



BEHAVIORAL FAMILY SOLUTIONS

BI-MONTHLY NEWSLETTER

HAPPY 4TH OF JULY



Behavioral Family Solutions wishes you a happy 4th of July! Although this year may look at a little different, it doesn't mean the celebration stops! Need a few ideas? We've rounded up a few activities your kids will absolutely love! Check them out below. *Our centers will be closed on Friday, July 3rd, in observance* of independence day.*



STAR-SPANGLED SLIME

Ingredients: liquid starch, clear glue (10 oz) & star confetti.

1. Pour the glue into a large bowl.
2. Slowly add 1/4 cup of the liquid starch and continuously stir until the mixture begins to stick together and congregate in the center of the bowl.
3. Add the star confetti and knead for a few minutes to get a smooth, uniform consistency. And you're done! Enjoy!



SENSORY BIN

Ingredients: Rice, Food Coloring, & Vinegar

1. Pour a cup of white rice into a container.
2. Add 15 drops of food coloring.
3. Drizzle 1/2 tsp of vinegar over rice.
4. Close the lid and shake it hard for about 30 seconds. Repeat process with different colors.
5. Make sure to let the rice dry for about 1-2 hours. Once this is complete, your kids are ready to play!



PAPER PLATE AMERICAN FLAG

You'll need: paper plate, red, blue & paint, red buttons, foam star stamp, Elmers Hot Glue, and paint brushes

1. Start by painting the top left corner of your paper plate with the blue paint.
2. Next paint the red stripes on it— be careful that the two colors don't mix!
3. Once the paint dries, you can use the star stamp (dipped in white paint) to stamp the stars on the blue corner.
4. Glue your red buttons onto the red stripes, and viola! Your masterpiece is complete!



*For younger kids, you may want to draw the lines and help them by marking where each color will go! *

4TH OF JULY SPARKLE BOTTLES

You'll need: Bottles with caps (labels removed), buttons, pipe cleaners, holographic glitter, metallic star garland, curling ribbon, and mesh tube ribbon.

1. Cut the materials (pipe cleaners, ribbons, garlands) into pieces. This will make it easier to fit into the water bottle!
2. Divide all your materials in a tray so your kids can easily access them and choose what they would like to use.
3. Now's the fun part! Have your child choose the materials they would like to fill their sparkle bottle. This step involves improving fine motor skills.



4. After the bottles have been filled, you can assist them with filling it with water and glitter. Make sure to tighten the cap as tight as possible, and tape them with duck tape.



This is a great exercise to encourage sharing and considering others. Is it okay for one child to take all the buttons? What about the straws, should he/she take all the red ones?



WHAT'S NEW AT BFS?

FEATRING NEW & ENGAGING SUMMER ACTIVITES

For each week in the summer, our centers will be featuring a new "theme" with exciting and engaging activities for our kiddos to have some fun! Play is more important than you think—as it allows children to explore, think creatively, and learn new skills. The new themes will be integrated into therapy sessions addressing, fine & gross motor, independent play, reciprocal play, and social skills, while following CDC guidelines. As mentioned, only one child and one RBT will be in a room—maximum (3) people if Analyst is present for supervision. Some weekly themes include ocean, weather, and plants!

A group of children are lying on their backs on a patch of green grass. They are all smiling and covering their eyes with their hands. The children are wearing various colored clothing: a green long-sleeved shirt, a pink sweater with a flower detail, a blue and white striped shirt, and a white shirt with colorful polka dots. The scene is bright and cheerful.

"There needs to be a lot more emphasis on what a child **can do instead of what he can't do."**

DR. TEMPLE GRANDIN

ABA RESOURCE

This **podcast** is a great tool for parents who are beginning their journey into the science of behavior. Ty is a BCBA with a Masters Degree in applied behavior analysis. Together Ty and Hilary have 3 kids of their own while also owning a CrossFit Gym, and running an online parent coaching platform. Combining fitness and parenting to bring you tangible tools for positive behavior change in your home.



COVID-19 RESOURCES



- **Center for Disease Control (CDC):** <https://www.cdc.gov/>
- **Florida Department of Health (DOH):** <http://www.floridahealth.gov/>
- **World Health Organization (WHO):** <https://www.who.int/>
- **Autism Speaks** has provided direct financial support to more than 475 families for immediate needs resulting from COVID-19, such as groceries, childcare, respite, medication or therapy! For more information regarding obtaining financial support, please contact the Autism Response Team at <https://www.autismspeaks.org/autism-response-team-art>.

