

Peer-iodicals from the Heart



Welcome!

Fun times at our Groups and Camps!

Hello and welcome to the second edition of our newsletter. We are so thrilled with the response and feedback we have gotten so far to this new venture, and we are glad that you are enjoying reading what is happening at Peer Projects Therapy from the Heart.

In this edition, we will be focused on the Summer, including camps, playdate tips, recommended reading and much more. We have included our usual 'Kids Only Zone' to keep the kids occupied and our '5 minutes...' section to introduce some more team members.

We always welcome your feedback in all aspects of our work and would also welcome you to join our Facebook page where we post regular updates and events.

Enjoy the read!



Linda Mary Lou

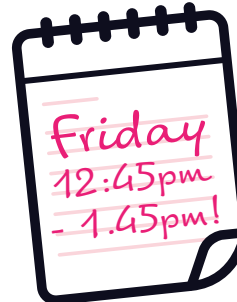
Left: Linda Murphy M.S., CCC-SLP, CEIS
Right: Mary Lou Gagnon OTR/L

What's happening this quarter?

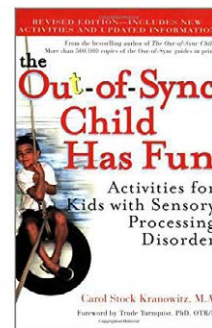
• We are excited to be running our regular **summer camp** during the weeks of July 11th, July 18th and July 25th again this year. We are especially looking forward to the return of Mike the Bubble Man, as well as a new visitor: Rocky the Whale! A life sized, 21-foot long inflatable North Atlantic right whale calf. Please see our website <http://www.peerprojectstherapyfromtheheart.com/summer-camp.html> for details!

• For the month of August, we are planning to run a few **special interest camps** including chess, drawing, and drama. Please let us know if you might be interested in any of these. We will post information on our website, Facebook and in the office once we have finalized details.

• We are very happy to announce the following additions to our team. **John Chambers, MS, OTR/L** has been a registered and licensed occupational therapist since he graduated with his Master's degree from American International College in August of 2015. **Lorin Moustakis B.S., SLPA** is a Speech Language Pathologist Assistant. She completed her Bachelor's degree at the University of Massachusetts, Amherst in Communication Disorders with Minors in both Education and Psychology. She has been with us part time since the fall, but will now be here full time! **Donna Tassone, Clinic Support Specialist** joined our team in May 2017. She has 20+ years' experience in financial services consulting with a focus on project management, process improvement, customer service and administrative areas. To learn more about our new team members visit our website <http://www.peerprojectstherapyfromtheheart.com/the-team.html>



• Over the summer, our **Parent Support Group** will meet every Friday from 12:45pm- 1:45pm. Come and meet other parents, share stories, experiences and learn from each other how best to approach life living with a child with a learning difficulty.



• **The Out-of-Sync Child Has Fun** presents more than one hundred playful activities specially designed for kids with Sensory Processing Disorder. Each activity in this

inspiring and practical book is SAFE—Sensory-motor, Appropriate, Fun and Easy—to help develop and organize a child's brain and body. Whether your child faces challenges with touch, balance, movement, body position, vision, hearing, smell, and taste, motor planning, or other sensory problems, this book presents lively and engaging ways to bring fun and play to everyday situations.



• Exciting News! **The Mom's Choice Awards for Excellence** have given 'Social Thinking and Me' a Gold Award! This book set was co-written by our own Linda Murphy. Check out this link.... https://store.momschoiceawards.com/index.php?entry_id=6469

• At Peer Projects Therapy from the Heart we not only love working together but we also love socializing together and we recently got together in Linda's back yard for the **annual team summer party**.



KIDS ONLY ZONE!



Super Soft Play Dough

Super Soft Play Dough is a quick and easy, no cook recipe. The play dough is incredibly soft and silky smooth and the conditioner adds a delightful smell to the sensory experience. Toddlers and children will have hours of fun with this play dough creating soft fluffy cloud creatures or using cookie cutters to make prints.

What you will need?

2 Cups Cornflour (corn starch)

1 Cup Hair Conditioner

Food Coloring

Extra Cornflour to add if mixture is still a little sticky

How to make it?

