



THE BLUE UMBRELLA

collective



THE BLUE UMBRELLA COLLECTIVE

ISSUE NO. 6
JUNE 2019

EDITOR EXTRAORDINAIRE	Toni Rozzi
CONTENT CURATORS	Kate Montaldo Kristina Rozzi
DESIGN DIVA	Anna Petronio
COVER PHOTOGRAPHER	Kiana Bosman

OUR NAME

BLUE:

blue is the color of trust. it is sincere, reliable and tranquil. blue reduces stress and creates a sense of calmness, it enhances communication and conveys wisdom.

UMBRELLA:

the umbrella is all encompassing, it is a protecting force, an enveloping shelter. the umbrella is something that covers many different elements, concepts, and subjects. it is an all inclusive agent offering sanctuary for those impacted.

COLLECTIVE:

a cooperative enterprise, an aggregate with a unified goal. people acting with combined efforts towards a shared end point. a group coming together where individuals have a unique elements to contribute.

collective credo

* WE SPREAD KNOWLEDGE, EXPERIENCE,
AND EXPERTISE

* WE ARE COMMITTED TO MAKING
INFORMATION MORE ACCESSIBLE

* WE ARE A COMMUNITY THAT CELEBRATES
THE HIGHS AND SUPPORTS THE LOWS

* WE OFFER SOLIDARITY ON THE JOURNEY
OF EMBRACING DIFFERENT

* WE PLEDGE TO PROMOTE ACCEPTANCE
AND AWARENESS



primary

publishers note

It's summer! Well almost. Some of you fabulous educators are out of school your classrooms are all packed away, your #feetupfriday is from your beach chair, and you've forgotten what day of the week it is. Then there are those who still have a few weeks left and envy you with their entire beings (our thoughts are with you).

Parents, you've got the weeks ahead planned for your littles, juggling work, play, family time, camp, childcare, and a thousand other things. You worry about filling your child's day with stimulating and educational activities (check out pg 19).

Therapists, you're a mixed bag, those of you in private practice will keep on keeping on, adjusting client schedules to accomodate families; school therapists, you've got a little down time, but chances are you're prepping for next year!

Where ever you fall on this list, I hope that you take some time to enjoy this issue and everything we packed into it!

-Loni



TABLE OF

10

whats in the bag

C.A.L.T

Favorite tools from an certified academic language therapist

19

yummy sensory fun

KITCHEN SKILLS

Kitchen activities to build skills while creating culinary masterpieces!

23

the inside scoop

ZAM DANCE

Music and movement for all ages and abilities

CONTENTS

27 *play + coping skills*

WHAT'S THE CONNECTION?

See how play can naturally relieve stress for children and adults

30 *a father's perspective*

PARENTING ADVICE

How to get your child to listen without yelling

38 *benefits of aquatics*

A PHYSICAL THERAPISTS PERSPECTIVE

Healthy and therapuetic can be fun!

contributors



KIANA BOSMAN
Photographer



COR
Autism/Disability Service



DAVID CORDELL
holFamily



MIKE DEMAIO
Mr. DeMaio



CARLEE EGAN
A.C.Ed Assistance



JANINE HALLORAN
Encourage Play





CASEY HARRISON
Wimberley Dyslexia Center



MARISSA HEILIG
Peds PT



ANTONIA LLULL
MPowerMe



JESSICA RODRIGUEZ
Stepping Stones PT



TONI ROZZI
Hamptons Ed



STEPHANIE YI
Math With Ms. Yi



JACKIE ZAMORA
Zam Movement, Inc.



What's in the bag

CALT EDITION
(CERTIFIED ACADEMIC
LANGUAGE THERAPIST)

BY: CASEY HARRISON, LDT, CDT, CALT
WIMBERLEY DYSLEXIA CENTER



Hi there! My name is Casey and I am a Texas mama of 3 little ones that keep me on my toes and fill my day with joy. I am also a Certified Academic Language Therapist, a Licensed Dyslexia Therapist, a Certified Dyslexia Therapist, and a licensed teacher of 22 years. In other words, education is embedded deep in my soul and encompasses so much of who I am.

My journey in education took me from the classroom to district literacy facilitator and specialist where I was training others on reading instruction. Even so, I still felt that there was more for me to learn to help those students that seemed to be falling through the cracks, so I sought out intensive training to become a CALT.

What is a CALT? A Certified Academic Language Therapist (CALT) is someone that is specially trained to work with language-based learning differences, such as dyslexia and dysgraphia, and has completed their training in multisensory structured language through an accredited program.

It was one of the most intense two years of training I have done, and I am so

grateful that I did as it set me on a new course in education.

I love teaching students at my dyslexia therapy center in addition to helping spread knowledge and understanding of dyslexia to educators and parents.

It brings me so much joy to see others begin to understand learning, reading instruction and dyslexia.

Working with so many students that are in different places in their journey with reading and dyslexia means that I need to be diagnostic and prescriptive in my approach, but there are some key components and materials that seem to work themselves into most of my lessons. Here are a few of my favorites!

