



## The Snap-Clap, Chit-Chat, Pitter Patter

“My wayward children,” says the Lord, “come back to me, and I will heal your wayward hearts.” ~ Jeremiah 3:22

Dear Family,

We hope you are all off to a good start in the new school year.

As always happens this time of year, it's a chance to start with a clean notebook so to speak. It's also time for the season to change. New beginnings are nice, but so are memories of what used to be and designing what is yet to come. Just like a new binder with blank pages we are offered endless opportunities to write another chapter of our story. Soon the long summer days will fade into short Autumn evenings, the leaves will turn and fall away so goes life all intertwined. New beginnings and old endings, a time for reflections and resolve.

Last month the staff of Building Kid Steps took time to meet as a team, discover fun facts about each other, reminisce about where we have come as a company, reflecting on the current status and hopes for the future.

New beginnings and change are not lost on us. From a staff of 6 to now near 16, from probably less than a thousand square feet to well, a lot of square feet, we have grown in so many ways. Staff has come and gone, some have even come back. Our patients have come, some have gone, some still remain. One thing has stayed the same, actually, several things have not fallen away. Our devotion to do the will of God, the love for our families—our personal families, our staff family and our BKS families. And, our determination to help our clients become the best version of themselves. These things are timeless and the foundation we have built the company on. We know there are things we can do to improve and are committed to making the changes needed to best serve.

In our retreat, one thing we have determined is we can make better progress as a team. Our team includes your child and you. We look forward to working with our client's families and caregivers to make the best possible gains. We hope you will embrace our efforts to provide parent education and answer any questions you may have regarding your child's therapies.

Parent involvement and communication with the team is a critical component in a child's overall development. Allowing your child to be a child, seeing each person as an individual and not an extension of someone else, cultivating their interest, loving them for who they are, maintaining a peaceful learning atmosphere, and interacting with your child with enthusiasm, compassion and gratitude even when life is messy, recognizing sometimes a seemingly small accomplishment is really a very big deal, these are good supportive ways to foster a healthy learning environment. LWM



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### Upcoming Events:

- ☺ Prayer group-pending
- ☺ BKS will be closed for Labor Day Sept. 6 2021

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The human brain is divided into two parts as right and left hemispheres according to its behavior and thinking style. And according to a study conducted in 2013, we use approximately 65% of our cerebral functions. WoW! Wow! WOW! the Mental up link below is full of fun, fascinating and helpful information. This newsletter only highlights a small portion of the web content. Throughout the article are links to further details of brain development and educational games the whole family may be challenged by playing. My goodness, what a great collection and variety of brain development knowledge packed into one source. A wonderful resource to start the new school year out with. [www.mentalup.co/blog/right-brain-left-brain-development-methods](http://www.mentalup.co/blog/right-brain-left-brain-development-methods)

There are many ways to support brain development and health. Through early childhood education, music education, and life-long learning our brains develop and help us to be successful. Healthy diets, exercise/ physical activity, breathing, prayer/ mediation, family participation, and play are all critical components of a healthy brain. Children learn *best* when they play!

### Left Brain Training

Math, science and grammar classes are good activities to improve the left side of the brain. The left brain controls the right side of the body. To train the left brain use the right side of your body and logical games such as:

- ◆ Sudoku, crossword, scavenger hunt
- ◆ Brain and visual teasers like: mazes, math games- geometry teasers, riddles
- ◆ Strategy games
- ◆ Learn a new language
- ◆ Read

These are only a few ideas to help sharpen logical thinking, enhance attention, critical thinking, and other cognitive skills.

[www.mentalup.co/blog/brain-teasers](http://www.mentalup.co/blog/brain-teasers)

[www.mentalup.co/blog/brain-teasers-2](http://www.mentalup.co/blog/brain-teasers-2)

[www.mentalup.co/blog/brain-teasers-3](http://www.mentalup.co/blog/brain-teasers-3)

### Right Brain Training

Right brain tends to be artistic & creative. The right brain controls the left side of the body. To train the right brain use the left side of your body. For instance,

- ◆ Use your left hand in a writing or coloring activity.
- ◆ Play an instrument
- ◆ Breath through your left nostril—hold your right nostril closed and breath slowly.
- ◆ Play match game using cards with 2 of the same image, turn them face down, then choose the 2 you think match, continue until all the cards have been matched. - it's a great family game.
- ◆ Read

These are only a few ideas to help improve right/left brain connections, use the brain more actively and spontaneously, improve visual memory, attention and creativity.



You may notice reading in both the left and right brain training list. This and many other activities enhance the brain's collaborative work. Visual intelligence games and auditory mental exercises address the right brain; verbal, numerical, and logical intelligence games support and develop the left brain. Most people tend to use one hemisphere of their brain more than others thus having a dominate side. It's best to have a balanced brain with both halves equally participating in your day to day activities. Artist and inventors typically have a balanced brain. Check out the link below [www.mentalup.co/blog/brain-teasers-4](http://www.mentalup.co/blog/brain-teasers-4) for games that use your whole brain.