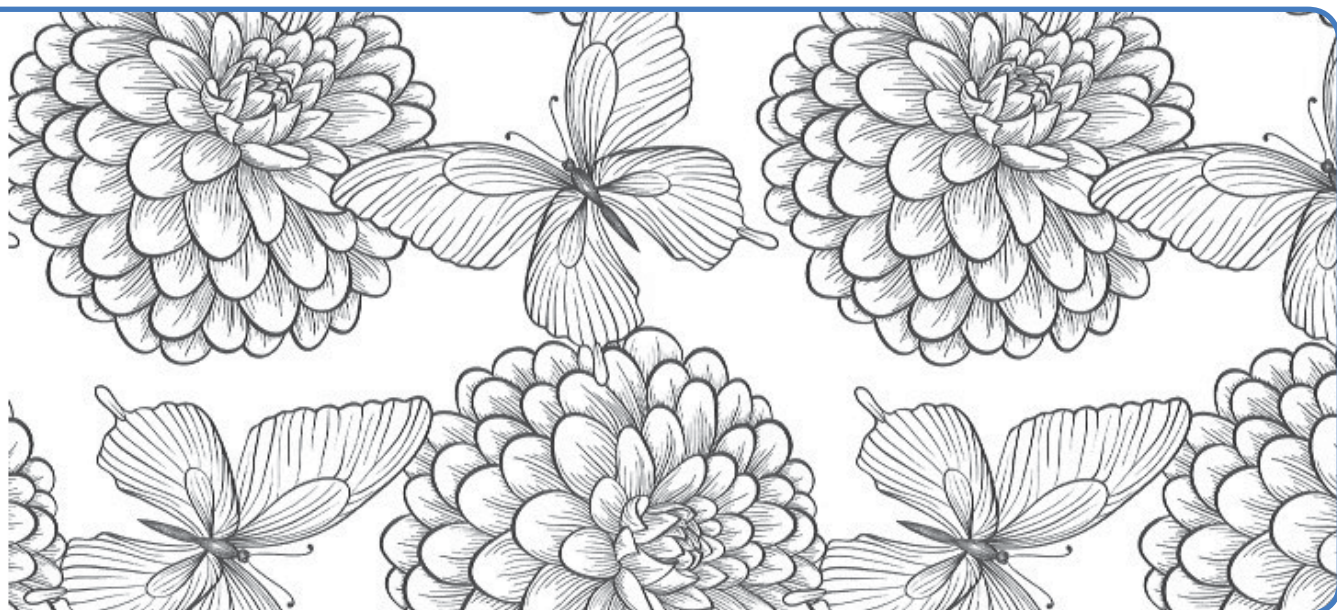
1. Place hair conditioner into a medium bowl and add a few drops of food coloring.
2. With a spoon, mix the coloring through the conditioner.
3. Add 1 cup of cornflour and stir. Then add the last cup of cornflour to the mixture.
4. Constantly stir the mixture until it begins to form a thick blob.
5. Turn the play dough out onto a clean surface and knead into a smooth ball with your hands. Add more cornflour if the play dough is sticky.
6. Store in a plastic zip lock bag or air tight container.



Please note:

This play dough recipe has no preservative in it, therefore it will not last as long. It is designed for a sensory experience, an alternative to other play dough and will become flaky and dry with continued play.

Color for fun!



Playdates! Tips for Creating Positive Peer Interactions

By Linda K. Murphy MS, CCC-SLP

We know that for many children, connecting with peers in a positive, sustained way, and developing true friendships can be hard! This is why we are constantly thinking about how to help kids do this. We recently had a team discussion on this topic, pulling together some of our main philosophies. We mindfully bring these ideas to each session and to our daily lives as a whole. We realized that this list, or “cheat sheet” of our guiding principles, might be valuable to parents and caregivers as you

create opportunities for your child to have peer interactions and playdates. To read and learn more about our five tips visit our website <http://www.peerprojectstherapyfromtheheart.com/blog/playdates-tips-for-creating-positive-peer-interactions>

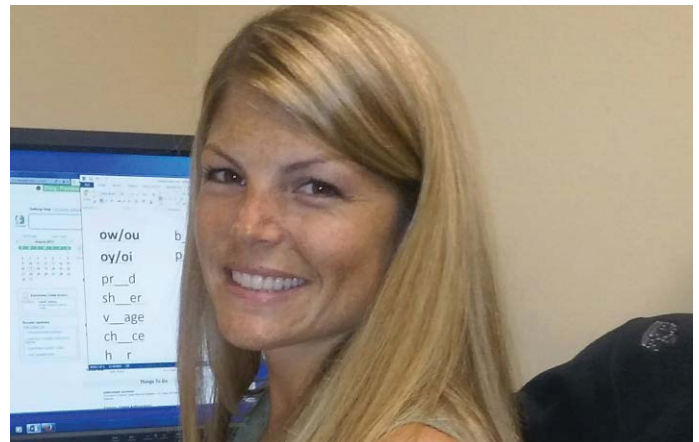
5 minutes with Bryna Hart



Bryna is a Certified OT Assistant with 5 years of experience in her field. She is from Hamilton, MA and graduated from North Shore Community College in Danvers. She has worked with Peer Projects Therapy from the Heart for almost 3 years! Let's find out a little more about Bryna.

- What is your favorite color?** All the colors
- What is your favorite game?** Apples 2 Apples
- What is your favorite food?** Tacos
- Where is the farthest place you have traveled?** Puerto Rico
- Where would you like to visit?** Venice, Italy
- What is your favorite TV show?** I don't watch TV that much but when I do I enjoy comedies
- Do you have a party trick?** I always bring great food!
- Interesting fact:** I have participated in 3 Half-Marathons

5 minutes with Lauren Marshall



Lauren has worked at Peer Projects Therapy from the Heart for over 6 years. She not only keeps the front of house running smoothly but also oversees several social groups. Her main role is as a Reading Specialist. She is trained in the Orton Gillingham Approach and tutors a wide range of ages. Let's find out a little more about Lauren.

- What is your favorite color?** Blue
- What is your favorite game?** Sorry!
- What is your favorite food?** Tacos
- Where is the farthest place you have traveled?** Paris, France
- Where would you like to visit?** Italy
- What is your favorite TV show?** This is Us
- What is your favorite movie?** Finding Nemo
- Interesting Fact:** I take part in a Bike Ride every summer which is 150 miles long!