

August 2025 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 QUICK HOW TO GUIDE

Exciting News...

August's theme

CONTINUING EXECUTIVE FUNCTIONS GROUPS

The groups were such a success and the kids had such a wonderful that we want to keep the fun going during the fall semester. Plus it will provide additional opportunities for our kiddos to learn more about executive functions and how to apply them in everyday life.

If you are interested in joining the group, reach out to Abby or Hannah today!

ABBY@DEARSISTERTHERAPY.COM

HANNAH@DEARSISTERTHERAPY.COM

SCROLL TO PG 3 FOR ALL OF THE DETAILS



CELEBRATING OUR FRIENDS
FROM OUR SUMMER ADVANCED
EXECUTIVE FUNCTION GROUP

Y'ALL ROCK!

We could not be more proud of this group of kids! They did an amazing job this summer! Each week they brought their A-game. They were ready to learn, grow, and have a BLAST every single week. These kids rocked their group and far exceeded our expectations. We are seriously blown away and could not be more proud of our Advanced Executive Function Group! You guys really put the fun in executive FUNctions! Way to go! Keep up the hard work and always remember, you are capable of GREAT things!



The DST office will be closed for Labor Day, Monday, September 1st Enjoy your weekend!

synopsis of the

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



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

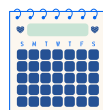


read the
full guide

(click link on 1st page of newsletter)

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 PREPATION



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.

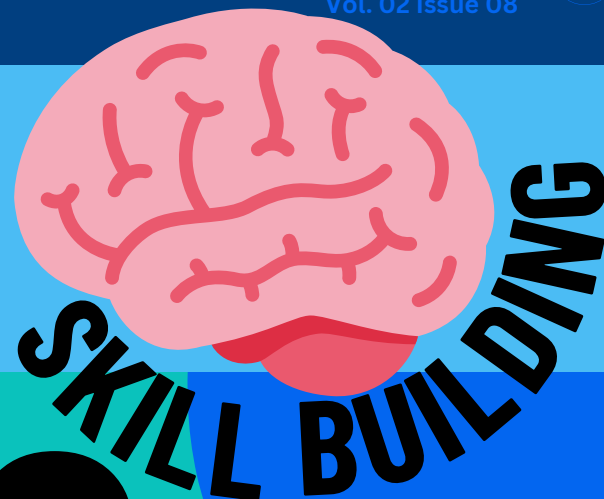
Now it's time to pull it all together by making a personalized book that your child can use to visually, physically, and mentally prepare for the back to school transition. In therapy terms, we call this a "social story". Read the full guide for a printable back to school book that you can print and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

 Let us know if you are wanting to change your schedule for the upcoming school year, your therapist will accommodate the best they can based on their availability!

EXECUTIVE FUNCTION GROUPS



targeting:

impulse control
working memory
attention + focus
problem solving
time management
initiation + follow through
challenge tolerance
emotional + self-regulation
self-motivation + awareness

FUN & EXCITING



EXECUTIVE FUNCTIONS

Monday Afternoons
4:00-5:00

ages 6-9 years

group

EXECUTIVE FUNCTIONS

Tuesday Afternoons
4:00-5:00

ages 9+ years

group

WAY TO BUILD



SKILLS & CONFIDENCE



Fill out the contact form
online to reserve your spot!



*must scroll to the
bottom of our website

\$800 for the entire 16 week fall semester program

Please fill out the contact form on our website if you are interested
ASAP to reserve your spot!

Boost the powerful brain
skills called executive
functions. Increase your
child's awareness and
understanding so that your
child can thrive, not just
survive!

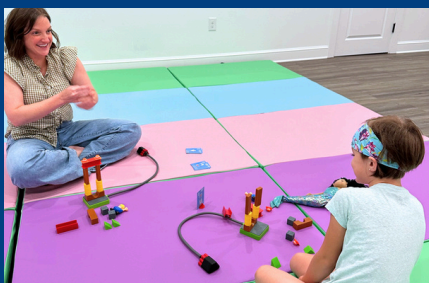
Fun times this summer at

DEAR SISTER THERAPY




A FEW FAVORITE MEMORIES

Let us know when your child's 1st day of school will be and
let us know if you need to cancel a session the first week of school!





 If your child has an IEP, let us know when your child's ARD is scheduled for the year so that we can prepare as a team before the ARD meeting!