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with your sensory kid

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Dot, Dot, Paint!

## Upcoming Events

- Dress-Up Day at Greenhouse is Monday, October 31st - Come dressed as your favorite character or even in your pjs!
- Caregiver Support Group: Monday, Nov. 19<sup>th</sup> at 7pm
- Thanksgiving Break: Greenhouse will be closed November 24<sup>th</sup> and 25<sup>th</sup>
- Caregiver Training: "Help! I have a picky eater!" Tuesday, Nov 29<sup>th</sup> at 7pm. \$15, must register in advance.

## Contact Us

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## Pokémon Fun Day!

Our first ever Greenhouse Pokémon Fun Day was a huge success! We had over 30 children in attendance, PLUS parents, so our little clinic was just hopping with activity (and noise!)! Needless to say, we learned a whole lot and look forward to hosting more fun events in the future! Our next Pokémon Fun Day will be in January, with all new activities! Check out our Facebook page for more pics!



## Helpful Tips

Trick-or-treating can be hard for kids with sensory processing issues. Noisy crowds of kids and flashing decorations may trigger sensory meltdowns.

Here are some ways to help manage trick-or-treating trouble spots:

- Map out and practice the route with your child ahead of time so it feels familiar.
- Go out at dusk or before the streets get very dark and crowded.
- Bring a flashlight.
- Wear noise-cancelling headphones
- Pull your younger child in a wagon or let your older child ride his bike to avoid having other kids crowd or bump into him.
- Teal pumpkins in front of houses indicate non-food treats are available (perfect for our friends with allergies!)

## Try This at Home!

**Purpose:** Develop your child's fine motor skills, and strengthen grasp and dexterity.

**Materials:** Paper, Q-Tips, Non-toxic Paint

**Instructions:** Draw or print out a picture of the child's choice. Provide the child with different colors of paint.

Use the Q-Tips to paint your picture by dipping the tips into the paint and making little dots on your picture.



# YOU ARE NOT ALONE

That feeling you are feeling right now? It's completely normal for you to feel that. Whatever it is. Other mamas, daddies, grandparents, guardians, and siblings have felt it. You are not alone.

Not only are you not alone, but you are supposed to be feeling what you are feeling. It's part of this adventure you are on with your child. All of us worry about what the future holds for our little ones. All of us fear that we haven't done enough, or wonder if their struggles/ issues/ diagnoses could have been prevented. It's okay to be frustrated, angry, afraid, discouraged, devastated and heartbroken.

It is also okay feel hope. Pride. Gratefulness. To share joy with your child. Celebrate their accomplishments, big or small. To know the life you dreamed for them may not go as you have envisioned, but it will be spectacular nonetheless.

At Greenhouse Pediatric Therapy, we do our best to prepare the child, and the grownups who love that child, for that journey. Thank you for allowing us to be a part of this great adventure with you.

♥ Miss Kassie

