



galvintherapycenter.com

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SCAN ME



Books We Love

The Whole Brain Child
by Daniel Siegel and
Tina Payne Bryson

We love this book because it provides an easy way to learn effective, neuroscience-based parenting skills.

What's Happening Next Month

May is Speech/
Hearing Month
National Teacher Day
5/4

Memorial Day 5/31
(we are closed on Memorial Day)

Check out our socials
to see how we
celebrate



TIP OF THE MONTH: TAKE TIME TO PLAY

Play is defined as an activity engaged in for enjoyment and recreation. Play is a big part of a developing brain. Play is a way to experience joy and pleasure. It is also a way to experience frustration and even anger. Play can be a solitary experience. It can be a shared experience—a relationship developing time to solidify trust and safety between child and adult. Current neuroscience research tells us we need to have a feeling of safety to be regulated individuals. Although the type of play changes for each age group, play is an integral part of our human connection and ability to self-regulate/co-regulate. Here are some ways to play with your child in each age group:

- Infants: peek a boo, nursery rhymes and songs such as “Twinkle, Twinkle”, cuddles and dancing
- Toddlers: a game of chase, cuddles, and tickles, rolling a ball back and forth, bubbles, hand and finger games/songs such as “Wheels on the Bus”, rolling toy cars and trains, and playdough
- Preschoolers: arts and crafts, pretend play with baby dolls, beginner board games such as Snail’s Pace Race, treasure hunts, obstacle courses, indoor fort building, and puzzles
- School-Age Kids: Make believe, toy houses, Legos, hide n seek, board games such as Trouble and Monopoly
- Teens: board games such as Tiny Towns and Ticket to Ride, scavenger hunts, arts and crafts, cooking and baking, reading together, take a hike/walk

The most important part of play is enjoyment shared in the activity itself. So, if your teen wants to color in her favorite Peppa Pig coloring book with you, let it happen! These are the times to share with each other to continue to build the trusting relationship.

A MESSAGE FROM YOUR GALVIN STAFF:

Kara Brogan Owner/Executive Director

Occupational Therapy (OT) is a health profession that started back in the early 1900s. As a health profession, OT has roots in both mental and physical health. OT has been a proponent of the wellness model, looking at the whole person, rather looking at a person from an illness or standard medical model. OTs help people “live life to the fullest” with a variety of strategies and modalities. At Galvin Therapy, our OTs focus on ways to help a child achieve their fullest potential all while engaging in fun, playful and purposeful activities.

As Autism Awareness has shifted to Autism Acceptance, a new paradigm of understanding people has emerged: the Neurodiversity Paradigm. What is neurodiversity? In a nutshell, neurodiversity is the myriad of variations in thinking, perceiving, problem solving, concentration, processing information, speaking and understanding in humans. Looking at a child using a neurodiverse lens can help us focus on their strengths, and create more opportunities for success and independence.

Tabasco Soup

Recipe by Lincoln, age 10

Ingredients:

1 celery stalk

Handful of baby carrots, chopped

Handful of broccoli, chopped

1 red pepper, chopped

Optional Addition: chicken, chopped

1 cube, instant Boullion chicken
flavor cube (or 2 to taste)



Directions:

Chop celery, baby carrots, broccoli and red pepper to desirable bite sized pieces.

Heat a pan on the stove with a spoonful of vegetable oil or butter.

Add chopped veggies to the pan and cook until soft and tender, then sprinkle some pepper on.

Add 2 cups of water or until the veggies are nearly submerged.

Add 1 or 2 instant Boullion chicken flavor cubes to taste.

Add cooked chicken pieces if desired.

Bring soup to a boil.

Serve in a bowl and enjoy!