



# NEWSLETTER

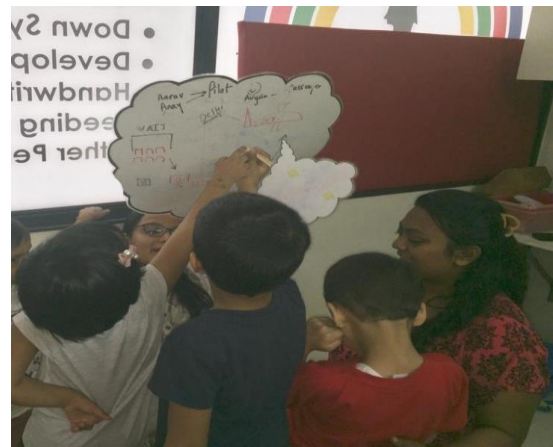
DECEMBER, 2018

## 2018 - AT A GLANCE

Seasons Greetings to all! This month I want to proudly reflect on our achievements of the last 12 months. 2018 has been an outstanding year of success for the Reach team. Every day at Reach is day full of fun, frolic and learning. Lets take a trip down the memory lane for a glimpse of all the fun things we between then and now.

### JANUARY

This year for the first time my colleagues Hiral and Meera conducted a group called Social Dynamos, a group for higher order thinking and social competence. It was a fun group for 5 children aged between 4-5 years. Encouraging imaginative and pretend play, newer ideas of play, team work, understanding the hidden rules of play, negotiating, problem solving, conversational skills, social emotional skills and relationship development.



### FEBRUARY

Reach conducted an interactive workshop for teachers, special educators, counselors, psychologists, speech therapists, physical therapists and occupational therapist on understanding ADHD & Sensory Processing. It was a day full of laughter and learning. Chaula, Onissia and I attempted to break down ADHD, its types, commonly occurring symptoms as seen in these children and their links to Sensory Processing. We also discussed practical strategies to impact their focus, attention and learning. Personally, it was a super fun experience for my colleagues and me as we had an enthusiastic audience willing to engage, participate and learn in order to make a difference for all their ADHD kids back home

# MARCH

With the summer heat on, Hiral and Anshu conducted Aquatic Therapy sessions with many of our children as well as adults.



# APRIL

April 25<sup>th</sup> was our 7<sup>th</sup> birthday; we had a weeklong celebration for all our children and parents to commemorate the same.



# MAY

May being the month of Mental Health Awareness, I took the opportunity to address the mental health of all our parents who care for special needs and the importance of taking care of themselves while they care for their child. **Each Special needs child has a special needs parent.**



## CARE FOR YOURSELF FIRST!

As an Occupational therapist working with special needs children, day in and day out, I want take a moment to acknowledge the fact that "Each special need child has special needs parent".

You parents inevitably become special, considering the amount of things you have to deal with, without having a choice. You all have way too much on your plate and the roller coaster ride of emotions that you swing through is unimaginable. According to the National Mental Health Association and the Federation of Families for Children's Mental Health (1998), parents who are caring for children with mental illness find it extremely difficult to get their own mental health needs met while trying to meet the mental health needs of their child. Also many researchers in the past show that parents of children with special needs (various conditions like autism, ADHD, Cerebral Palsy) are seen to face a series of mental health related challenges like increased levels of parental stress, family discord, disrupted parent-child relationships, reduced parenting efficacy and clinical depression. Hence, your physical and mental health is equally crucial as that of your child. Therefore, going an extra mile to care for your own mental wellbeing and attempting to nip your troubles early in the bud will only do good and no harm.

From very early on you parents tend to bask through a spectrum of emotions such as guilt, anger, resentment, isolation, anxiety and many more. Some of you might feel responsible for your child's condition and blame yourselves for everything. Others may be forever anxious



about, *What their child's future beholds? What else can they do for their child? And Whether or not they are doing enough?* Your question and emotions are all valid and can be dealt with. It is a good idea to ask these questions to the professionals (developmental pediatricians, neurologists, therapists, psychologist, counselors, etc.) you seek. This will help you learn about your child's condition, clear all your areas of concerns and free up even the tiniest of guilt, so that you can channelize all your energy towards working for the betterment of your child.

