

MAY NEWS LETTER



MILESTONE OF THE MONTH

This month's milestone story is brought to us by the family of Colton Modrow on their experience working with their team: Staci Garlington, Family Service Coordinator; Alyssa Lucero, Certified Occupational Therapy Assistant; and Emma Sanchez, Developmental Specialist. "We learned about Amplified Therapy through Goldstar Daycare, where we saw their brochure. We went online filled out their referral form, and then they contacted us and asked if we were interested. We told them we were and began the program when he was three months old. Colton has learned so much during our time in the program. He grew up with our team of therapists, and he enjoyed it all. They have helped him with self-soothing and learning to calm himself when upset. They have also taught him skills that he uses every single day. He learned how to walk, jump, and how to speak. He knows all his letters and colors. The entire experience was awesome, and the staff members were all great at communicating with us and providing guidance and advice. I would recommend Amplified Therapy because they are helpful, always available, and they are all so great and knowledgeable! If you are thinking about doing it, I would say do it! They are amazing!"



TIP OF THE MONTH

Feeling boards can be a great daily activity to work on with your toddler. This tool can help them recognize and manage their feelings, leading to better self-regulation and social skills.

First, start by creating a safe space. Set up a corner of their playroom, their bedroom, or somewhere in your house that is very comfy. Hang up your feelings board and then gather some pillows, blankets, books, stuffed animals, and any calming and sensory tools that you know will help your child.

The next step is teaching your child how to use the feelings board. Explain to them that they should think about how they are feeling and point to the picture that matches the feeling. You can model this for them by saying, "I feel happy!" Smile and show happy behavior, then point to the smiling face with "Happy" underneath.

The final step is creating a ritual to make it a part of your daily routine. Come together as a family at least once a day around the feelings board and take turns sharing when you felt happy, sad, calm, and mad during the day. This can be a part of your bedtime or naptime routine. When using the feelings board, wait until the emotion has passed to show them how they were feeling on the chart. Guide them through their feelings first, and once they are calm, you can use the board. Once you use the board to help identify their feelings, start talking about calming strategies like taking a deep breath or going for a walk."



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