecessary devices. Remove the extra toys. Ask other family members to be quiet. Set aside materials needed for another assignment or activity. Many children with sensory and regulation concerns have an increased difficulty with focus and attention. Remove any unnecessary visual or auditory stimuli to improve focus and attention.

School Materials

If your child needs to sharpen a pencil, find a ruler, or get some more paper, they may find more excuses to not get their school work done. Everyday materials can be kept nearby in your school space. Some items may include: golf-sized pencils, erasers, raised line paper, highlighters, ruler, weighted lap pad, fidget toy. Ask your occupational therapist for some other ideas or for the benefits of these different school materials!

School Specific Space

While a bedroom or the living room may be your only options, try to designate a small, quiet space for school activities. Your child can color or paint pictures to make their school space fun and more distinct! Be sure to separate the school space from any play spaces. Then, ask your child's teacher for any materials, posters, or objects that may help bring the school environment feeling to home.

Visual Schedule

As humans, we perform best with a routine. Create a daily visual schedule with your child. Each day does not need to consist of the same activities. However, maintain a consistent wake-up time, bed time, and meal times. If a long, daily schedule is too much, create smaller schedules related to school-work! This may help improve transitions and create some predictability for your child. Use simple language and photos or hand drawings. Be sure to include that the schedule is subject to change!

Flexible Seating

Sitting in a standard chair while completing tasks all day can be daunting. Mix it up! Flexible seating improves core strength, attention, focus, and energy level. Your child can complete tasks sitting, standing, or laying on his/her belly. There are wobble cushions, soft seats, wobble chairs, bean bags, stability or exercise balls, and floor seats available for purchase on Amazon. More cost effective approaches include blankets, pillows, couch cushions, and blanket forts. With so many options, let your child choose a few to trial until he/she finds their favorites!

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