It isn't a shocker for you'll to experience a heap load of stress or feel tired all the time. It is commendable how you can be up and about 24/7, put your child's needs above your own. Repeat and re-repeat yourself to teach your child simple things or calm your child whilst being equally stressed. It's not an easy job and can surely be very taxing, frustrating and nerve wrecking. Dear parents don't be so



# JUNE

We at Reach had an Oro-motor training workshop for parents and professionals. Our knowledgeable and experienced speakers Chaula and Onissia walked us through all the steps required in helping a child build Oro-motor skills. The workshop was a huge success due to the brilliant efforts of our workshop coordinator and colleague Meera and the entire Reach team.

# JULY

Our Clinical Director, Chaula gave an enlightening & relatable talk at the K. J. Somaiya School for over 200 parents and teachers on Child Development – role of a parent. It was well received and provided meaningful insights on Child-parent relationship and play.



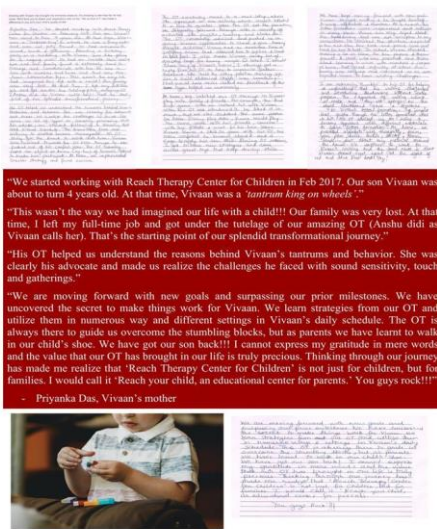
# AUGUST

The Reach team took time off to have some more fun than usual. We headed off for short getaway to Karjat.



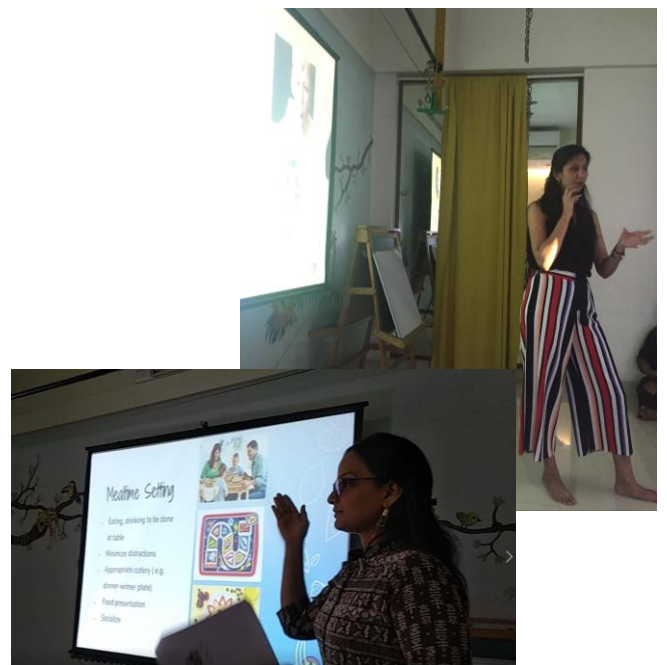
# SEPTEMBER

September saw our dearest parents writing to us about their experience with us, and how Reach impacted their lives. This was mainly for our special edition newsletter to celebrate the World Occupational Therapy Day. Our dearest parents were very gracious to share such kind and heartfelt words with us.



# OCTOBER

We published our parent testimonials in the October newsletter. Hiral and I organised a talk for parents and professional called Easy 'Peasy – easing out food struggles for picky eaters.



## NOVEMBER

With Diwali and children's day in same month Rachana planned a spectacular Diwali party for all our kids and their families. The party had our team members involved in engaging our kids to make puppets, lanterns, and cupcakes. We also had star performances by our very own super star children. I want to take this opportunity to thank our friends Shraddha and Isha for all their enthusiasm and help to make this party a success.



## DECEMBER

We are at the end of the year and the party still continues! Wishing you all a Merry Christmas and a Happy New-year. Looking forward to a new year with many more fun and exciting things. Happy Holidays!



For any question or concerns regarding the newsletter please write to us on: [reachtherapycenterforchildren@gmail.com](mailto:reachtherapycenterforchildren@gmail.com)

- Simoni Parikh  
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Reach Therapy Center for Children

Special thank you to Anshumala Shukla, for her help with the images & Onissia Rebello, for her inputs and proof reading.