MARCH 2024





#### 5 POSITIVE AFFIRMATIONS FOR SELF-COMPASSION

- I am doing my best and that is enough.
- 2 Learning something new can be hard, but I can keep practicing.
- Everyone makes mistakes. I can try again.
- I can focus on being kind to myself when I face challenges.
- I am unique and capable of great things.

Join Us! Tuesdays 10am-12pm Join our weekly social group for adults with Intellectual and Developmental Disabilities every Tuesday, 10 am-12 pm. Enjoy a welcoming space, healthy snacks, and structured activities led by a Board Certified Behavior Analyst to enhance social skills and build friendships. Secure your spot for a journey of warmth, inclusion, and fun! Click here to register! or scan here:



UPCOMING EVENTS

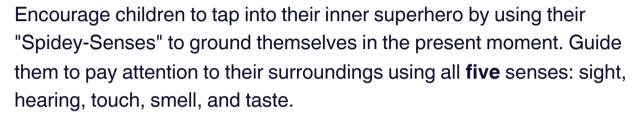
03/16/2024 ST. PATRICK'S DAY SOCIAL EVENT 12PM-3PM

03/23/2024
AUTISM AND
DEVELOPMENTAL
DIFFERENCES EXPO
10AM-1PM





MINDFULNESS EXCERCISES FOR KIDS



- 5 THINGS YOU CAN SEE
- 4 THINGS YOU CAN TOUCH
- 3 THINGS YOU CAN HEAR
- 2 THINGS YOU CAN SMELL
- 1 THING YOU CAN TASTE

This exercise not only helps children develop mindfulness but also fosters sensory awareness and appreciation of the present moment.

# "BIRTHDAY CANDLE" BREATHING

In this breathing exercise, one utilizes their hand as a visual prompt, imagining there are five birthday candles for each finger. As the individual takes a deep breath in, they visualize blowing out one candle at a time, beginning with the pinky finger and working their way towards the thumb. With each exhale, they gently lower one finger until all five "candles" are extinguished.

This process is repeated for a total of five deep breaths.





## **CRAFTING CONNECTIONS:**

# NURTURING MEANINGFUL BONDS IN EVERY INTERACTION

#### **Connecting Through Understanding**

Delve into your child's world by learning their interests, sensitivities, and communication style. Discover and engage in your child's special interests to build a strong bond, showcasing genuine interest and support. Allow them to take the lead in activities, fostering trust and bridging the communication gap within their comfort zone.

#### Calm Consistency for Comfort

Children with autism thrive in calm, predictable spaces.
Establish a soothing environment that minimizes sensory distractions. Consistency is key, providing security and a structured framework for effective communication and interaction. Practice patience, recognizing their need for extra time to process information or express themselves.

### **Enhancing Communication**

Utilize visual tools like schedules and cues to provide a structured and visually accessible pathway, aiding comprehension and reducing anxiety. Emphasize non-verbal communication through gestures, facial expressions, and body language to convey understanding and strengthen connections.

### Celebrating Achievements and Being Present

Recognize both big and small accomplishments to provide positive reinforcement, fostering a supportive and encouraging environment. Pay close attention to cues and signals, being present and attuned to their needs. This builds trust and lays the foundation for a stronger, more meaningful connection.