ALPHABET STRIP & ALPHABET ARC

These are wonderful tools to accompany the letter knowledge component of your lesson or practice. I keep this portion of my lesson short, usually 2-4 minutes depending on the skill being practiced. Teaching the terms initial, medial and final using the letters is a helpful skill that transitions to spelling later on. You can download the alphabet arc for free from Neuhaus Education Center or purchase them online through several other vendors.



This shows how the student placed each letter as she named them, starting with A and going through the alphabet in order. She then identified that there are 26 letters in the alphabet and that the alphabet is made up of vowels (V) and consonants (C). The red markers were then placed under each vowel letter by the student as she named the vowels. This student needed additional reinforcement, so I placed sticky notes on the end of the fingers, and we touched each finger as we named the vowel letter. There are lots of ways to differentiate multisensory learning.



PLASTIC LETTERS

I use my plastic alphabet letters for so many different activities. They are a great way to incorporate multisensory learning and practice into our sessions. The letters can be used to build skills from letter naming, to letter sequencing, to teaching accent and phrasing, to alphabetizing - the possibilities are endless! I like the letters from abcdarian.com because the plastic letters are consistent in their shape, are available in both English and Spanish, and the price is hard to beat. You can purchase the entire alphabet, certain letters, and upper-and-lower case letters. They also have plastic letter strips if you want to move away from the alphabet arc. Regardless of which letter set you choose; plastic letters are a great tool for your lessons.

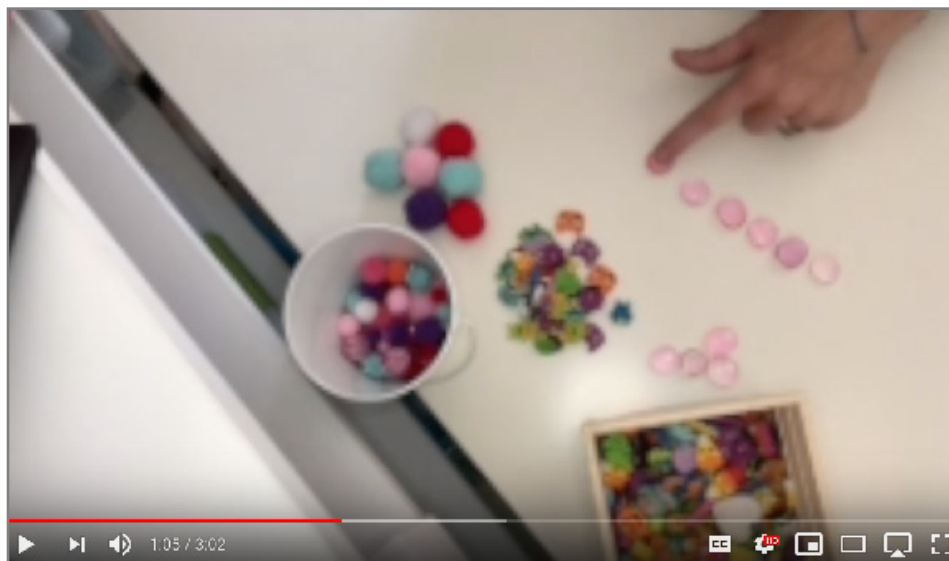


SAND TRAY

The colorful sand trays are a hit with all of my clients, regardless of age. Creating a multisensory sand tray is easy and can be used for many different skills. It helps create learning pathways in the brain by engaging a multitude of senses. Having students use the tray for handwriting, spelling practice, sound introduction, etc. are all great ways to create that link between the senses and our learning. Students use touch to write, and the sand allows for the tactile pull or drag to be felt. As students say the sound or letter name, they are engaging their auditory skills, and the visual connection as they look at the tray all create a terrific culmination of multisensory practice.



click to watch



click to watch



MANIPULATIVES

Small manipulatives such as pom-poms or mini erasers that can be used as little moveable tools are an engaging way to assist in learning. The list of uses is endless, but I shared a few ideas in the video. And the new craze with mini erasers means there are so many choices - I pick up a new bag just about every trip I make to Target.

OG CARD DECK APP

For some, creating sounds (phonemes) in isolation may be difficult, and parents and educators may want ways to reinforce and practice the sounds. For phoneme isolation, the OG Card Deck app is a great resource. This free app does a great job in its sound production, and even includes the name of the letter, the sound, a keyword, and a video showing mouth formation. It's one that I share with educators and parents alike.





SMALL NOTEBOOKS

The Target dollar spot is my go-to for finding the cutest little blank notebooks. Letting my student choose their own notebook helps with the engagement. We use these for so many different things, from spelling deck practice, to prefixes and suffixes work, to Greek and Latin combining forms, to mini comprehension notebooks. The sky is the limit! I keep them well stocked at the center.

FCRR.ORG

This website is phenomenal. It's a fantastic resource for educators, therapists, tutors, and parents. The student center activities are broken into the key components of reading instruction (letter knowledge, phonemic awareness, phonics, vocabulary, comprehension) and sorted into grade level ranges. My favorite part of these activities is that you can print them off and everything needed is included. The games and activities are engaging, and my students enjoy them for reinforcing skills and concepts introduced in our sessions. Teachers love them because they are great for centers or small group work, and parents can easily print them off for practicing skills at home. Such an amazing resource - definitely worth checking out.



