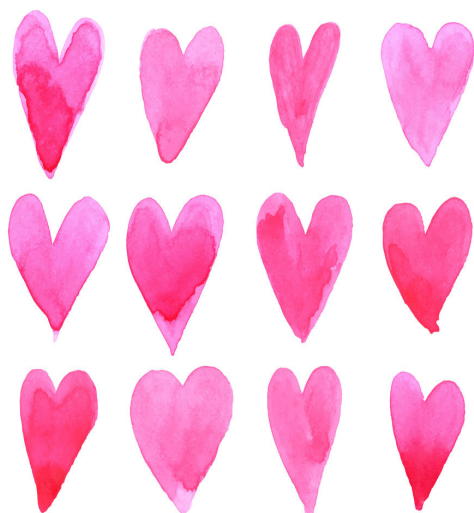


February Newsletter 2018



INSIDE THIS ISSUE:

- ♥ Valentine candy tips for kiddos on a gluten-free, casein-free (GFCF) diet.
- ♥ GFCF Cake recipes
- ♥ I Spy Valentine
- ♥ Valentine's day craft
- ♥ February language calendar from Super Duper Publications



Happy Valentine's Day from Kirsch Therapy!

February is a great time for our kids to engage in social language activities as well as fine motor activities by celebrating Valentine's Day with family, friends, and peers. Many of our kiddos with food sensitivities might feel left out based on the candy options not being within their current dietary needs. This month's issue is devoted to providing tips for dietary constraints and preparing for celebrating Valentine's Day with friends, family, and peers.





Valentine candy tips for kiddos on a GFCF diet

Tips from *tacanow.org* for helping Valentine's Day
stay special and delicious!

GFCF candy you can pick up at most stores:

♡ Gobbstoppers

♡ Bottle Caps

♡ Party Stix

♡ Nerds

♡ Runtts

♡ Charms Blow Pops,
Mason Dots, Dubble
Bubble

♡ Skittles

♡ Starburst

♡ Pez

♡ Check out
Tacanow.org for
a list of GFCF
chocolates and
fun recipes too!

*****Make sure candies are
deemed safe for your
child's current chewing
and swallowing skills.**



GLUTEN FREE, CASEIN FREE CAKE RECIPES FROM TACANOW.ORG

Chocolate Cake

EVERYONE needs a chocolate cake recipe. Your friends will NEVER KNOW it is GFCF!

1 cup white rice flour
1/2 cup **sorghum flour**
1 cup sugar
1/2 cup CASEIN FREE cocoa powder
1/2 teaspoon salt
1 teaspoon baking soda
1 tsp xanthan gum or guar gum
Mix these ingredients in a bowl, then add:

1/2 cup cooking oil
1/2 cup rice milk or other milk substitute
1/2 cup hot water
1 egg
2 teaspoons vanilla

Stir until mixed, grease and flour an 8 x8 inch pan, pour batter into pan and bake in a preheated 350 degree oven for 30 minutes. Can be doubled to make a sheet cake or two round cake pans or 24 cupcakes. For cupcakes bake for 20 -25 minutes.

Basic White or Yellow Cake

*** Use a natural red food dye to make this recipe into Red Velvet Cake

6 T. CF margarine
1 cup sugar
2 large eggs or 3 egg whites
1 cup rice flour or GF flour mix (Tacanow.org suggests this mix because it tastes better and is not so gritty)
6 T potato starch flour
2 T tapioca flour
1 t guar gum
1/4 t. baking powder
1/4 t baking soda
1/4 t. salt
3/4 cup CF milk substitute with 2 t. apple cider vinegar or 2 t lemon juice
1 t. GFCF vanilla extract

(If you use Vanilla Almond Breeze milk drink you will not need the vanilla)

Mix together margarine, eggs and sugar until blended. In a separate bowl combine flours, guar gum, baking powder, soda and salt. In a separate measuring cup prepare milk and mix with vanilla extract. On low speed add dry mix to egg mixture alternating with milk. Mix just until combined. Spoon batter into pans. Bake at 350 for around 30 minutes.

Basic Frosting

1 ¼ cup GFCF powdered sugar
1 tsp. vanilla extract
1/4 cup pure maple syrup
Mix together. Add strawberries, cocoa, or anything else that you'd like!

Find more GFCF recipes at TACAnow.org where you can find other recipes like Namaste Chocolate Cake and other cake mix websites!



VALENTINE'S DAY I SPY GAME



How many do you see? : Cherries (single or double stem!), strawberries, donuts, cupcakes, cakes (on cake stands!), conversation hearts, hearts, flowers, love birds, rainbows, arrows, and cookies (macaroons).