### Brain Harmony

Many of us go through the day in an aimless fashion, without real regard for what we are experiencing. Two-fisted, white-knuckles clinging on for dear life just waiting for the next thing, holding our breath and trying our hardest. What if instead of mindlessness, we practiced *Mindfulness*. Being in the moment, savoring life. Breathing. And teaching our children to do the same.

A great way to encourage harmony in the brain is meditation and prayer. As the brain works together one may become more focused, relaxed, notice decreased stress, become healthier, improve memory, and cognitive skills.

## 12 Best Foods to Boost Brain and Memory

1. Eggs— contains essential vitamins (A, D, B12, B group) that are good for memory. It also has tyrosine that is required for the brain to receive and send out signals. The egg gives lots of energy to keep your body fit.
2. Red Cabbage- It contains polyphenol which is required to improve long-term memory. Red cabbage can help to prevent Alzheimer's disease and similar mental illnesses.
3. Broccoli- It enhances brain power and provides development of cognitive functions with the vitamin K. Broccoli has folic acid, which helps to overcome the problems like stress, nervousness, and attention deficit
4. Spinach- Spinach is an excellent source of many vitamins. It contains vitamin A, vitamin C, vitamin E, and vitamin K. Relieving the digestive system and protecting eye health are just some of its benefits. Spinach is very rich in flavonoids which are good to fight against cancer cells.
5. Fatty Fish-It contains omega-3 fatty acids. Omega-3 strengthens the working memory and helps to prevent memory loss. The vitamin B12 found in fatty fish supports the production of blood cells.
6. Dairy Products-Generally speaking, dairy products provide flexibility of the brain membrane, which stores and sends information. Milk fat is important for the development and health of the brain. The protein content in the full-fat milk, cheese, yoghurt, etc. is quite high.
7. Dark Chocolate-Dark chocolate contains a high amount of cocoa and it is a strong antioxidant. It enhances concentration skills. Dark chocolate activates the brain receptors by increasing the endorphin level.
8. Whole Grains- Cereal and grain products like brown bread, whole wheat rice, oats, wheat, corn etc. contain B6, B12 and folic acid. It improves memory and concentration skills.
9. Nuts-Nuts containing lots of vitamins, minerals, and proteins keep us happy. They increase cognitive functions and help to relax to get when you have mild depression.
10. Water-The dehydrated brain secretes a hormone called cortisol. The excess amount of this hormone causes a decrease in memory power. Cortisol secretion triggers to improve increasing of adrenaline hormone, which results in impairments of brain functions and affects memory negatively.
11. Turmeric-Because of the curcumin pigment it has, turmeric helps the development of brain power. Another benefit of the curcumin is that it prevents the formation of Alzheimer's plaque.
12. Strawberry- According to studies, a flavonol compound called fisetin in strawberries prevents progressing memory loss and learning deficits. (From: [12 Best Foods to Boost Brain and Memory | MentalUP](#) )

## Benefits of *Mindfulness* for Children

- \*Promotes happiness
- \*Reduces stress
- \*Helps overcome anxiety
- \*Helps deal with ADHD
- \*Enhances learning ability
- \*Raises body awareness
- \*Grows patience
- \*Encourages considerate actions
- \*Helps defeat depression
- \*Sharpens memory
- \*Increases focus and attention
- \*Builds social intelligence
- \*Reinforces intrapersonal intelligence
- \*Helps evaluate and control behavior
- \*Helps manage emotions

[Mindfulness for Kids: 10 Mindfulness Activities | MentalUP](#) Pretty cool info. Check back next month, maybe we'll get digging deeper into the phenomenal brain.

### A Little Humor

What is a scarecrow's favorite fruit?







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*Nunc Coepi  
"Now I Begin"*

## STAFF NEWS-

No News is good news



*Birthday Wishes & Blessings*

Brooke Conner 9/13

### \*\*\*\*\*NOTICES\*\*\*\*\*

**We will be closed Labor Day, September 6, 2021**

#### Reminder

A minor cold *does not* prevent your child from coming to therapy..... However, if anyone in your household is + for covid you may *not* come to therapy. If everyone in the household is symptom free and has a negative test prior to the 10 days of quarantine being over, you may come back to therapy. If symptoms remain or the person has not retested, you must maintain the 10 day quarantine.

**Please** call at the 7-day mark to update your health status. We care about everyone staying healthy and getting the therapy they need. We want to resume services as soon as your family is well and able to return. We can zoom until then!! We **HIGHLY** encourage your child's appointments be made up.

Also, not showing up or not responding to text reminders is considered a no show.... 2 no shows will cost you your permanent time slot. The only exception is a medical emergency, fever or throwing up the morning of the appt. Extenuating circumstances will be reviewed by the director, a decision as to the appointment being classified a no show or a cancel will be left to the discretion of the director.

Goal progress is dependent on attending therapy sessions and your participation is vital to our team approach. We are committed to doing our best and with your help your child can receive what we have to offer.

### Answer to The August Joke:

Why was the clock called to the principal's office?

For TOCKing too much



**THANK YOU**

To all of you who participated in the USBORNE Book Fair, the books earned will be gifted to our clients during the holidays. Your contribution is most appreciated. We hope you enjoy your purchases.