CONNECT WITH ME!

Thanks for letting me share just a few of my favorite things. I love serving the world by sharing strategies and ideas to implement into classrooms and therapy sessions and providing information and support in reading and dyslexia. I would love to stay in touch!



click to shop the tpt store 

where learning
takes flight



subscribe now!

SAVE

20%

On a Yearly Subscription!



No Code Needed!

Just Click!



TIPS & *with* TRICKS

COR is an ABA and Autism Service provider in NY, NJ & MO. They offer ABA, parent training, early intervention (ei), multidiscipline training, center-based programming, and these fantastic videos!



click to watch



Help Kids Transition to Summer

— THE COR —
BEHAVIORAL GROUP

Autism Services, ABA Therapy, and Adaptive Fitness

www.corbehavioral.com



TRENDING STEADY

LOOKING FOR AVENUES TO CONNECT?
WANT TO FIND AN EXPERT ON A CERTAIN TOPIC?

WE'VE CURATED A FEW OF OUR FAVORITES WHO ARE
CLIMBING THE CHARTS. FOLLOW, JOIN, FRIEND, OR
SUBSCRIBE TO THESE ACCOUNTS AND GET TO KNOW THESE
AWESOME PEOPLE!

instagram



@MESSAGEWITHABOTTLE

Parenting one post-it at a time. Chris Illuminati's posts are guaranteed to illicit a smirk from even the most monotonous scroller. He's not interested in a carefully executed grid or light and airy filters, Chris provides real life humor and sarcasm in each square, with surprisingly good handwriting! Over on his website, Chris offers parenting advice and information for solo dads, new parents, and anyone with an appreciation for sarcasm. Check out Chris' book *The New Dad Dictionary*, perfect for a new pops on Father's Day!

SIMPLE HOMESCHOOL WITH JAMIE C. MARTIN

Jamie Martin, a self-proclaimed Introverted Mom, wife, teacher, author, and editor is passionate about homeschooling. Jamie is very active on Facebook and consistently posts helpful information and videos for homeschooling families. If you are looking for support and resources, Simple Homeschool is where you can find it!

facebook



blogger



WICKED STEPMOM

Five years ago you would have met me and you would have met a single, career driven woman, carefree and immaculately organized. I loved my life and went by the motto '#idontneedaman'. Fast forward 3 years. The backseat of my car is covered in goldfish crumbs, I run on coffee, I choose my outfit based on how cold it will be on the playground, my evenings are spent chasing a 5 year old around to put on his pj's, and my mornings mainly consist of forgetting sunscreen, spilled milk on the floor, breaking up a wrestling match and finding socks. This once miss independent woman now solely relies on the 2 little men in her life who truly keep her going. With all the love that is given me through these innocent littles, I have to say there has been a lot of laughter as I navigate my way through instant motherhood and becoming one wicked awesome cool stepmom.

LOMAH

The LOMAH Special Needs Podcast is an in depth look at topics relevant to raising our special needs children. The show runs topical series deep diving into an issue for 10-12 episodes. Series include education, safety, advocacy, inclusion, technology, housing, health, and more. Your host, Kim, is the mother of a teenage daughter with type 3 autism, epilepsy, hypotonia, and intellectual disability. For behind the scenes of the journey, find Kim on Instagram @journey2lomah

podcast



pinterest



CLASSROOM SETUP BOARD

Hey educators! We wanted to take this opportunity to introduce you to a board focused solely on classroom setup! Leaving your classroom this year you most likely were thinking of what didn't work and you want to change for next year's group, well welcome to your inspiration! This board has over 7,000 pins! The ideas are endless, what are you going to try?

made of



yummy SENSORY SUMMER FUN!



BY: ANTONIA LLULL
MPOWERME TOYS



click to print

"The textures, tastes, aromas, and temperatures experienced by preparing and eating food is a sensory experience that doesn't just last in that 'nutritional' moment..."

The smells, the sights, the sounds, the feel of summer are exciting for kids – the beach, the sand, the sun, the water, the field games, the hikes, the water games – the list goes on.

The list would not be complete if we did not include food and food preparation as a great part of summer family fun and learning!

The textures, tastes, aromas, and temperatures experienced by preparing and eating food is a sensory experience that doesn't just last in that "nutritional" moment – the sensory experiences can link to the emotions of the day and are powerful connections to our memories and emotional responses.

Imagine when you smell something

like the cookies your grandmother used to make, smell a cologne that your spouse wore on your wedding day, taste the fruits you ate at your first pool party, recreate your mom's favorite recipe and serve it to your family – what do you feel, what do you remember?

Pairing preferred textures, smells, and sounds (music) with stressful activities can actually make participating in those activities easier to achieve – look for the next entry on pairing positive sensory experiences with challenging tasks -- now back to Yummy Summer Fun!

Food preparation isn't just a nutritional experience, these activities unite families and friends, bridge generations, foster tradition, improve sensory processing, and

learning.