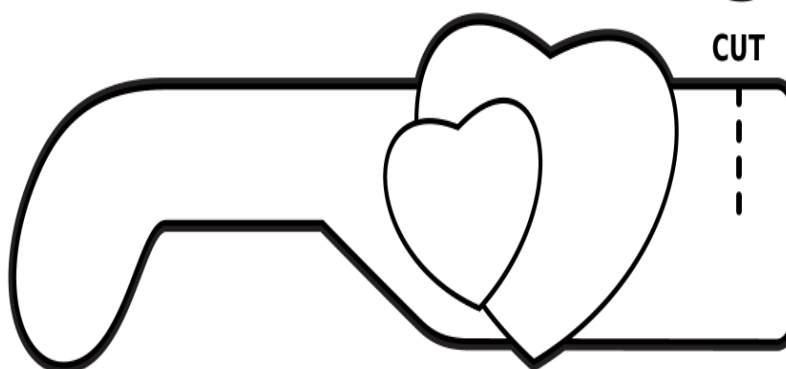
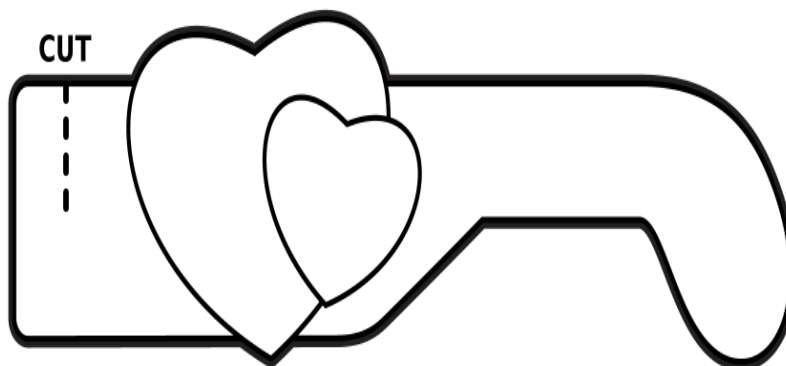
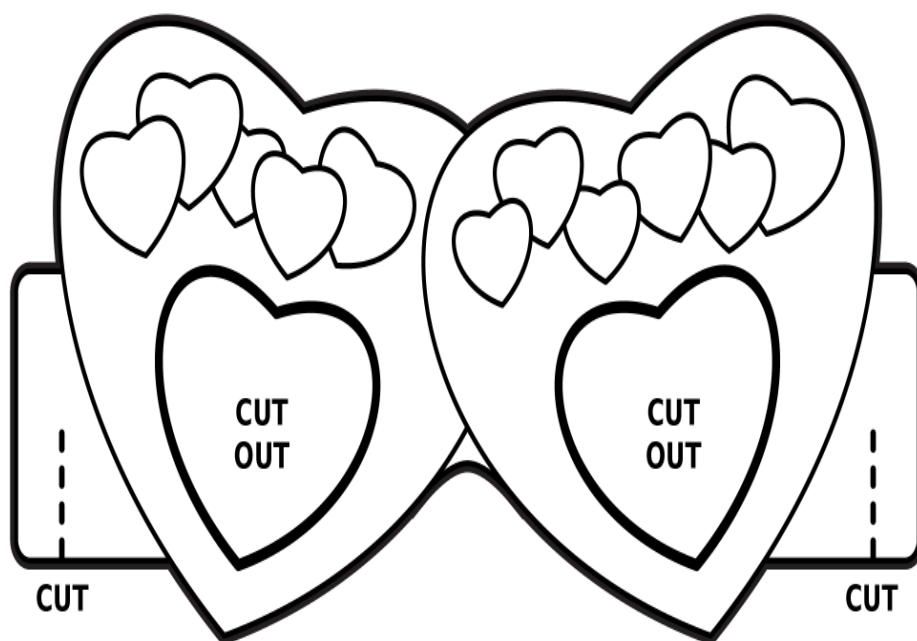
ANSWER KEY: Cherries (7), Strawberries (4), Donuts (6), Cupcakes (7), Cakes (3), Conversation Hearts (8), Hearts (6), Flowers (7), Love Birds (7), Rainbows (5), Arrows (4), Cookies/Macaroons (3)

© liveloughrowe.com

VALENTINES CRAFT FROM *Greenapplelessons.com*
via *teacherspayteachers.com*

Happy Valentine's Day Glasses!

Print on white cardstock. Color, cut and assemble.



LANGUAGE CALENDAR FROM SUPER DUPER PUBLICATIONS



February 2018



Directions: Keep your speech and language skills sharp! Color in each square as you complete the activity. See how many you can complete this month!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
JAN 28	29	30	31	FEB 1	Groundhog Day 2	3
Synonyms Synonyms are words that mean the same thing.	 Name another word for... gift	 Name another word for... dad	 Name another word for... fix	 Name another word for... small	 Name another word for... ill	 Check out this product: Synonyms Galore! Item #BK-346
4	5	6	7	8	9	10
Storytelling Narratives are based on story grammar.	Write or tell a story about what you did this weekend.	Write or tell a story about a vacation you would like to go on.	Write or tell a story about your favorite sport.	Write or tell a story about where you live.	Write or tell a story about a dream you had one night.	 Check out this product: Story Starters Fun Deck Item #FD-09
11	12	13	Valentine's Day 14	15	16	17
Articulation T To make the T sound, place your tongue behind your top teeth.	Say... tooth mountain hot	This animal says "meow"... It is a ____!	Complete the Sentence We went camping in a _____.	Repeat Tony talked to a tall man.	Complete the Sentence My towel is not dry, it is _____.	 Check out this product: Artic Photos "T" Fun Deck Item #AP-17B
18	Presidents' Day 19	20	21	22	23	24
Following Directions We follow directions at home, school, and work.	Spell your first name out loud.	Stand up and clap your hands.	Blink your eyes three times, touch your nose, and jump once.	If you love chocolate, stomp your feet.	If glue is sticky, pretend to swim.	 Check out this product: Ring Bling Game Item #RB-65
25	26	27	28	MAR 1	2	3
Eye Contact Eye contact is an important social skill to demonstrate attention.	Ask someone a question while making eye contact.	Tell about your day while looking at the listener.	Maintain eye contact while introducing yourself to another person.	Practice looking at a person while he/she is talking to you.	Tell someone what you want for your birthday while making eye contact.	 Check out this product: Jeepers Peepers Item #JP-350

©2017 Super Duper® Publications
www.superduperinc.com

Answer Key: January 29 (present 30) father 31) repair February 1) little 2) cat 14) tent 15) wet

HAPPY VALENTINE'S DAY FROM KIRSCH THERAPY!

