

# *THE MONTHLY BEAT*

SMALL STEPS MUSIC LLC MONTHLY NEWSLETTER  
NOVEMBER 2020

## **Be Kind and Keep US in Mind!**



**As the holiday season begins, we remind our children to be nice. Being nice shouldn't be contingent of how we treat our siblings or family members, but how we treat everyone. That includes everyone you come into contact with, including your therapist/instructor. Be considerate of others' time and schedules, as well as the conversations you have regarding your child. We are here to help our community, however we deserve the same respect as any other licensed professional.**

## **With Cold and Flu Season, are you staying safe?**

Hand washing. We hear it day in and day out, however it actively keeps germs off our bodies. When washing our hands before and after the session begins, we continue to see that not everyone knows how to wash their hands correctly. Follow these 6 easy steps for hand washing to keep the germs away!

\* PARENTS: Make sure you are washing your hands and not just helping your kids with theirs!

1. Wet your hands. The amount of kids who place soap on first is amazing; placing soap on your hands before you have water on them does not allow you to scrub those germs
2. Apply enough soap to cover all surfaces. You need to wash your fingers, palms, tops of hands, wrists, and under your fingernails!
3. **SCRUB YOUR HANDS FOR 20 SECONDS!** This is the point where most kids fail on the hand washing test. Placing soap on your hands and immediately washing it off does nothing for the germs, except giving them a quick shower. Counting to 20 or singing a song can pass the time by!
4. Rinse your hands and wrists till all the soap comes off. Leaving soap on can create an environment for dry hands or germs to stay.
5. Turn the faucet off. No need for extra water to run!
6. Dry your hands and wrists with a clean towel.

# What is going on with our year? 2020 has been tough!

We can all admit this year has been a whirlwind and words cannot describe everything that has occurred. With this in mind, as we approach the holiday season, our minds may be focused on our family and ourselves.

Keeping in line with the holiday and giving season, we want to share a reminder about the closing of this year. Whether it be giving a compliment to a stranger or spending time together, kindness is free.

During this time, remember that this year has brought hardship, isolation, and stress among everyone around you. So share the love. Pay it forward when you grab a coffee at Starbucks, donate a gently used coat to a shelter, or even volunteer at a food drive. Have a giving mindset, and the world will return the favor. Be inclusive, whether it be at a family gathering or at work, check in on those around you. We get wrapped up in our own lives, sometimes we need to be still, stop, and think about people other than ourselves.

Here at Small Steps Music, we are here to help our community, the families we meet, and everyone in between. Remember, it takes just one small step to make someone's day.

Let us extend our thanks to you! If you have read this entire newsletter, give us a shout out at [michaela@smallstepsmusicllc.com](mailto:michaela@smallstepsmusicllc.com) or let us know at the office for a thoughtful gift!



**Check out our BLOG posts from our interns about hot research topics, diagnoses, and more on [www.smallstepsmusicllc.com](http://www.smallstepsmusicllc.com)**

## Monthly Song Favorites:

### Younger kiddos:

- Un Poco Loco from *Coco*
- I Choose by Alessia Cara from *The Willoughbys*

### Teens/ Young Adults:

- If this is the last time by LANY
- You're the one that I want by Dylan Rockoff

### Parent Songs:

- Hey Lady by Stephen Day
- Traveller by Chris Stapleton

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