

W I N T E R 2 0 1 7

# December Newsletter



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## Happy Holidays from Kirsch Therapy!

Please let us know if you plan on attending your regularly scheduled appointment times, if you need to make any scheduling changes, or if you will be out of town for the Holidays! This holiday season, our therapists will be running a variety of therapy groups to address fine motor, gross motor, pragmatic, feeding, and speech/language skills within small group settings. If you are interested in your child attending any group sessions, please talk with his/her treating therapist to determine if the group is appropriate for your child's needs.

Happy Holidays!



# Winter Group Therapy

The following groups will be provided based on availability and number of interested participants. Groups may vary from skill and age level; therefore, not all groups may be appropriate for everyone. Please ask your therapist if there is an appropriate group for your child based on his or her current needs.

**Preschool Group:** Early social skills, fine-motor development, and following directions

**Feeding Group:** Picky feeding to difficulty with oral phase feeding

**Social Skills Group:** Conversational skills, age-appropriate play skills

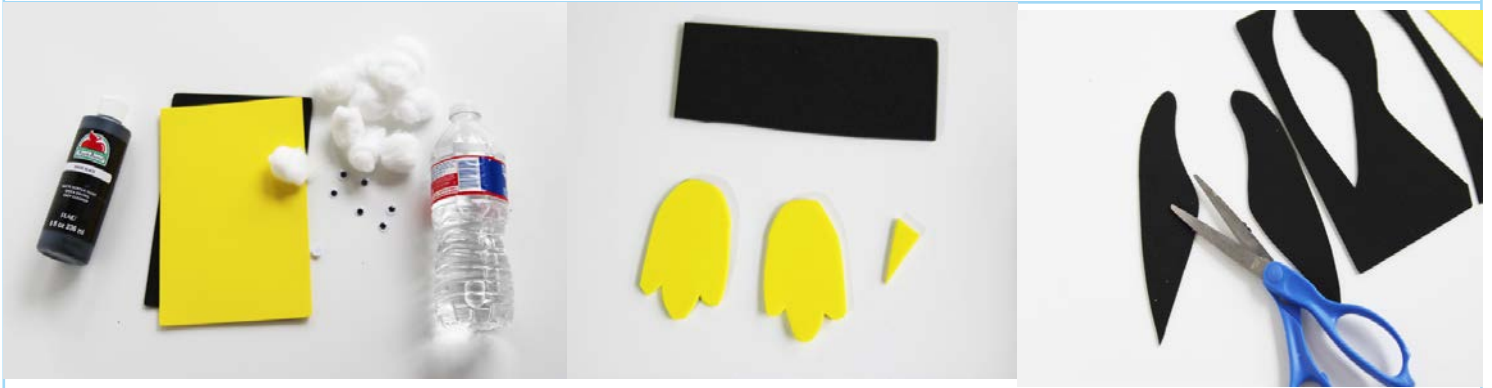
**Yoga Group:** Gross-motor coordination, balance, and relaxation

**Apraxia Group:** Speech production skills, improving intelligibility with peers

**Handwriting Group:** School-aged handwriting skills















## Water Bottle Penguins from *Onelittleproject.com*



### *Materials:*

Felt, foam sheets, googly eyes, water bottles, cotton balls, hot glue gun/glue, black paint, foam brush

### *Directions:*

-  First you will want to remove the label on the water bottle.
-  Then paint about two-thirds of it with black paint. You may want to do 2 coats of paint.
-  After the paint has dried, fill the water bottle with cotton balls. Cut out some wing shapes out of black foam.
-  You will also need to cut out feet, the beak and a black strip for the head.
-  Wrap the black strip around the lid and hot glue in the back to attach. Glue the wings on the side as well
-  Wrap the black strip around the lid and hot glue in the back to attach. Glue the wings on the side as well
-  Then, glue the strip to form a cylinder shape.
-  Tie a piece of string around the center of the cylinder and cinch tight.
-  Trim off the top and strings and glue to attach to the head. Glue on the eyes and beak as well.
-  Wrap another piece of felt around the neck and glue down for a scarf.
-  Glue the feet onto the bottom of the water bottle and you now have a penguin!
-  Make a few to form a cute little penguin family!





## Winter Snack








### marshmallow snowman

MAKE A BUDDY FOR  
YOUR HOT CHOCOLATE!



### Marshmallow Snowman from *itsalwaysautumn.com*

*It's Always Autumn* recommends:

-  The pretzel sticks are a little too long for the proportion of the snowman, so you can break off the ends, leaving them about  $\frac{3}{4}$ " long. She notes that the pretzels go in a little easier if you twist them as you're pushing them into the marshmallow.
-  Slide three marshmallows onto one pretzel stick to create the snowman.
-  Use a pretzel stick to poke holes for the arms, legs, and nose, and then push pretzels and a candy corn in the snowman. Then poke small holes for the buttons and push mini chocolate chips into the holes.
-  Place some mini chocolate chips in a sandwich baggie and melt in your microwave (30 seconds at a time until melted). Snip off a tiny corner of the baggie and "pipe" the chocolate out to draw eyes and a mouth on the snowman.
-  Make sure to let your child know that there is a pretzel stick inside the snowman before they start eating it.

# Local Events this December

## THIRD ANNUAL TREE LIGHTING AND OCEANSIDE ART WALK:



WHEN: 12/1/2017 5:00PM-9:00PM



WHERE: 110 N. MYERS ST, OCEANSIDE



THIS IS A FREE EVENT FOR ALL AGES, DONATIONS FOR TOYS FOR TOTS WILL BE ACCEPTED.

## AUTISM SOCIETY'S PARENT EDUCATION NIGHT/HOLIDAY POTLUCK:



WHEN: 12/6/2017 6:30PM-8:30PM



WHERE: KIRSCH THERAPY



THIS GROUP IS OPEN TO ALL PARENTS, PROFESSIONALS, AND MEMBERS OF THE COMMUNITY INTERESTED IN IMPROVING THE LIVES OF THOSE AFFECTED BY AUTISM SPECTRUM DISORDER. PLEASE STOP BY AND BRING SOMETHING FOR THE POTLUCK!

## SENSORY FRIENDLY PRODUCTION OF *DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS!*



WHEN: Saturday, December 9 at 10:30 a.m.



WHERE: The Old Globe is located in Balboa Park, San Diego's cultural treasure. Our theatres are located off of El Prado between the San Diego Museum of Art and the Museum of Man. \*\*Please visit [theoldglobe.org](http://theoldglobe.org) for more detailed driving directions\*\*



The Grinch will be performed for children on the autism spectrum and their families, as well as other families with special needs that may appreciate the welcoming and supportive environment this performance provides.

## HOLIDAY FEST WITH SANTA:



WHEN: 12/9/2017 12:00PM -2:00PM



WHERE: 1990 UNIVERSITY DR, VISTA



Event Description: Brightwood College will be hosting Holiday Fest with Santa in the Babies R Us and Planet Fitness Parking lots in Vista. Santa will be there to meet with children. There will be arts and crafts, a jumpy house, food, and more. This is a FREE event!

# Happy Holidays from Kirsch Therapy!

\*\*\*Please let the office know your plans for this holiday season so that we may adjust the winter schedule and make time for our wonderful group sessions!

