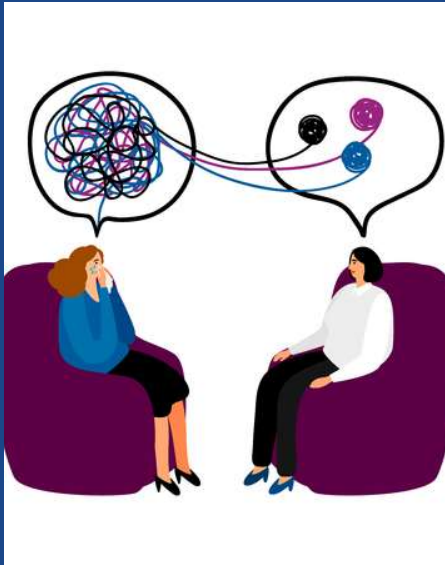


# THE MONTHLY BEAT

SMALL STEPS MUSIC LLC MONTHLY NEWSLETTER  
SEPTEMBER 2020

## Health and Wellness: Changing Your Thought Process



**Being a parent during virtual learning is TOUGH! When we take a step back and try to work out this beast of a task, becoming overwhelmed is easier than ever. Changing your mindset is a challenge, but with things changing everyday it is pertinent to stay kind and be positive. A parent's role in virtual education includes being motivating and encouraging.**

**Try these tips to reframe your mindset to a positive one!**

- 1. Take a step away from everything. This may be easier said than done, however self-care is more important than ever! Reading a book, listening to your favorite song in the car, or getting some ice cream**
- 2. Write down a positive affirmation on a piece of paper/ sticky note and place it on the mirror or a place you look often**
- 3. Clean up your space. Have family members help pick up to make the mess a little less**
- 4. Have a dance party one evening after dinner!**

## Tips for a Successful Therapeutic Process

As a therapist, we see kids day in and day out. Viewing the therapeutic process is just as important as taking the actions to execute it. Make sure these items are checked off your list:

- Completing all documentation and paperwork is key so your therapist knows what other therapies, medications, likes and dislikes can help or hinder your child's session.
- Finding time to ask your therapist questions about the sessions or specific goals they may be working on. Asking questions about how you can work on goals at home is a great way to keep the learning consistent.
- Providing updates from other therapeutic appointments about what they are working on can create a cohesive team working to achieve similar goals.
- Making sure everyone is on the same page. Communication is key! We know this however, as a therapist we see lots of kiddos each day. Sending a quick email or text at least 48 hours after our session is helpful in reminding us for anything you may need !

# Spoiling the Progress: Why is my child at a standstill with their goals?

With the school year starting, it is a great time to reevaluate your child and the goals you, a therapist, or school may have set for them to reach this year. It is important to remember that repeating the same games, songs, tasks, and just the same blah routine can bring a halt to progress. SPICE IT UP!

Here are 8 ways your child may not be progressing on goals set for them!

1. Poor fit with client and therapist
2. Not asking questions
3. Being inconsistent
4. Not doing work outside of therapy sessions
5. Ditching or not attending therapy due to discomfort
6. Expecting a quick fix
7. Expecting the therapist to do all the work
8. Reenacting the same patterns

Your therapist is also a professional. They should be respected like a occupational therapist, physical therapist, speech therapist, or another therapies you may attend.

Evaluate yourself and your child's diagnosis. How can your therapist help with daily tasks or needs? Updating your therapist on accomplishments, likes, dislikes, wants or needs are crucial because celebrating the little things are amazing!



**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:

- Use Your Words by Daniel Tiger
- I Have a Voice by The Beatbuds

### Teens/ Young Adults:

- Be Happy by Dixie D
- Together by SIA

### Parent Songs:

- I'll Be Okay by McFly
- Survivor by Destiny's Child

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