

THE ABC connection



· Activity, Balance, Creativity – Building Skills for Life ·



Resource Spotlight

The Whole Child Guide helps families find therapists and specialists tailored to their child's unique needs. Through the Connection tool, parents can share their goals, choose how they want to meet, and receive a personalized list of providers ready to support their family. This makes navigating therapy and services simpler and more manageable. (wholechildguide.com)



Fun & Functional Family Activities

Play, Learn, Grow: st patrick's edition

Seasonal celebrations like St. Patrick's Day create meaningful moments for children to learn through movement, creativity, and play. Activities such as crafting, counting, and cooperative games support motor development, language, attention, and social skills. When families add small goals to familiar activities, kids can grow important skills while enjoying the fun of the holiday. Try out these activities at home!

- **Stair gold delivery:** Feed the leprechaun by carrying marshmallows or cereal up and down the stairs, focusing on placing one foot on each step to build balance, strength, and coordination.
- **Rainbow reach and sort:** While lying on a therapy ball or pillow, use tweezers or fingers to match colored items to a rainbow to support core strength, fine motor control, and visual skills.
- **Leprechaun hunt:** Follow simple clues around the house using location words like under, behind, or next to to build movement, listening, and language skills.
- **Pass the gold:** Take turns rolling or passing a "pot of gold" to practice attention, body control, and cooperative play.
- **Problem-solving talk:** Ask, "What should we do if the leprechaun moves the gold?" to encourage flexible thinking and emotional regulation.

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ABC THERAPY, LTD
30 ROTHROCK LOOP, SUITE B -
COPLEY, OHIO 44321
OFFICE: (330) 666-2228
ADMIN@ABCTHERAPYLTD.COM

Practical Daily Tips

Spring Break Made Manageable at Home

Spring Break brings extra free time, which can be exciting for kids but also challenging to manage. Keeping small routines and intentional activities can help children stay engaged, build skills, and enjoy a balanced break.

Try these simple strategies at home:

- Screen with purpose: Choose educational games, shows, or apps and ask questions about what your child is learning to support language and problem-solving skills.
- Family projects: Cook, bake, or work on simple art or gardening activities together to practice following steps, math, and creativity.
- Story and reflection time: Read together or encourage your child to make up stories, keep a journal, or share a daily highlight to strengthen language and emotional awareness.
- Life skills practice: Involve children in chores, meal prep, or planning activities to build independence, organization, and practical math skills.

Small, intentional routines and playful learning moments can make Spring Break fun while helping children feel successful and confident.



Finding Balance: Self Care

Spring Time Breath & Reset

Even a few moments of calm can help you feel more balanced during a busy day. During a quiet moment, try the 4-7-8 breathing exercise to help relax your mind and body. Inhale gently through your nose for 4 seconds, hold your breath for 7 seconds, then exhale slowly through your mouth for 8 seconds. Repeat 3–5 times, noticing your shoulders drop and your mind settle. Just a minute of focused breathing can help you reset and feel more centered.

Medina, Ohio

Community Connections



Stand Up For Downs is a nonprofit organization dedicated to supporting individuals with Down syndrome and other developmental disabilities through inclusive, community-based programs and events. They use fun activities like comedy shows to build confidence, social skills, and meaningful connections. They also created the Improvaneer Method, a unique program that uses improvisation to help individuals develop communication, social, and life skills in an encouraging, supportive environment.



Celebrate World Down Syndrome day and rock your socks! The brighter, wilder and mismatched, the better! We celebrate individuals with Down Syndrome and honor their unique strengths by spreading awareness, kindness and inclusion.

