



galvintherapycenter.com 216-514-1600



SCAN ME



Books We Love

I Love You Rituals by Becky Bailey

This book includes ways to use rituals as a playful means to promote optimal brain development, increase attention span, reduce hyperactivity, build self-esteem, amplify coordination, and facilitate language development.

Cleveland Winter Activities

Ice Skating- Public Square, Cleveland
Toboggan Chutes- Strongsville
Light Up Lakewood- December 4th
Polar Blast Tubing- Boston Mills, Peninsula
Dine in an Igloo- Merwin's Warf, Cleveland

What's Happening Next Month

January 1st- New Years Day
January 17th- Martin Luther King Jr Day

*we are closed 1/1

Check out our socials to see how we celebrate



A MESSAGE FROM YOUR GALVIN STAFF:

Surviving the Holiday Stress! by Erica Furniss, OTR-L

The winter holidays are fast approaching and with all the excitement that comes with the festivities, so does the stress and anxiety of planning, shopping, traveling, seeing relatives and participating in holiday traditions. This time of year can be stressful for any adult, but it is important to remember the effects it can have on our children as well. Keep your own stress level low as children will pick up on your feelings. Try to maintain as much routine as possible throughout the holidays. Prepare your child for new events by talking about them, looking at pictures and websites and reading stories about the event. Most of all, take a deep breath and enjoy the time with your family and watching your child experience the magic of the holiday!

A few tips: Respect your child's texture preferences in holiday outfits; Pre-warn family members if your child may be overwhelmed by greetings or activities; Be alert to sensory input in the environments you are going, such as lights, glitter, holiday music/sounds, and smells; Consider limiting candles, spices, potpourri, etc to decrease overwhelming smells; Keep mealtimes, bedtimes and other routines as consistent as possible.; Bring a favorite blanket or stuffed animal to relative's houses for comfort; Designate a break area in your home/place you are staying; Lower your expectations for your child. Allow more breaks, excuse them early from the table, etc.

TIPS & TRICKS FOR THE HOLIDAY SEASON:

- Look out for some signs of holiday stress in kids: tears for seemingly minor reasons, nervous behaviors such as nail biting and hair twirling, physical complaints such as stomachaches, headaches, fatigue, etc, regression to younger behaviors, withdrawal from school friends or siblings, any behavior your child doesn't normally do. If you notice any of these signs, engage your child in a calming or highly preferred activity.
- Emergency Sensory Overload Kit: Pack a variety of sensory items in a bag to have at the ready. Items may include: lotion, massager, scratch & sniff stickers, stress balls and fidget items, putty and play dough, snacks (try lollipops or crunchy foods for oral input), water bottle, chewy toys, small finger fidgets (such as hair elastics, Velcro strips, fabric swatches, pipe cleaners), small toys/action figures, notepad/crayons, and headphones/ear muffs.
- Participate in Holiday Activities: Sing holiday songs; make sugar cookies with cookie cutters and decorate with frosting, sprinkles, etc; string raw cranberries or popcorn; decorate holiday ornaments; make paper snowflakes; make handprint wreaths by tracing and cutting out child's hands and gluing them in a circle; make your own holiday countdown calendar; watch holiday movies as a family; spend time outdoors and go sledding if there's snow; make hot chocolate and add fun toppings.

Holiday Sensory Bins

Hanukkah Bin



kinetic sand
cookie cutters
dreidels
small candles
spoons & shovels

Kwanzaa Bin



dried corn kernels
dried black beans
plastic fruits & veggies
kente cloth
baskets

Winter Bin



blue water beads
instant snow
plastic arctic animals
buckets & shovels
snow flake beads

Christmas Bin



dried rice
red & green puff balls
spoons & shovels
candy canes
Christmas mini erasers
plastic ornaments