

"We worry about what a child will become tomorrow, yet we forget that he is someone today." ~Stacia Tauscher

COWETA SPOTLIGHT

Volume 1, Issue 2
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CALENDAR OF EVENTS

Take a look at what's going on close to home next month:

Coweta Supporters— Organization designed to support families with emotional support and information. Next meeting will be January 12. For more information, contact Linda Wilson at 770.463.1658.

Team Parent—Local support group. Meets the last Wednesday of the month @ Interactiv Children's Therapy Services. For more information, contact Shannon Hopkins at Hopkins@numail.org.

Georgia Walk Now for Autism—May 3, 2009 at Atlantic Station. For more information, go to www.walknowforautism.org/georgia



SUGGESTED BOOKS & OTHER MEDIA

[How to Promote Children's Social and Emotional Competence](#) by Carolyn Webster-Stratton

[Ten Things Every Child With Autism Wishes You Knew](#) by Ellen Notbohm

[The Elephant in the Playroom: Ordinary Parents Write Intimately and Honestly About the Extraordinary Highs and Heartbreaking Lows of Raising Kids with Special Needs](#) by Denise Brodey

Inside this issue:

Calendar of Events	1
Books & Media	1
Mozart Effect	2
Take a Day Off	2
Activities & Strategies	2
Kid's Section	3

Don't forget!

- Crossroads Church is hosting their Parent's Day Out - Saturday December 6 from 9:30 am to 3:00 pm. Registration is going on now through November 21. For more information, call 770.254.0291.

Mozart Effect

The Mozart Effect is an inclusive term signifying the power of music in health, education and well-being. It represents the general use of music to induce relaxation, stimulate the body and improve memory or awareness.

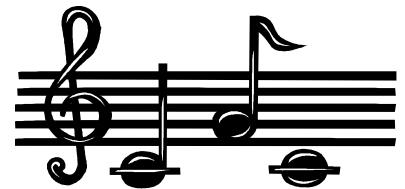
The term was first coined by Alfred A. Tomatis who used Mozart's music in his work attempting to cure a variety of disorders. Dr. Tomatis used Mozart's music in his efforts to "retrain" the ear, and believed that listening to the music presented at different frequencies helped the ear, and promoted healing and the development of the brain.

Researchers believe that listening to Mozart's music will:

- Increase verbal, emotional and spatial intelligence
- Improve memory and ability to concentrate

- Enhance "right-brain" creative processes
- Induce relaxation
- Improve body movement and coordination

For more information on the Mozart Effect and to purchase the CDs, go to www.mozarteffect.com.



Take a day off!

You can never take a day off from being a parent. You may not be able to take a day off from work whenever you like. But there are things you can give yourself a day off from. Next time you're feeling particularly stressed, tired out or done in, declare a day off from:

*Worrying * Caring what other people think
* Being behavior cop * Doing research **



*Knowing it all * Fighting battles * Making phone calls *
Serving as case manager * Handling details *
Filling out forms * Multitasking * Working out *
Holding it in * Making appointments * Planning
ahead * Solving problems * Saying the right
thing * Being SuperParent*

By Terri Mauro—www.specialchildren.about.com

Activities & Strategies for development

Physical Development—play sock toss. Place a laundry basket in an open and safe place. Make balls from rolled up socks, foam rubber or even aluminum foil. Toss the balls into the basket. Try moving the basket farther away for more of a challenge.

Emotional & Social Development—Encourage your child to tell you about his/her teachers and friends. Put a picture of teachers in your family album.

Approaches to Learning—Have your child help you in the kitchen. Assemble all ingredients ahead of time. Give your child one simple task at a time, such as pouring, stirring or setting the timer. En-

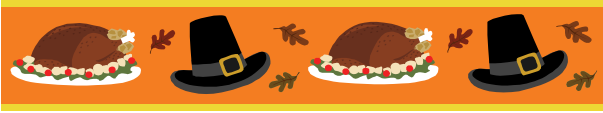
courage your child to smell and feel the various ingredients.

Language & Literacy Development— Make a simple sock puppet using an old white sock. Give the puppet eyes and a mouth. While your child wears the puppet, ask your child to "Put the puppet on top of your head" or "beside your shoes".

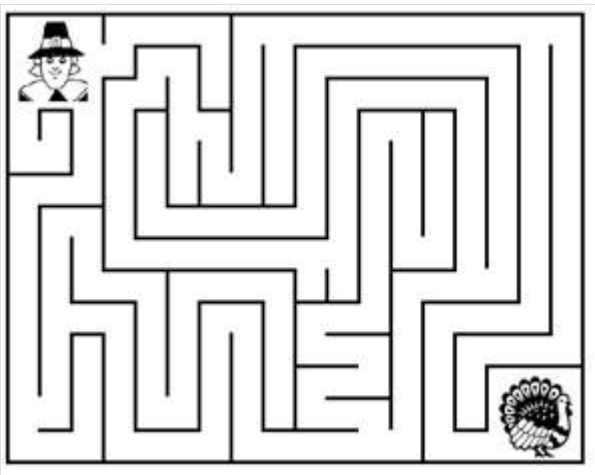
Cognitive Development—Laundry time is a great time to practice sorting. Help your child make piles for shirts, pants and socks.



KIDS SECTION



I believe in you!



How many words can you make from
HAPPY THANKSGIVING?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

FABULOUS GREAT AMAZING
SWEET BEAUTIFUL
WONDERFUL CREATIVE LOVING

WORDS TO TELL YOU CHILD DAILY

INCREDIBLE FANTASTIC
EXTRAORDINARY EXCELLENT
MARVELOUS SUPERB
BRILLANT

