

August 2024 Newsletter Update



BACK TO SCHOOL 🦷

how to take the cringe out of
the transition back to school

[CLICK HERE FOR THE ULTIMATE BACK TO SCHOOL GUIDE!](#)

SCROLL TO PAGE 2
FOR A BRIEF SUMMARY

Exciting News...

We are officially growing our team by one very very special speech therapist! We couldn't be MORE THRILLED to introduce, Jessica Blume, M.S. SLP-CCC to the Dear Sister Therapy family. Dr. Jessica Blume is a speech language pathologist who has a passion for working with children and their families. She is just about the most cheerful and optimistic person you have ever met. We know you will love Ms. Jessica just as much as we do! We couldn't be more proud to welcome her to the team!

[CLICK HERE TO READ ALL ABOUT HER!](#)

August's theme



CELEBRATING THIS CUTIE

WALKER

We couldn't be more proud of our Walker man! This kid's language has just skyrocketed 📈 We have seen huge changes in this kid's life since he's been coming to speech therapy and it's really 🥰 how much he has improved. Walker has the kindest heart, and the happiest attitude ever! He has the sweetest family around and he makes DST a fun place to be! We are so 🍀 to have them as a part of our DST family! ❤️



@DEAR.SISTER.THERAPY



click to check what all we've been up to on IG

5 STEP GUIDE TO TAKE THE CRINGE OUT OF THE BACK TO SCHOOL TRANSITION



Here is a quick start guide and summary of the steps we recommend for making the transition back to school as painless and easy as possible.

Click the button on page 1 for the full guide and answers to all your questions!

It's extremely helpful to understand WHY the transition back to school is so hard. Read the full guide version to get foundational knowledge in understanding why this transition is hard, which will in turn help you feel confident knowing what to do to help.

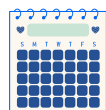
#1 UNDERSTANDING THE WHY



read the
full guide

Print a blank calendar and write down all of the important school related dates: 1st day, meet the teacher, etc. and make a plan for any school related activities/shopping you need to do so that your child can visually see the dates approaching

#2 VISUAL PREPARATION



make a
calendar

Have your child help you start physically preparing for school. Getting their 1st day outfit picked out and ready, backpack ready, lunchbox packed, etc. Your child's participation in as many steps as possible will help them to feel in control of a situation that they have little control in, which helps!

#3 PHYSICAL PREPARATION



child helps get
things ready

#4 MENTAL PREPARATION



talk about it
non-stop

#5 BACK TO SCHOOL BOOK



combine
steps 2-4 in a
personalized
"book"

[CLICK HERE FOR THE BACK TO SCHOOL SOCIAL STORY!](#)

Talking about going back to school, what will be fun, what will make them nervous, etc. will help them to see what they can expect and will help them to think through any challenges that they might face or anxieties that they might have.

Now it's time to pull it all together by making a personalized book that your child can use to visually, physically, and mentally prepare for the back to school transition. In therapy terms, we call this a "social story". Read the full guide for a printable back to school book that you can print and fill out!

An important consideration is to take the extra time to have your child make this book WITH YOU. You can complete it much faster by yourself, but your child's collaboration is an important part of the process. They should be the ones to choose some of the words, write the words in the blanks, draw the pictures, or color in the pictures that you draw (whatever fits their skill set the best). This part is extremely important in helping your child to develop a sense of ownership and empowerment in their own back to school journey.

In the full guide there are additional resources to help kiddos who are extremely nervous/anxious/fearful about the back to school transition, who have significant difficulty with transitions and routine changes in general, or for those kiddos who may need additional motivators and supports in place to go back to school or go to school for the first time.

It's all included for your support and encouragement! You got this parent!!!

Introducing your child to

IF YOU COULD BE AN ANIMAL

HER FAVORITE COLOR:

WHAT WOULD YOU BE:

red panda

pink

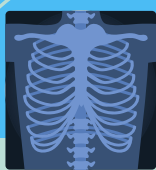
HER
FAVORITE
DISNEY
PRINCESS:

Cinderella



WHAT SUPER
POWER
WOULD YOU
CHOOSE:

*x-ray
vision*



FAVORITE
PLACE TO
HAVE FUN:

museums



HER FAVORITE GAME:

cat + mouse



HER FAVORITE



ICE CREAM

FLAVOR:

cookies + cream

FAVORITE
SUPER HERO:

Batman