I love using recipes, adapting recipes (to kid friendly cooking), creating menus, presenting food, and decorating platters to build the skills of:

- **Reading**
- **Writing and Drawing**
(creating menus is a huge motivator)
- **Mathematics**
- **Kitchen Tool Use**
(utensils, can openers, whisks, spatulas, cutting boards, timers, mixers, etc. all with supervision and skill-age appropriate considerations).
- **Safety Awareness**
- **Executive Functioning**
(planning, organization, problem solving, working memory, attention, time management, shifting focus – all the skills necessary to get things accomplished)
- **Fine Motor Skills**
- **Socialization**

Some ideas for this summer – make frozen yogurt, ice cream, smore's and smores-like goodies, snow cones, and deluxe popsi-cles.

S'MORES

Using the S'mores Maker provides a controlled area to make delicious warm combinations of anything "melty" onto graham crackers and savory crackers.

We use chocolate and marshmallow of course! We also use cheese and ham with crackers – what are you going to use?!

Making S'mores builds skills in:

- **Safety Awareness and Safety Rules**
(handling hot items/fire and any kitchen tools)
- **Planning and Organizing**
- **Sequencing and Memory**
- **Selective Attention**

- **Creativity**
(if you create your own flavors)
- **Fine Motor Skills**
- **Impulse Control**
- **Simple Sequencing**
- **Socialization and Bonding Time**

ICE CREAM

Using an electric ice cream maker (though less physical than the hand cranking version) is fantastic for building skills in:

- **Reading**
- **Planning and Organizing**
- **Sequencing and Memory**
- **Selective Attention**
- **Creativity**
(if you create your own flavors)
- **Healthy Habits**
(learning to limit sugar and increase fresh ingredients)
- **Grocery Shopping and Budget**
- **Fine Motor Skills**
(kitchen tool use, cutting, pouring, scooping, stirring, mixing -- depending on the ingredients you choose)
- **Safety Awareness and Safety Rules**
(when handling any electric or sharp kitchen tool)
- **Sensory Processing** (cold temperatures, smooth textures, or add multiple textures to your ice cream to increase ability to discriminate textures and eat a variety of combined textures)

If you use the hand cranking version, it increases bilateral coordination, timing, and arm-hand endurance as well!

SNOW CONE

Using a small snow cone machine, gives a special touch to making this classic, refreshing treat. Build the skills in:

- **Safety Rules**

- (handling electric kitchen tools)
- **Planning and Organizing**
- **Coordination**
(pouring and scooping)
- **Sensory Processing**
(cold temperatures and crunchy textures)

POPSICLES

Using popsicle molds with fresh fruits and fruit juice is a fun way to help build:

- Hand Skills (strength, and coordination, especially when using the old fashioned citrus juicer)
- Cutting, Pouring, Scooping, Mixing
- Planning and Organizing
- Safety Awareness and Safety Rules (handling any kitchen tool)
- The end-product fantastic for kids who seek "sucking" and "crunching" action to calm
- Healthy delicious eating with no added sugar and real fruits
- Tactile-Temperature processing -- use cold temperature to increase oral awareness/sensory processing
- Grocery shopping and budget
- Sensory processing of multiple textures and flavors

To see the actual items we use, visit us by clicking **HERE!**

If your child has feeding problems and sensory processing disorder, feel free to **email me!** I also offer consultation, workshops, and telehealth services.

Antonia, better known as "Tonina", has been a practicing occupational therapist for over 20 years, specializing in Pediatrics. Tonina, holds a master's degree in Occupational Therapy from Nova Southeastern University and a bachelor's degree in Biology from Rollins College. In her career's journey, she has founded/directed a multidisciplinary, pediatric rehab clinic (15 years) and a private school for students with special needs (8 years) in Orlando, FL; and has been part of a rehabilitation medicine department's management team at a top rated hospital in Manhattan. Tonina continues to work with children and families while also building educational programming for parents and professionals. Adapting curricula to specifically foster a child's ability to learn and use their knowledge functionally is a high passion for Tonina. She loves discovering, sharing, and collaborating with her community to maximize growth, learning, and creativity in children of all ages and skill levels. She recently founded MPowerMe, LLC in her efforts to share her experience with the use of toys, games, gadgets, literature, and sensory accessories to build children's social skills, physical performance, ability to respond adaptively to their environment, and foster their continued journey as life-long learners. Click to visit the site!

click to print

kitchen skills
Using kid friendly recipes, creating menus, and decorating food platters all build the skills of:

- READING
- MEASUREMENT
- FRACTIONS
- FINE MOTOR SKILLS
- WRITING AND DRAWING
- EXECUTIVE FUNCTIONING SKILLS

- PLANNING
- ORGANIZING
- PROBLEM-SOLVING
- WORKING MEMORY
- ATTENTION
- TIME MANAGEMENT
- SHIFTING FOCUS
- KITCHEN TOOL USE
- SAFETY AWARENESS
- BUDGET
- SOCIALIZATION

MORE YUMMY SENSORY FUN IDEAS!

make your own... ice cream
frozen yogurt
s'mores snow cones

popsicle summer kitchen fun

- Hand skills, strength, & coordination, especially when using the old fashioned citrus juicer!
- Cutting, pouring, scooping, mixing
- Planning & organizing
- Safety awareness & safety rules when handling any kitchen tool
- The end-product fantastic for kids who seek 'sucking' & 'crunching' action to calm
- Healthy eating with no added sugar & real fruits
- Tactile-Temperature processing - use cold temperature to increase oral awareness/sensory processing
- Grocery shopping & budget
- Sensory processing of multiple textures & flavors

THE BLUE CAMPBELL



loog



The Inside Scoop

Zam Dance



JACKIE ZAMORA
ZAM MOVEMENT, INC.



