

Newsletter Date
December 2012

THERAPY FOR ME!

INSIDE:

- FOOD JAGS
- FOSTERING SOCIAL DEVELOPMENT
- AUDITORY PROCESSING



At this joyous time of year, we are grateful for our work with you. We wish you abundance, happiness, and peace in a new year filled with hope. Happy holidays!

REMINDER!

Psychologist Andy Paulson, PhD.

WILL BE RESUMING PARENT GROUP

TUESDAY JANUARY 22, 2013

6:30 – 8:30 PM

AT TFM!

Andy is offering wonderful strategies to help build your resilience and manage your stress as you parent. Class is perfect for any child development issues that increase family stress. Open to anyone wanting to participate! Please join us!!

WHAT ARE FOOD JAGS AND HOW TO PREVENT THEM



Often children with feeding difficulties will eat the same foods every day, even wanting them prepared the same ways. They may also demand to eat the same brands of foods and be unwilling to try anything else. These are examples of “food jags”.

The biggest problem with food jags is that eventually children become bored or tired of their preferred foods. Then these foods get rejected and once children with feeding problems reject a food it often disappears from their diet.

It's important to prevent food jags as much as possible. Here are some ideas to help limit food jags in the first place:

- Don't offer the same foods every day.
- Make variations in the foods you serve:
 - Try serving different brands of same foods (e.g. cereals, crackers, yogurt)
 - Try different flavors of same food (e.g. vanilla yogurt instead of fruit yogurt)
- Vary the way you prepare a food (e.g. change the shape)
- Use the same ingredients to make new foods (e.g. make peanut butter and jelly on a soft tortilla shell instead of bread)
- Let your children help prepare the foods with you
- Present foods multiple times to allow them time to try them when they're ready
- Eat a variety of foods yourself and try new things as well!

BEING SOCIAL BEGINS WITH THINKING SOCIAL

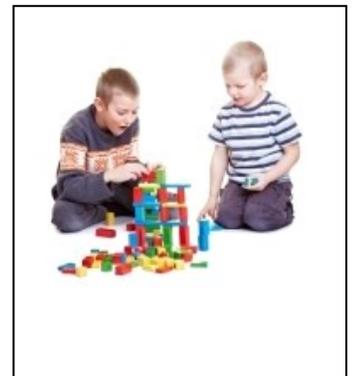
Most of us want our kids to have friends, to be caring of others, to think of others. Basic manners of course can and should be taught to all of our kids regardless of their level of function. But learning to be at ease with others and be willing to deal with the ups and downs of relationships is much more complex.

The skills involved in social thinking include perspective taking, flexibility, curiosity, self-esteem, big picture thinking, and communication.

We can encourage the development of social thinking right within our own families. Here are some easy ideas:

- * Help your children think about each family member and come up with something they would like for the holidays: go out with your child and help them buy the gift, then give it.
- * Make a special day when you help your child think of a meal that one of the family members would like to eat. Then have your child help make it.

- * When your child asks you for something to eat, help him ask his siblings (or you) if they want something to eat as well.
- * When your child wants something to drink, have him ask dad or mom if they want something also.
- * When a sibling is sad or upset, encourage your child to think about why they might be feeling that way and what possibly they can do to help.



Researchers have shown that brain activity changes as we help our children learn to reason about what others might be thinking.

EASY AND CHEAP AUDITORY PROCESSING ACTIVITIES

Children with auditory processing challenges benefit from a rich, variety of strategies and activities to help increase these skills. Here are few simple ideas to get you started:

Auditory Sensitivity to Sounds:

*Listen for Sounds: make games up that children can listen to and identify the sound they hear. These can be recorded such as planes, trains, animals, telephone are good starts. Children can also identify a sound you made: have them close their eyes and name the

sound you make: ideas include: dropping a pencil, tearing paper, using a stapler, bouncing a ball, tapping on a glass.

*Shaking Sounds: place some small hard items such as stones, beans, chalk, salt, sand, or rice into small containers or jars with covers. Have your child identify the sounds through shaking and listening.

Auditory Attending:

*Attending for Sound Patterns: Have your child close his eyes and repeat a pattern you made by

clapping your hands or playing a drum.

Discrimination of Sounds:

*Near or Far: With eyes closed, help your child judge what part of a room a sound is coming from, and is it near or far?

*Loud or Soft: Help your child be attuned to loud or soft sounds.

*High and Low: Identify different qualities of sounds.

*Find the Sound: Hide a music box or ticking clock and have your child find it.



Enjoy exploring playing listening games with your children!!

*Hide and Seek: hide and make an animal noise that your child needs to follow and find you.

*Riddle Rhymes: make up riddles that rhyme. Have your child guess the last rhyming word. For example, "It rhymes with book. You hang your clothes on a _____."

HOLIDAY FUN!

Here's a few ideas for family play! Have fun!!

1)Family Tree: You need a family member who is a good sport! Decorate one person as a Christmas Tree. Use red, green crepe paper, aluminum foil, leftover wrapping paper, bows, etc. Take a photo when you're done!

2)Jingle Bell Rings: Divide your family up into teams. Have each team come up with and practice their special bell sounds. Then send blindfold each other and see if you can locate you team members just by the sound of their bells!

3) Play "Santa Says"

4) Snow Treasure Island Fun!: Pack a small cooler with treats and hide it somewhere in the yard, pretending it's a hidden treasure. Create a series of clues leading to the treasure. They can be written or pictures of things in the yard. Place each clue in a plastic bag and hide it in the snow near the clues. Begin hunt by handing the players the first clue! Good luck finding the treasure!

5) Pass the Stocking: fill a Christmas stocking with Christmas items such as candle, star, ornament, candy cane, holiday card. Pass it around and see if your child can label by feeling all the items inside without looking!

6) Play Christmas Telephone: make up a holiday sentence. Pass it around the circle by whispering in each person's ear: have the last person say it out loud - how does it turn out?!

