

SOUTH SHORE THERAPIES NEWSLETTER

Winter 2019

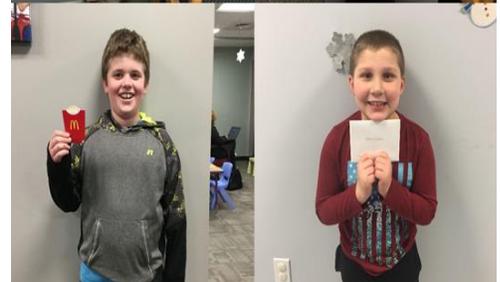
"Results that Make a Difference"

Welcome 2019! New England winters can feel long and grueling, so we've included some fun winter events and activities in this newsletter! We all know that getting through these cold, short days and long nights with a smile can take a lot of fortitude and determination! Our focus for this newsletter is on resilience, grit, and the power of bouncing back from frustration and disappointment – skills that prepare our children to be more successful in the world. We also highlight the power of 'yet', the small word that can help kids realize that just because it is hard now, with persistence it won't be in the future. At SST we encourage resilience through providing a safe place to explore and take risks, to problem solve, and share frustrations within a supportive therapeutic relationship. Thank you for allowing us to work with you and your family to develop more resilient and independent children.

During the month of December, children guessed how many jingle bells were in the jar. The favorite guess was 100, but there were actually 200 jingle bells! There were 9 winners who received movie passes, McDonalds gift cards, or a Mysterious Melting Snowman.

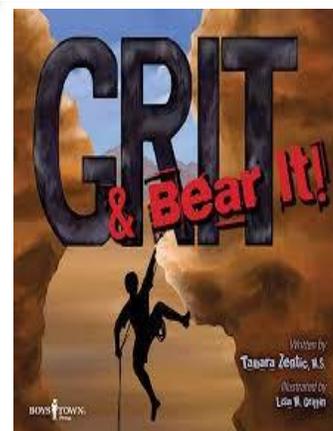


CONGRATULATIONS TO ALL OUR WINNERS!



SST COAT DRIVE

Many of our SST families and staff graciously donated gently used coats for Keohane's sixth annual Coat Drive. The coats were cleaned and distributed to family agencies in Hull, Weymouth, and Quincy. Thanks to all who helped make this coat drive a success!



A combination of determination and perseverance, "grit" is a skill as important to development as reading and writing. Teaching a willingness to take risks and bounce back from failure, this book gives children in grades 5-10 important insight into success & achievement.

DID YOU KNOW?

We are on Social Media!

You can find and follow us on these platforms:



Facebook: South Shore Therapies



Instagram: @southshoretherapies



Google: South Shore Therapies

We're trying to "keep up with the times" so we're asking for your help:

If you love SST, please take a moment to review us on Facebook or Google. Reviews make a huge impact on our outreach efforts.

In November, members of the SST Speech Department attended the American Speech-Language-Hearing Association (ASHA) conference here in Boston. Over three days, our therapists had the opportunity to attend seminars featuring the latest research and techniques to improve assessment and treatment of children with speech and language disorders.



Upcoming Overviews

- **Whole Brain Strategies**
Jan 31st Pembroke/Norwood via video teleconference presented by Barbara Daly 7pm
- **Picky Eaters**
Feb 27th Norwood/Pembroke via video teleconference presented by Sue Curtis 7pm

Strategies for Helping Your Child Become More Resilient By Sarah Studley

Taken from the article "Building Resilience in Children – 20 Practical, Powerful Strategies (Backed by Science)" written by Karen Young. Available at <https://www.heysigmund.com/building-resilience-children/> for more information.

We can't change the fact that our children will face challenges as they grow up, but we can prepare them and give them skills to build up their resilience and better handle these stressful times. Each child has a different level of resilience and a different way of responding to and recovering from challenges. Some children become more emotional or withdrawn while others become defiant, angry, or resentful when the demands that are put on them exceed their ability to cope. Research shows that the following strategies can help build resilience in children:

- Help your child face their fears with support and take safe, considered risks. Being exposed to challenges that they can manage as a child sets them up to deal with stress as an adult. Build their feelings of competence and mastery by acknowledging their strengths, brave things they do, and their effort when something is difficult. Teach them that the courage they show in doing something difficult is more important than the outcome. At the same time, let them know that part of being brave and strong means knowing when to ask for help.
- Surround your child with supportive relationships and let them know who is supporting them. Have adult role models demonstrate resiliency so that they can see how to deal with disappointment. Teach them to experience and respect their feelings, even the negative ones, so that they learn to get back up again rather than avoiding falling down. Nurture optimism and teach your child to focus on what is left rather than what has been lost.
- Improve executive functioning skills to help build their problem-solving toolbox. After an incident, ask "How can you fix this?" rather than "Why did you do this?" to encourage problem solving and reflection. Make time for creativity, play, exercise, and mindfulness.

