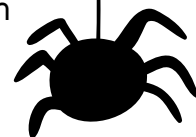


STEPS TO SUCCESS

October Newsletter



October is here, and we have a cauldron full of tips and tricks to make it fa-boo-lous! Don't miss out on the thrills and chills that this month has in store. Here's what's brewing this October:



WHAT'S HAPPENING IN OCTOBER?

- National ADHD Awareness Month
- National Down Syndrome Awareness Month
- World Cerebral Palsy Day on October 6th
- Halloween on October 31st

TIPS FOR ADHD

- Set a timer: kids have an easier time staying focused when there is a limit, start at 10 minutes and increase as you go.
- Limit distractions: complete homework in a quieter environment, turn off background noise (TV, phones), noise cancellation.
- Keep it simple: keep directions 1-2 steps at a time, multi-step directions can be overwhelming and simple directions may be easier to follow.
- Create a bedtime routine: go to sleep at the same time every night, limit distractions, engage in relaxing activities before bedtime.

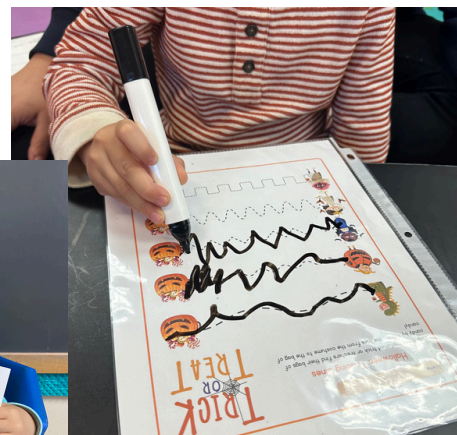
DOWN SYNDROME DO'S AND DON'TS

DO:

- show how to do something rather than verbally telling them.
- try to set routines so they feel more comfortable (mealtimes and bedtime).
- encourage them to be healthy and active.

DON'T:

- talk down to your child, treat them like anyone their age.
- underestimate your child's ability.
- assume that they cannot understand you.



STEPS TO SUCCESS

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SENSORY FRIENDLY HALLOWEEN

- Choose a comfortable costume: outfits might be too scratchy, tight, slippery, or stiff.
- Skip homes with flashing lights, loud noises, and scary decorations.
- Start trick-or-treating early before too many people are out to avoid the crowd.
- Limit your trick-or-treating time and limit the number of houses you visit to avoid your child getting tired and overwhelmed.
- If possible, trick-or-treat in familiar neighborhoods or with friends and family.
- Bring calming toys/fidgets or noise-cancelling headphones in case your child gets overwhelmed.

DEVELOPING PLAY SKILLS

- As your child is engaging with toys, items, or activities, praise your child for any appropriate play or social skills.
- Show your child how fun it is to play! Show excitement and smile at your child while you are playing.
- Offering new toys can be helpful if your child has limited interests. By offering something new, your child may begin to engage and play with those toys as well.

SPOOKY SENSORY OOBLECK

- Oobleck is a non-Newtonian fluid made from a mixture of cornstarch and water that behaves like both a solid and a liquid.
- Materials: cornstarch, water, food coloring. Extras: plastic spiders or beads
- Mix 2 cups of cornstarch with 1 cup of water and add in some food coloring. If you want a bigger batch, just increase your amounts by a 2:1 ratio.
- You can mix the oobleck with either a spoon or your hands.
- Add in your spiders or beads and enjoy your fun oobleck.



References:

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