

SPRING

MONTHLY NEWSLETTER

MAY 2011

HAPPY MOTHER'S DAY



THANK YOU MOM
FOR ALL YOU DO EVERYDAY

MOM
MOM
MOM
MOM
MOM
MOM

A mother understands what a child does not say

Jewish proverb

I AM GOING ON A JOURNEY

I am going on a journey,
Won't you come along?
I need someone to help me.
A person big and strong.

I'm walking on my journey
But my feet are very small.
Can you stand beside me,
And catch me if I fall?

At times when I can't keep up
With life and all its fears,
Can you put me on your shoulders
And wipe away the tears?

When the steps I take are not big
enough
And it's hard for me to grow
I know I can depend on you
To let me take it slow.

I'm going on a journey,
Please, won't you walk with me?
The place where I should be.

I promise when the road is tough
And you want to turn back home.
I will hold your hand real tight,
So you won't feel alone.

And when the journey is over
And we find where we should be
I know that you will be so glad
You took this path with me.

I am going on a journey
Please, won't you come along?
I need someone to guide me
A mommy big and strong

Sally Meyer



REMEMBER THE DATES

At a glance

May 7

Mother's Day

To all our special moms! Have an enjoyable relaxing day (if that is possible of course!). Happy Mother's Day to all the super heros of every child's heart!



XO XO

May 11

Social Skills

Session 5 now accepting registrants for our spring session. Wednesday evenings 6:30-8:00pm. May 11-June 15

May 23



Victoria Day Closed May 23rd

The center will be closed for Victoria Day.

Enjoy the holiday with your family. Center re-opens on Tuesday May 24th, 2011.

Make sessions available. Please contact the office for additional times and dates.



VACATIONING WITH KIDS

You've decided to embark on a family vacation and you need some ideas to help your child adjust to the changes. What's the plan for a stress free vacation? I have a secret.....



(1) Prepare the child Children will benefit with a few pre planning strategies. Create a Social Story detailing the plan from the car ride or the plane ride to the hotel, the beach and the temperature changes. What can the child expect? What will it look like? What will they experience? Youtube videos, Google images are great sources for quick visuals for your child to learn about your trip. Have your child help make a memorable pre vacation story!

(2) Pack special belonging Help ease the child into a new bed, hotel and restaurant with familiar items from home. Bring personal pillows, a blanket, a favorite cup or utensils that will help the child be more comfortable in a new environment. Sometimes the little things you bring can add much more comfort than you know.



(3) Car and plane ride rides How do you amuse kids on long trips? Pack new toys and snacks that will entertain your child for hours. Family videos, videos of your destination and a variety of new toys can keep minds and hands busy and pass the time without stress.

Talk enthusiastically about the trip as soon as you book!



Starting the vacation before you leave is a sure way to reduce stress and anxiety for kids. Talk about the destination, look at pictures and experience the trip from afar can help the child cope with changes in routines better.



INGREDIENTS

- 6 ounces semi sweet chocolate chopped
- 3 ounces white chocolate chopped
- 1 pound strawberries with stems (washed and dried very well)

BREAKFAST IN BED WITH DESSERT!

Strawberry Treats

Directions

Put the semisweet and white chocolates into 2 separate heatproof medium bowls. Fill 2 medium saucepans with a couple inches of water and bring to a simmer over medium heat. Turn off the heat; set the bowls of chocolate over the water to melt. Stir until smooth. (Alternatively, melt the chocolates in a microwave at half power, for 1 minute, stir and then heat for another minute or until melted.)

Once the chocolates are melted and smooth, remove from the heat. Line a sheet pan with parchment or waxed

paper. Holding the strawberry by the stem, dip the fruit into the dark chocolate, lift and twist slightly, letting any excess chocolate fall back into the bowl. Set strawberries on the parchment paper. Repeat with the rest of the strawberries. Dip a fork in the white chocolate and drizzle the white chocolate over the dipped strawberries.

Set the strawberries aside until the chocolate sets, about 30 minutes.

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