Solving the puzzle through dance!



C: What is your back-ground?

Jackie Zamora: I GRADUATED FROM BROOKLYN COLLEGE IN 1996 AND MY DEGREE IS IN LATIN AMERICAN STUDIES. WITH MY DEGREE I BECAME A SCHOOL TEACHER AND LATER DECIDED TO START A PROGRAM CALLED, CONNECTING MOVEMENT THROUGH LITERATURE.

C: While wrangling 35 little

learners, including many English language learners, Jackie discovered if she incorporated movement and dancing into her read-alouds she had the students attention! They were all engaged, interested, and having fun!

Jackie's administrators saw the success she was having with her students and supported her in creating a school wide program.

C: How did that morph into what you do today?

C: When funding was cut for Jackie's Connecting Movement Through Literature program, she relocated and found a position in a private school.

Jackie became a 1:1 for students with intense behavioral needs.

Through this position Jackie gained training and experience and discovered her gift for connecting with

individuals with intellectual differences.

C: How long have you been doing this?

Jackie Zamora: I HAVE BEEN TEACHING ZAM-DANCE FOR 5 YEARS.

C: Way to go, happy 5th birthday Zam Dance!



C: Who do your classes help?

Jackie Zamora: MY CLASSES HELP CHILDREN AND ADULTS WITH INTELLECTUAL DIFFERENCES.

C: Jackie makes sure that absolutely everyone is welcome at Zam Dance!

C: Where can your places take place?

Jackie Zamora: SPECIAL NEEDS CAMPS AND I RENT A DANCE STUDIO CALLED Z SWEAT EVERY SATURDAY FROM 11:30-12:30 PM

C: Jackie has also taken her classes on the road to visit group homes and participate in community events.



C: What does a typical class look like?

Jackie Zamora: THE DANCERS SING THE SONGS I PLAY, DANCERS INTERACTING WITH OTHERS IN THE CLASS, AND EVEN HELPING EACH OTHER WITH THE DANCE MOVEMENTS. LOOKING AT THE MIRROR AND SMILING BECAUSE THE MUSIC MAKES THEM HAPPY.

C: Zam Dance aims to provide an amusement park of sorts where everyone can enjoy the rides. Their typical classes are filled with movement, expression, and joy! At Zam Dance everyone is free to express themselves in whatever way the music moves them!



C: What types of skills do your classes target?

Jackie Zamora: THE CLASS IS VERY STRUCTURED BUT THE DANCERS HAVE THE FREEDOM TO MOVE AROUND THE ROOM AND JUST BE THEMSELVES. IT FEELS LIKE A NIGHT CLUB WITH GOOD MUSIC AND DISCO LIGHTS ALL AROUND THE ROOM.

C: While moving about the room and expressing themselves, participation in Zam Dance also allows dancers with the opportunity to work on eye contact, social interactions, direction following, and communication such as humming, expressive language and requesting specific songs.



One dancer started attending Zam Dance in her wheelchair, she communicated that she wanted to experience class in a walker, her parents made that happen and over time she has built up muscles, awareness, and stamina to

now use her walker instead of her wheelchair at home and at school.

C: What is your why?

Jackie Zamora: I LOVE TO DANCE AND I LOVE MUSIC BUT WHEN THE MUSIC TEACHER AT IVYMOUNT ASKED ME TO HELP HER CHOREOGRAPH A SHOW CALLED THE HIGH SCHOOL MUSICAL, I SAT THERE AND WATCHED THE SHOW AND I WAS AMAZED ABOUT WHAT I SAW...A GROUP STUDENTS

WITH A LOT OF TALENT AND IT DROVE ME TO START MY OWN DANCE PROGRAM.

C: Jackie also mentioned that seeing some of her students go on to become instructors in her classes has been very rewarding. They are learning leadership skills and taking the relationships they've built to enrich the lives of their peers.

C: What is your favorite part of your job?

Jackie Zamora: MY FAVORITE PART OF THE JOB IS WATCHING MY STUDENTS HAVE FUN AND ALSO WATCHING THE PARENTS SMILE BECAUSE THEIR CHILDREN ARE HAPPY.

C: What is your favorite quote to live by?

Jackie Zamora: THE GREATEST FEELING IN THE HEART IS TO MAKE SOMEONE HAPPY.





rose & rex

play + coping skills

WHAT'S THE CONNECTION?



