



galvintherapycenter.com 216-514-1600



Books We Love

How to Talk so Kids will Listen
by Adele Faber & Elaine Mazlish

We love this book because it suggests phrases or plans on how to approach situations that typically cause distress

Parks We Love

- * Miracle League Playground- Eastlake
- * Preston's H.O.P.E. – Beachwood
- * Carolyn Ludwig Mudge Park- Medina
- * Lakewood Park- Lakewood

What's Happening Next Month

- Independence Day 7/4
(We are closed on 7/5)
- Lollypop Day 7/20
- Friendship Day 7/30

Check out our socials to see how we celebrate



TIP OF THE MONTH: BEST WAYS TO ENJOY THE SUMMER

- Try a balance bike first. It helps build the necessary balance skills needed for successful bike riding. You might even be able to skip the training wheels!
- Swing the day away. Swings can help facilitate balance and a sense of body in space. If your child is a bit hesitant, sit them on your lap (facing you) and have some fun too!
- Jump on in the pool. Swimming and playing in the water are great ways to build body awareness, coordination, and sensory processing. If your child is nervous, go early or late so fewer swimmers are present. Find a pool with a kiddie area or one that allows floats.
- Fun at home with Sprinklers and Sidewalk chalk. Nothing beats running through a sprinkler on a hot day. You can adjust the water flow to make it stronger or weaker to suit the needs of your child. Sidewalk chalk can be used in a million ways. Artists can express themselves all over the driveway. Drawing a path or hopscotch facilitate gross motor movement and coordination.

A MESSAGE FROM YOUR GALVIN STAFF:

Summer is Time for Balance by: Kara Brogan Owner/Executive Director

I think this year, maybe more than any, we are all looking forward to summer. Sunshine and green grass and the ability to see friends and family outside to share in carefree fun sounds good to me. Summer is also a time to focus on improvement. The balance of work and relaxation. Children need this as well. Work and relaxation (or really play and freedom for them!). All children should continue to read and do some life skills, like math over the summer. This keeps the learning muscle strong and active. For some kids, the summer is the perfect time to do an intensive therapy program. Intensives are focused, frequent, and concentrated therapy programs that incorporate anything from learning to ride a bike and clear articulation to handwriting and sensory processing. At Galvin Therapy Center, we incorporate play and fun into therapy sessions to ensure we have a strong connection and engagement with the child. Give us a call if you are interested 216-514-1600 ext 314.

Strawberry & Cream Popsicle Recipe

- 1 cup strawberries
- 1/2 cup vanilla ice cream or yogurt
- 1 cup of milk
- 1 Tbsp. sugar
- Popsicle Molds

Blend the ingredients until smooth. Pour into molds and freeze for 3-4 hours or until completely firm. Enjoy!

Easy Orange Popsicle Recipe

- Pulp Free Orange Juice
- Popsicle Molds

Pour the orange juice into the molds and freeze for 3-4 hours, or until completely firm. Enjoy!

Hidden Veggie Popsicle Recipe

- 3/4 cup pineapple, fresh, frozen or canned (thawed if using frozen, but keep juices)
- 1/2 cup mango fresh or frozen (thawed if using frozen, but keep juices)
- 1/4 cup butternut squash chunks, peeled and roughly chopped, fresh, or frozen (thawed if using frozen, but keep juices)
- 1/8 tsp chia seeds
- 2-3 tbsp honey maple syrup or agave nectar (see notes below on honey)
- 1-2 tbsp water
- Popsicle Molds

Mix all ingredients together in a blender and blend for 1-2 minutes or until smooth.

Pour into molds and freeze for 5 hours or until completely firm. Enjoy!

Molds We Love

Nuby Garden Frozen Pop



Tovolo Twin Pop Mold



Zoku Fish Ice Pop Mold



Lékué Ice Push Pop Mold

