



TLTC Times

Winter Wishes!

Dear Friends,

It is with a sense of renewed energy and a collaborative spirit that we wish you all a happy and healthy new year. We thank you for all of your kindness and thoughtfulness (and the photos of your beautiful children) throughout the holiday season. We value the friendships we have with our clients and families, as well as our fellow professionals and colleagues, and certainly wish that you are all renewing your sense of energy and spirits as we approach this new year with many changes ahead. As all of the hustle and bustle of the holidays are over, there is always a sense of calm and re-organization associated with packing away the decorations and getting things back into order again. For many of us, it is a bit depressing to see the festivities come to an end, but for others, it is a relief to get

back on track with the way things were. For those families with children who require strict structure and an organized, routine lifestyle, those days are on the way and habit and routine, as daily life, will be returning for you and your families. It is during this time that we should all take advantage of opportunities to really give a good look to organization as a necessity for success. Without relooking and reviewing how we have performed in the past, and without analyzing what has been successful, we will not be granted opportunities to improve and to possibly make things better for ourselves, our families and our children. And, if we as teachers, therapists and parents, continue to do what we *know*, and not pursue what we *don't know*, then are we really doing our jobs in providing the best we can for our clients, families

and children? For us at TLTC, we too will continue to explore what we *don't know* and we will provide you with what we find. We will continue to build relationships with neighboring schools and communities. We will continue to welcome university students and entry level therapists to join our professional team, so we may teach and learn equally. During this new year, as we continue to do what we do best, and as we refine our programs to keep up with medical and therapeutic advancements, we encourage all of you (parents and providers) to get involved in collaborating with us to meet the needs of our children and families. In 2009, let's enhance our collaborative skills and strengthen our children in a structured, supportive, and organized way. Best wishes in the New Year! Randy, Stefanie and Maybette

TLTC Launches Webstore at www.TLTC.org

We are so excited about launching the TLTC Webstore where consumers may browse our TLTC exclusive products as well as other therapeutic and learning tools we feel would be useful in the therapeutic process. A link is located right on our homepage and will bring you to our website when you click

on the webstore icon. Items currently in our webstore include our six Fun Card Kits for vision, sensory and writing enhancement. They may be purchased separately or all together in a 6-pack. In addition, other items found on in the webstore are slant boards, balance boards, binocular pack-

ets, climbing ladders, other learning tools and books, including "Envisioning a Bright Future," with contributions from Dr. Randy Schulman. We encourage you to visit our website and our new webstore and let us know if you have suggestions for items to add or for the website itself.

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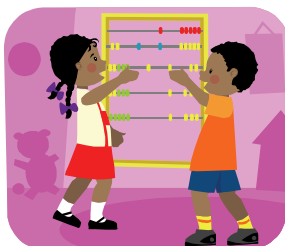
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Newsletter Submissions

- For those of you interested in submitting an article, point of interest, new idea or activity to the TLTC Times, please forward all materials to Stefanie Seanor at TLTC by e-mail at: sseanor@TLTC.org.
- All submissions will be considered for publication in the newsletter.
- Questions or comments? Call 203-268-8852, e-mail Stefanie or visit us on the web at www.TLTC.org.

The New Year Brings New Programs to TLTC

Exciting new (and tried and true) programs will be offered for two 7- week sessions beginning January 5th, 2009. All details may be found in our 2009 Winter Programs Brochure or on our website at www.TLTC.org. Returning programs include Handwriting Without Tears® group interventions, Sensory-Motor Groups, Vision Therapy and EDGE (Enhancing Development for Gains in Education) Groups, Tutoring and Social Skills Groups. New group programming, developed from client demand and specialized skills of tutors and therapists,



include Boat Building and Vehicle Building activity-based programs enhancing attention, fine motor, socialization, motor planning and visual motor skills of children ages 8-12. These classes are designed to support educational enhancement through the participation in hands-on projects using problem-solving skills and teamwork. Another new program called Emotions in MotionSM combines facilitation of sensory motor skills with behavior and emotional responses to sensory demands. Children oftentimes respond inappropriately to sensory challenges due to the fact

they are perceiving sensory information incorrectly. These groups will allow children to explore sensory information in a variety of ways and to practice responding to sensory demands while in the presence of age appropriate peers. Therapist facilitated interactions with peers will be provided and appropriate alternative tools and strategies for responding to challenging sensory information will be explored. Interventions will include relaxation techniques, body awareness and positioning, motor planning, attention, modulation of arousal and recognition of uncomfortable situations. If you would like to register your child or inquire about one of these classes, please call our office.