BY: JANINE HALLORAN, LMHC
ENCOURAGE PLAY & COPING SKILLS FOR KIDS



How Play and Coping Skills are Connected

As you may know, I run two websites - Encourage Play and Coping Skills for Kids. Although at first glance it doesn't seem like these two are connected, they are - by PLAY!



Play is an integral part of childhood, and of being human. All of us need to play!

Play (doing something for pure enjoyment) is also a natural way for children and adults to relieve stress.

Two ideas for how parents can encourage play at home - careful scheduling and providing open ended toys like:

K'NEX



BLOCKS



LEGOS



MARBLE RUN



Play and Coping Skills

0:21 / 5:09



APPLE PODCASTS

SPOTIFY

listen on

GOOGLE PLAY



minted.

binoculararity

/bĭn-ŏk-ŭ-lăŕ'ĭ-tē/

noun

forming a single visual image from two images that the eyes separately record, focusing on an object with both eyes to create a single stereoscopic image

synonyms

binocular vision, eye teaming, both eyes, two eyes at once

HOW TO GET YOUR CHILD TO LISTEN TO YOU WITHOUT YELLING

a father's perspective



BY: DAVID CORDELL
HOLFAMILY



*"We're far more comfortable listening to people
when we feel close to them, connected to them
and valued by them."*

-DAVID CORDELL

GET DRESSED! WE HAVE TO GO!
NOW! DID YOU HEAR ME?! NOW!!!

Brilliant. That's the key to getting
your kids to listen, right? Just scream.

Guilty! Been there, done that. I'm
sure you have to.

But it doesn't work. If anything it
makes the situation worse and causes
more push back later.

But sometimes we just can't help our-
selves. We get so caught up in the mo-
ment because we're rushed, anxious or
on a time crunch... and if you're anything

like me, being late is NOT OK.

But if yelling doesn't get your kids to
listen, what does? I'm glad you asked.

As a dad who has struggled over the
years to get his kids to listen to him, I've
finally found some solutions that work.
And I wanted to share them with you.

Connect Before You Expect

I struggled with this principle when
I first read about it in *Hold On To Your*

Kids by Gordon Neufeld (excellent book by the way)!

I felt like I was the parent, the one in charge, the head honcho and my kids should just magically listen to me when I put out a request.

But the more I thought about it, the sillier that notion became to me.

Children are no different than us. They're just smaller humans with less experience than ourselves.

Once I understood this it was so much easier for me to get my children to listen without barking orders at them.

Get Down On Their Level

You need to be close to them and get down on their level. This means kneeling down so you're the same height they are.

Doing this takes away the overpowering feeling that children may feel when a much taller adult is towering over them.

Have you ever stood next to someone that towers over you? I have. And it was a bit intimidating. I imagine that's what my kids felt when I used to do it while raising my voice at them.

Initiate Touch, Make Eye Contact and THEN Speak

Eye contact is the basis of good conversation while touch is the foundation of connection. You need both with children if you want them to listen to you.

You can softly touch your child's arm, or stroke their hair (my son seems to love that) or even give them a hug. Then ask them, "Where are you?" or "Look at me." Once you get that eye contact it's important to smile and say, "Hi!" or "There you

are!" or something similar.

At this point you should try to connect with them by asking a question. I usually just relate it to what they're doing.

For instance if they're playing with a toy I might say, "You're really into that lego! What are you building? Can you show me?"

Let them answer you. Then follow through with what you wanted to tell or ask them.

It only takes a couple of minutes to do this and it makes a profound difference in their willingness to listen to you!

Become A Child Again

Somewhere along the way most of us forget what it was like to be a child. And how to play like a child.

That's sad.

The woes of life seem to get in the way and we become so focused on all our responsibilities that we simply become... as our kids might say, boring.

But it doesn't have to be that way.

To some (talking to all you workaholics), playing may seem like a chore or a waste of time. But let me reassure you it's not!

Playing fosters a wonderful relationship between you and your children and doing so reminds them that you:

love them
value them
enjoy time with them

Just 10-15 minutes of uninterrupted playtime (doing what your children want

to do) could quickly fill their love tank and encourage them to listen to you when it matters most.

We're far more comfortable listening to people when we feel close to them, connected to them and valued by them. Keep that in mind while you're playing!

You may be interested in an article my wife wrote about *why 1 on 1 time is so important* and how it improves behavior (including listening) and how to incorporate it into your daily routine.

Rely on Routines and Ask Your Child, "What Comes Next?"

Children thrive on routines. It keeps them grounded, calm and less anxious. The unknown can be so nerve racking and sometimes it can be downright terrifying.

When it comes to getting your child to listen, try setting routines. Better still, once you set those routines, ask your children everyday, "what comes next?"

This invites them to speak out how the day is supposed to go to you and reinforces the routine through their own repetition. It works great!

Because it reinforces the routine, this strategy is quite helpful for getting your children to listen when transitioning from one activity to the next.

Work On Not Demanding

The quickest way to lose the respect of your children is to constantly demand things from them. And when someone doesn't respect you, they'll never listen to you. Especially children!

I used to do this often with my first-born. I found myself constantly correcting

him for simple things that I thought he should understand.

Things such as, "sit in your chair right," or "use your fork," or "stop stretching your shirt," or "stop taking your sister's toy!" I could go on...

