



February, 2022

Our Two Sense. From Child Inspired



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Child Inspired, LLC

Visit Christina's
Blog!

A message from Christina,

Happy February! This month, we invite you to "Feel the Love" as we offer you tools and activities using *Words That Work*, feeling a *Sense of Safety*, embracing *Friendship*, and practicing *Self-Care*.

I am thrilled to present a new and inspiring **blog** for you to enjoy, which asks you to "Feel the Love" during a journey of how to communicate with your kiddo about therapy using engaging conversations and role playing. Please make some time to explore this **blog** and feel free to **contact me** with any questions or concerns.

Please follow our **daily social media** efforts and visit our **website** for more information.

We are here to help!



**Connect with us for
continued support!**

Our social media focus is to present useful tools, resources, tips, and fun activities.

We know how difficult it can be for families when your child is facing challenges at home, school, play, and other daily activities. We are here to provide individualized, yet family-centered, therapeutic services to help your child succeed and to offer you and your family support along the way.

Our team will work to identify and support the individualized needs of your child and family to build confidence and the skills that will help your child and family thrive. Our experience and networking base in Southern Delaware will help you navigate the services and resources you may need to best support your child's developmental progress and potential.

Meet Our Team

Embracing our local resources



Looking for a few books that will help you and your child to use effective words when describing feelings and emotions? Miss Jen, Children's Librarian at Lewes Public Library, provided us with an "All the Feels" reference list, that includes several awesome titles to help kids learn about their emotions and how to label them. Enjoy reading as a family and remember to reflect together about the content! [Follow this link](#) for titles and descriptions.

Team Member Spotlight!

We are so proud of the talented and inspiring professionals on the Child Inspired team! Each month we will share some fun facts about one of our team

We hope this month, you enjoy the emotional regulation meter, which helps with using words that work well for describing emotions. We are also excited to bring you some safety tips and fun ways to teach them to your child- such as the "Red Light, Green Light" game. Learn more about sharing and caring, as well as some really great ways to promote self-care as a family- such as creating a visual collage of what makes your child feel joyful and how to create your own home-spa!

Take a peek and get inspired!
Please invite your friends and feel free to comment!



Motivational Moments-



Consistency is so important when creating a safe environment for children. They need to feel secure with you at all times, comfortable enough to approach you with their needs, concerns, and exciting moments. We all have good days and bad days, but with the flow of ups and downs, we must try our best to always be a rock for our kiddos, be their comfort, their constant safe person, their true guardian.

Let's Get Moving!

members. Here are a few little things that bring one of our amazing OTs, **Sarah O'Hagen**, moments of joy!



Sarah O'Hagen's Favorites!

Favorite Song: Shine on You Crazy Diamond - Pink Floyd
Favorite Spot/Place: Iceland was my favorite place I've ever visited! It's MAGICAL!
Favorite Food: Tacos and margarita's for the win!
Siblings: Big Brother Sean (he is a psychologist and lives in upstate NY) and big sister Meghan (she is the manager of an amazing restaurant and lives in NJ)
Favorite Book: Harry Potter and the Prisoner of Azkaban
What Else?! My family and I have raised 12 service dogs for the Seeing Eye and Canine Companions for Independence

Also super!- Sarah was an integral part of a study funded by the National Science Foundation entitled "Tots on Bots" and completed her master's research in March 2020 with "Impact of a Transgender Health Educational Workshop on Occupational Therapy Students".

Show Sarah some love! [Email her here!](#)

Child Inspired Presents...



Family-centered workshops provide education to childcare centers, preschools, health care providers, caregivers, and families on various aspects of child development and therapeutic practice. If you are interested in hosting a Workshop or Workshop Series at your location, [click here!](#)



Teaching through play is a great way to help our little ones understand important concepts that will benefit them- and you- in everyday life. Understanding when to GO and when to STOP will help everyone feel safer, but let's help teach these concepts with a fun game! The game Red Light, Green Light, will help your child understand both the colors and the words used to describe the GO and STOP actions.

Draw a red circle on one sheet and a green circle on the other sheet. Have your child help color in the circles. Then have your child stand a few feet in front of you while you hold up each sheet of paper one at a time. While holding up the green yell "green light!" Then instruct your child to "Go!" While holding up your red sheet yell "red light!" Then instructing your child to "Stop!"

Reflect: After playtime, discuss some examples of important times during the day to STOP or GO, like stopping before crossing the street or moving forward (going) when friends in front of the line proceed at school.

Visit our Website



Get Well Maps create and provide innovative patient & family-centered tools and resources that reduce anxiety and improve communication between children, families and medical teams, in order to make a positive impact in the care of children facing medical challenges. These therapeutic visual aids help kids navigate healthcare experiences. Designed with colorful, engaging, child-friendly art themes by John Donato, Get Well Maps are brought to the bedside by medical providers and personalized by families, and help promote understanding of often complex and unpredictable medical experiences with “relatable” metaphors and a visually engaging method of depicting medical milestones. Get Well Maps can also be modified by therapists and educators to be utilized in the clinic or classroom as a therapeutic tool to promote activity performance or a positive behavior support. Get Well Map Foundation also frequently helps to offset travel expenses for families that must travel far distances to seek specialized pediatric healthcare. [Learn more here!](#)

Pediatric Professionals, please click here to view Child Inspired's rack card.

If you would like rack cards to provide to the families you serve, please [contact us](#).
Thank you!

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