



# hands at home

January 2025

## SMART Goal Writing

Happy 2025! The New Year often brings us to a place of reflection on the year past and anticipation of what's to come! We often speak of New Year's Resolutions or goals that we make for ourselves. In therapy, we create what is called SMART goals for your children.

SMART goals are...

Specific: The goal should be well-defined and clear.

Measurable: The goal should be quantifiable or have an indicator of progress.

Achievable: The goal should challenge you, but also be attainable.

Relevant: The goal should be relevant to the situation.

Time-bound: The goal should include a timeline for expected result

One area that Occupational and Speech Therapy make goals for is EXECUTIVE FUNCTIONING. Executive functioning (EF) skills include sustained attention, impulse control, emotional control, task initiation, planning, organizing, sequencing, and so much more! These skills help your child complete daily activities like homework, chores, and puzzles.

Our challenge for you is to make one SMART goal for yourself, one for your child, and one for your household this year focused on executive functioning.

## Flexibility


If an executive functioning strength of yours is being flexibility, you are in luck!

Plus Side: With this strength, you are more likely to be go with the flow and get less irritated when your child's executive functioning weaknesses are affecting daily function. You are able to adapt!

Be Aware: It might be more difficult to implement strategies long enough to work.

## What's Happening?

✓ Hand in Hand is CLOSED on 01/01/2025.

✓ National Hugging Day on 01/21/2025. 

✓ National Handwriting Day on 01/23/2025.

✓ International Lego Day on 01/28/2025. 

## Comparing EF Strengths and Weaknesses

When your strengths are your child's weaknesses...

A child might resist help from a caregiver. This is the perfect time for being creative!

Tip #1: Be creative with using your strengths by sharing times you have used your strength. This builds understanding between you and your child and helps build empathy.

Tip #2: Work on being flexible!

When your weaknesses are your child's weaknesses...

When your child struggles at the same thing you do, it might lead to becoming frustrated quicker and difficulty knowing how to help.

Tip #1: Work at it so you can laugh about it and brainstorm over shared weaknesses. This helps build connection with your child and make learning fun, not a battle.

Tip #2: Remember that you had the same challenges growing up which can help decrease stress and gain insight.



# New Years Resolution

January 2025

**MY NEW YEAR'S Resolutions**

Name \_\_\_\_\_

Age \_\_\_\_\_

I want to try \_\_\_\_\_

YEAR \_\_\_\_\_

I WANT TO GO \_\_\_\_\_

I want to learn \_\_\_\_\_

I really want to \_\_\_\_\_

I will try to be healthier by \_\_\_\_\_



# Provider Spotlight

January 2025

Get to know your pediatric supervisors! Brad and Mallory collaborate each month to bring you important information as well as fun activities to do with your children! Have any ideas you'd like to see in this newsletter? Let one of them know!



Brad, Occupational Therapist

### What is your favorite therapy toy/activity right now?

Escape Rooms! This allows the kiddo to work on a variety of skills organization, planning, problem solving, visual perceptual skills, teamwork, and so much more!

### Have you taken any special training that parents/families could/should ask you about?

I recently took a primitive reflex integration certification course that I learned a lot from! I am also certified in astronaut training protocol, kinesiotaping, and pediatric massage therapy. My passion is working with children on their executive functioning skills!

### What is your favorite snack?

Snyder pretzel rods and anything sour!

### What do you love most about working in the pediatric population?

Not only do I get to play all day long, but I get to help children help build their confidence in a variety of skills. The smiles on their faces when they have the "lightbulb moment", makes it all worthwhile!

### What is your favorite therapy toy/activity right now?

Speech in Miss Mallory's room is usually very child led! My favorite activities to help engage your child and elicit communication are bubbles, balloons, themed sensory bins, and mini objects!

### What new therapy topic/technique have you been learning about?

I have recently been learning about the connection between movement and language! I really enjoy physical activity, specifically nature walks and yoga! I am surprised to learn how these activities are being studied and their connection to building and increasing language skills!

### What is your favorite snack?

Milk chocolate and popcorn...but not together!

### What is your favorite thing about Hand in Hand?

Have you met the other providers!?! The entire pediatric team is such a joy to work beside each day. I love walking into such a beautiful space every morning but mostly I adore all of your children so much!



Mallory, Speech-Pathologist