Don't get me wrong though, I still think it's important for my children to sit right, use their forks, stop mutilating their clothing and stop stealing each other's toys but it shouldn't be demanded of them... that's a controlling mindset.

By taking a teaching mindset we break down the walls of resistance and invite children to learn.

So instead of saying, "stop that," or "do this," model the behavior you want to see and be patient. Children learn best through observing.

Remain Calm

It's human nature to want to win an argument and to have our voice heard.

When my own children got out of hand, it was my own tendency to be louder, more dominant and seemingly more in control.

In reality? As soon as I got into a yelling match or power struggle, I had lost all control. Of myself and the situation.

We simply cannot control another person, child or adult and expect things to go smoothly.

Let's face it. Tantrums happen. It's a part of life.

We can't prevent them, but we can diffuse them much faster and with much less conflict if we remain calm and keep our own emotions in check.

Children are little copycats. They learn by observation and mirroring. What we display is generally what we will get

back. Remain calm. Calmness will follow.

And that leads me to my next and final point...

Model Behavior

Like I said above... children are copycats. One of the big ways they learn how to act is by watching, listening and modeling others' behavior.

As parents, our actions are constantly on display for our children to observe. And observe they do! Have you ever let a word slip that you wish you hadn't? Did your child repeat it? How many times? Too many times!

The point is, act how you want your children to act. When you're speaking to them do you want them to listen to you? Of course you do.

When they're speaking do they want you to listen to them? Of course they do! It's a two way street. Give listening ears, get listening ears.

The question is, do we actively listen to our children? Do we give them our undivided attention when they're talking to us or do we half-way acknowledge them while our face is glued to our phone?

No judgement here, because yours truly has been guilty of this too! Just being real.

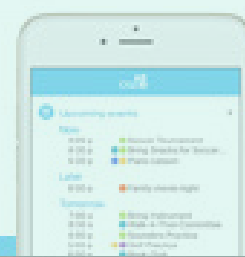
And for the record, I'm not some super dad who came up with all these strategies by myself (ha! far from it). I've simply committed myself to parenting different, read some amazing books and applied what I've learned.

I hope this list helps you a little in getting your children to listen to you. While not an exhaustive list, it has certainly been effective for me.



**The #1 Organizing
App for Families**

- ✓ SHARED CALENDAR
- ✓ REMINDERS
- ✓ GROCERY LIST & MORE



GET COZI
(it's free!)



How many of you click your pen? Wiggle it between your fingers? Put the cap on and off? You are fidgeting!

You may remember the fidget craze that struck educational institutions a while back, where learners were bringing fidgets to school left and right and interrupting their education.

As a result of this madness, some schools took a broad approach and banned fidgets.

While this may have returned classrooms to the status quo, it didn't help the learners who truly could have benefited from fidgeting.

Benefit from fidgeting you ask? Absolutely. Fidgeting has been shown to increase memory, creativity, and attention span.

This Thinkink pen is durably designed utilizing a magnitude of magnets. They allow for the pen to spin, twist, pop and spring.



Then there is the added feature where you can flex the pen. All these motions are relatively silent and less likely to distract your neighbor. You even get a magnet fidget desk toy in the bundle.

This black ink pen would be great for your older learner, who is looking to be discrete about their fidgeting ways, but what about your child who uses a pencil in the classroom?

Thinkink has you covered. They have introduced a 3-pack of Fidget Sliders that fit right onto a pencil and allow the user to spin and slide!





erin
condren

“

*Memorization
is just not working
for mastering the
times tables, what
else can we do?*

-Kendra Z.

COLLECTIVE COLLOQUY



stephanie yi

UPPER ELEMENTARY MATH SPECIALIST

If asked this question last year, I would have thrown my hands up and told you they just need to memorize it—I was taught my times table with pizza parties earned for mastering all 12 fact families. This year though, I had the opportunity to teach an intervention math block focusing on simple division (think 12 divided by 2.) Though we focused mainly on division, the concepts we covered touched on multiplication as repeated addition as well. Students in this group (grade 5-7) were still working on their times table and as a result we frequently drew out situations and used manipulatives such as cubes or colored tiles. This allowed my students to conceptualize the multiplication equations and provide them with a deeper understanding of the times table. Over the years, I have been tempted to have students complete problems MY way; however, I have learned that often times in order to provide students with a deep understanding of the mathematical concepts they need the time to explore on their own.



toni rozzi

EDUCATIONAL SPECIALIST

Take a multisensory approach! Be sure that your child is saying the facts aloud as they read them and write them so your child is hearing, seeing, saying, and 'feeling' each fact. For many students, skip counting is best. The child does still have to memorize the counting pattern, but it is a string of 10 numbers (3,6,9,12,15,18,21,24,27,30) as opposed to each individual equation separately ($3 \times 3 = 9$, $3 \times 4 = 12$, etc). When you combine skip counting with hit songs it can provide some students with the edge they need to tackle the times tables! Check out Mr. DeMaio's amazing YouTube channel below!



click to watch



mike demaio

EDUCATOR/YOUTUBE GENIUS



carlee egan

EDUCATIONAL SPECIALIST

You'll be pleased to know there are many fun and inexpensive games you can play with your child to help them remember and confidently recall times tables facts. It is, however, extremely important to ensure your child understands repeated addition and grouping items in numbered collections, as this builds a strong foundation for mastering times tables. Games like 'Multiplication War' and 'Bingo' are old favorites that children of all ages enjoy playing. 'Multiplication War' involves flipping cards from a deck and whoever has the highest product wins that round! You could also make playdough together and create multiplication arrays or shape numbers and squash only the multiples of 2, for example. It is important to play these games regularly and to make learning fun!