Mark Your Calendars — Free Seminars at TLTC

Part of Total Learning and Therapy Center's mission is to support members of the community by providing valuable and up-to-date information through continuing education opportunities for parents and teachers. There will be 3 FREE seminars offered this winter to community members. Registration is required for all seminars. Continuing Education Certificates will be awarded at the conclusion of each seminar.

Elizabeth Perry, MSW, will be presenting, "Supporting Young Children with Challenging Behaviors" on February 5th at 7pm at Chris-

tian Heritage School. She will discuss direct and indirect strategies for assisting children in preschool classrooms, behavioral intervention strategies, charting behaviors and goal setting.

On March 5th at 7pm, Tina Zigo, ND, from the Center of Natural Healing, will present "Nutrition to Improve Attention, Behavior and Cognition." She will discuss 'brainpower' foods, foods to be avoided for improved attention and nutrition strategies for a healthy lifestyle. This seminar will be located at TLTC.

TLTC and Christian Heritage School will be co-sponsoring the April 2nd seminar, "Enhancing Development for Gains in Education, Integrating Skills for Success," to be located at Christian Heritage School. Presenters will be Dr. Brian Henninger and directors of TLTC, Dr. Randy Schulman, Stefanie Seanor and Maybette Waldron.

Registration is required for all FREE seminars. Call TLTC at 203-268-8852 to reserve a space today!

Can You Spare a Few Hours? by Laura Houston, CTRS

We all know how important it is to spend time with our families and to enjoy activities together. However, sometimes it is hard to find things to do, or friends to play with! TLTC is planning an afternoon of Funbowling on February 28 for families and friends of any age as part of our new initiative to raise awareness of bringing families together. Staff at TLTC would like to assist families in finding accessible recreational venues and

activities in our community and facilitate opportunities for families to spend time with each other and to socialize with other families. This event is going to be offered to our clients at a discounted rate.

Lanes are limited so sign up today! Call 203-268-8852 to reserve spaces.



Details for Funbowling:

What: 3 games of Funbowling

When: March 7, 2-3:30 pm

Where: Sports Center of Connecticut
784 River Road, Shelton

How Much: \$10 for 3 games per bowler
Bowling shoes NOT required!
Transportation is on your own.

Beanies for Baghdad — Putting Beanies into the Hands of Kids

"I am Ross Williamson, a Senior at Bolton High School. I am collecting Beanie Babies to send to soldiers in Iraq and Afghanistan. The soldiers will then give them to kids who need them. Since October 2008 I have collected 1,621 beanies. My goal is to collect 2,000."

Beanies can be dropped off at Total Learning and Therapy Center and Ross will collect them weekly. He will wash them and send them off to soldiers in Iraq and Afghanistan to distribute to children there. Please sup-

port Ross in fulfilling his goal of collecting 2,000 beanies for his senior project. You may call TLTC at 203-268-8852 for drop-off hours or if you have additional questions.



Thank you for your support!
Good luck, Ross!

■ Ross, pictured left, with Logan S., collecting and sorting Beanies at TLTC.



Donate new or used Beanie Babies for distribution by US soldiers to children in Iraq and Afghanistan.



Healthy Winter Recipe — White Turkey Chili



Ingredients:

1 tablespoon vegetable oil
2 medium onions, chopped
2 cloves garlic, chopped
3 cups low sodium/low fat chicken broth
1/2 teaspoon coriander
2 tablespoons lime juice

1 teaspoon ground cumin
1/2 teaspoon dried oregano
1/4 teaspoon chili garlic sauce
1/4 teaspoon salt
1 can (15.5 oz) cannellini beans
1 can (15.5 oz) black beans
Bunch of parsley, chopped

2 cups chopped cooked turkey

Directions:

Heat oil in a 4-quart pot over medium heat. Cook onions and garlic in oil, stirring until onions are tender. Stir in remaining ingredients except turkey. Heat to boiling. Reduce heat. Simmer uncovered for 20 minutes. Stir in turkey. Simmer until hot.