Most importantly, let them know they are loved unconditionally and be a support system they can return to when things start to get tough and eventually, they'll be able to be that support system for themselves.

PRETEND SNOW! Living in New England we never know when to expect a snowstorm, but with these recipes you can have snow all the time! Pretend snow is a great sensory activity for kids. Each of the recipes has a different feel, look, and smell. Explore them all, modifying the recipe or interactions based on your child’s responses to sensations. If your child is sensitive to smells use unscented shaving cream or lotion. If touching slimy substances throws your child off, provide a spoon or popsicle stick to stir.

Baking Soda and Shaving Cream Snow: Pour one cup of baking soda into a bowl and add shaving cream slowly until you get the snow consistency you like. This feels a lot like cold snow.

Baking Soda and Conditioner Snow: Mix 2 ½ cups of baking soda with ½ cup white hair conditioner. This one feels cool to the touch and more like wet snow.

Shaving Cream and Cornstarch Snow: Pour one cup of cornstarch into a bowl and mix in shaving cream until you have the consistency you want. This snow feels like powdery crumbs and is not cool to the touch.

Corn Starch and White Lotion Snow: Pour one cup of corn starch into a bowl and add lotion until you get the snow consistency that you like. This recipe can be used to mold small snow balls, although they won’t stay together long!



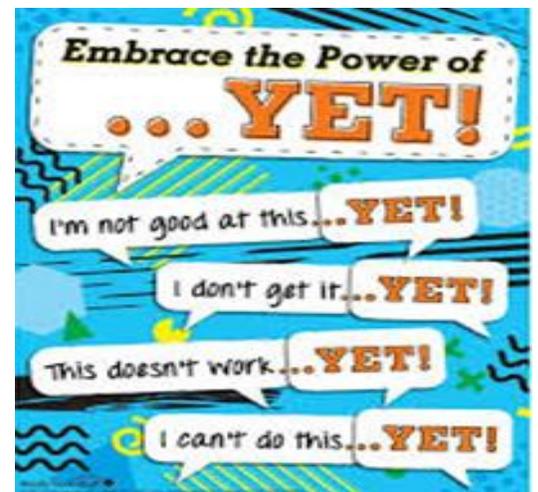
Valentine’s Day Food Craft



It is so fun to create food crafts that introduce new tastes and textures while working on fine motor skills at the same time. For this craft, take graham crackers and have your child break them in half to work on bilateral coordination. Put cream cheese, frosting, chocolate hummus, or pudding in a zip lock bag, cut a small hole in one corner and have your child squeeze the puree out onto the cracker to make the lines for tic-tac-toe. This helps work on hand strength and grading their force. If they squeeze too hard, too much will come out! Then use heart candies or any small food, like cereal of different shapes, to play tic-tac-toe, or stick them on to make a pretty design. Picking up the small foods and placing on the cracker encourages a pincer grasp. Be creative with different flavors and textures. What does a cinnamon graham cracker with chocolate hummus and Kix taste like? Yum!

The Power of “Yet”

As parents, teachers, and clinicians, our job is to help our kids tackle the “tough stuff” to grow into successful adults. But what happens when our kids become overwhelmed by their challenges and can’t see past the current frustration? Enter the “Power of Yet”! Adding this simple, three-letter word to a phrase can turn a negative moment into a positive opportunity to develop perseverance and grit. The “Power of Yet” promotes flexible thinking, problem solving, initiation, emotional and behavioral regulation - skills that are imperative to cognitive and socio-emotional development. See our newest book recommendation on the first page for more information on how to build opportunities for resilience and grit into your child’s day.



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We would love ❤️ to hear feedback for additional resources, information, and advice parents and professionals would like to hear. We want to focus the newsletter toward the information you want to receive!

Contact studley@southshoretherapies.com with recommendations