THE BENEFITS OF *aquatics* FOR CHILDREN

A PEDIATRIC PHYSICAL
THERAPIST'S PERSPECTIVE



BY: JESSICA RODRIGUEZ, PT, MPT
STEPPING STONES PHYSICAL THERAPY

I'm Jessica, owner of Stepping Stones Physical Therapy. I am a Pediatric Physical Therapist with 8+ years of experience in the field and an aquatic therapy specialty. I'd like to share my experience working with clients in our therapy pool and why I believe aquatic PT, swimming and pool time are so important for all children.

It's part of our natural environment.

Bath time is the first experience babies have with water. It's part of every child's weekly routine for health purposes, but let's be honest, for most, it's just playtime.

The sensory experience of splashing and playing with water is inherently natural and fun.

For children with atypical development, there are numerous added benefits for intentionally seeking pool time.

The unique properties of water make for a therapeutic experience, on so many levels.

Aquatic Physical Therapy is essential as part of a Physical Therapy treatment plan.

In my practice, I specifically tailor therapy activities for each client, utilizing

the pool to work towards functional physical outcomes.

The pool provides a dynamic and natural environment to play, while focusing on therapy goals.

There are therapeutic benefits of water.

The warmth (when pools are heated to 85-94 degrees Fahrenheit) promotes relaxation in high tone muscles, resulting in improved range of motion and flexibility.

Buoyancy assists with movement when there is low tone or reduced strength, by reducing the effects of gravity and decreasing workload on the muscle.

Water's hydrostatic pressure offers a rich sensory experience, supporting a sense of calm to the nervous system

and providing body awareness through enhanced proprioceptive input. I often recommend swimming as a recreational

activity for my physical therapy clients, because there are several physiological benefits.

STRENGTHENING:
movement through the water improves muscle strength due to the natural resistance water creates.

COORDINATION:
using the upper and lower extremities together along with timing breaths.

BALANCE:
the viscosity slows down movements, allowing for longer response times for postural adjustments.

**CARDIO-VASCULAR
ENDURANCE:**
swimming provides one of the best forms of aerobic workload.

Safety first.

The most important reason is pool safety. Getting your child acquainted with safety around a pool is imperative.

Children can participate in parent-assisted swim lessons as infant and toddlers.

Swim classes of any kind help parents take steps towards developing safe pool boundaries, while increasing their child's confidence and comfort in the pool.

Additionally, the American Academy of Pediatrics recommends swimming lessons for all children age 4 or older.

Developing a healthy lifestyle.

Children will learn a life-long skill that they can take into adulthood. Swimming has low impact on joints, is a high calorie

burning exercise, and has minimal risk for injury when compared to land-based activities and sports.

Getting your children in the habit of enjoying movement, of any kind, is essential for them to develop healthy practices.



Research indicates enhanced social-emotional development, cognitive improvements, and mental health benefits.

Aquatic exercise boosts blood flow to the brain, leading to improved memory, focus, and clarity (Borrelli, 2016).

Swimming can relieve stress due to its focus on breathing patterns (Harvard, 2009).

Skilled swimmers balance their oxygen levels and focus on holding their breath, leading to less worry and reduced stress.

Mastering a skill improves confidence and boosts self-esteem in early childhood.

Most swimming lessons involve groups, enhancing social opportunities and building a sense of community. Children with Autism Spectrum Disorders (ASD) experienced enhanced competence and improved motor function, leading to improved social behaviors and interactions with other children (Pan, 2010).

It's fun!

Swimming can include a variety of strokes, training drills, workout intensities,

relays, and even competition.

There are many ways to progress and continue to challenge your child as their skills develop. Besides swimming, the pool is a great place to play games.

There are countless floats, ride-on toys, water cannons, dive toys, noodles and more.

Pool play is a great way to incorporate other areas of development. Pool toys and games can target fine motor skills, grip strength, ball skills, hand-eye coordination, and visual-spatial skills.

Whether you are looking for a great way to improve gross motor development, learn a new skill, or just have fun with your friends and family; the pool is a way to meet everyone's needs!



click to watch



Deluxe
Puddle
Jumper™



BY: MARISSA HEILIG, PEDS PT

LOWER EXTREMITY HOME STRETCHING PROGRAM



CLICK ME!

PRINT ME!



DOWNLOAD ME!

THIS MAGAZINE WAS CREATED WITH PASSION AND

If you like what we've created, please rate us in the app store!
It will help others to find our magazine and we can work harder on
providing you with more amazing content.