Doing Our Jobs by Stefanie Seanor, MBA, OTR/L

Being a parent is a wonderful job. As an occupational therapist, I am always talking about 'jobs'...the jobs of our kids, the jobs of my patients, my jobs as a parent and therapist, the daily jobs we have to complete, etc. But how often do we think about our 'job' of staying healthy; of caring for ourselves so we may take care of others. Sometimes we are so busy doing all of our jobs (which are all very important) that we forget to do our job of taking care of ourselves; we forget to do the things that make us healthy. We forget to play!

In terms of occupation, and in the guidelines I follow as a pediatric occupational therapist, functional performance is what is being evaluated. Can our kids do their jobs? What

are our kids' jobs? Their jobs are to be active learners in school, to be contributing family and community members, and to engage in leisure/play activities (with friends). It is so easy to forget about allowing our kids to play when we are constantly working on skills to support their learning and school performance. Why do we forget about play? Maybe it is because we forget about playing ourselves?

Leisure is such an important part of life, yet it gets lost as



"Explore the things that make you happy."

we strive to build competitive skills in our children so they may succeed in school, and in life...and in their jobs!!!

Let's not forget that we must enjoy ourselves, our families and our children. We must remember that children learn from example, and as parents, we have one of the most important jobs...setting good examples for our children. I encourage you parents to explore, (again?), the things that make you happy, the leisure activities that you enjoy and the family events/traditions you wanted to pass down to your children. Take care of yourselves first. Incorporate into your own lives some time to play, and allow your children to see you and how you play, and how you still complete your jobs successfully too!

Children are great imitators. So give them something great to imitate!

Anonymous



Total Learning and Therapy Center

5893 Main Street
Trumbull, CT 06611

Phone: 203-268-8852
Fax: 203-268-8845
Website: www.TLTC.org

We're on the web:
www.TLTC.org

In case of inclement weather:

Watch WTNH Channel 8 News
(TV and internet listings) or
listen to STAR 99.9 (radio and
internet listings) for closings.

Place
Postage
Here

20 HEALTHY NEW YEAR'S RESOLUTIONS FOR KIDS

Preschoolers

- I will clean up my toys.
- I will brush my teeth twice a day, and wash my hands after going to the bathroom and before eating.
- I won't tease dogs – even friendly ones. I will avoid being bitten by keeping my fingers and face away from their mouths.

Kids: 5-12 years old

- I will drink milk and water, and limit soda and fruit drinks.
- I will apply sunscreen before I go outdoors. I will try to stay in the shade whenever possible and wear a hat and sunglasses, especially when I'm playing sports.
- I will try to find a sport (like basketball or soccer) or an activity (like playing tag, jumping rope, dancing or riding my bike) that I like and do it at least three times a week!
- I will always wear a helmet when bicycling.

- I will wear my seat belt every time I get in a car. I'll sit in the back seat and use a booster seat until I am tall enough to use a lap/shoulder seat belt.
- I'll be nice to other kids. I'll be friendly to kids who need friends – like someone who is shy, or is new to my school.
- I'll never give out personal information such as my name, home address, school name or telephone number on the Internet. Also, I'll never send a picture of myself to someone I chat with on the computer without my parent's permission.

Kids: 13 years old and up

- I will eat at least one fruit and one vegetable every day, and I will limit the amount of soda I drink.
- I will take care of my body through physical activity and nutrition.
- I will choose non-violent television shows and video games, and I will spend only one to two hours each day – at the most – on these activities.

- I will help out in my community – through volunteering, working with community groups or by joining a group that helps people in need.
 - I will wipe negative "self talk" (i.e. "I can't do it" or "I'm so dumb") out of my vocabulary.
 - When I feel angry or stressed out, I will take a break and find constructive ways to deal with the stress, such as exercising, reading, writing in a journal or discussing my problem with a parent or friend.
 - When faced with a difficult decision, I will talk with an adult about my choices.
 - I will be careful about whom I choose to date, and always treat the other person with respect and without coercion or violence.
 - I will resist peer pressure to try drugs and alcohol.
 - When I notice my friends are struggling or engaging in risky behaviors, I will talk with a trusted adult and attempt to find a way that I can help them.
- American Academy of Pediatrics, 12/08*