

TEAMWORK: A QUARTERLY CHILDREN'S CLINIC AND FLEX NEWSLETTER FROM OUR TEAM TO YOURS

ISSUE 16 / WINTER 2024



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WINTER IS HERE

The sixteenth issue of our Children's Clinic and Flex Team Newsletter is here!

You can find all our newsletters printed in the waiting room at the Clinic, and archived [here on our WEBSITE!](#)

This newsletter has been made possible through our agency partnership with United Way of the Franklin & Hampshire Region.

United Way of the
Franklin & Hampshire Region



Cutchins Programs
for Children & Families

Want to unsubscribe from this newsletter? No problem!

E-mail lgray@cutchins.org and we will remove you from the mailing list.



Hello Clinic and Flex Families,

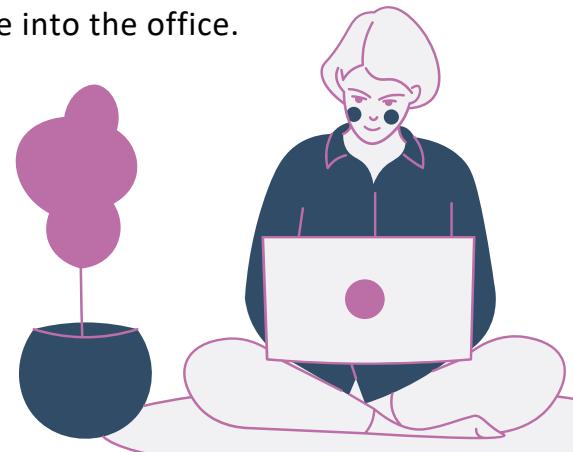
Happy New Year! Happy more light in the days!

A few updates/reminders:

- Diversity: Our Clinic team has remained committed to antiracism in many ways over the past years. We continue to encourage learning, deep thought and honesty about how DEIJ issues affect our Clinic community and the work we provide. This is especially relevant as we approach Black History Month and also recently recognized Dr Martin Luther King Jr day. An employee's family organized a community service project to honor Dr King, asking for toys from our wishlist that reflect diversity to be donated to our Clinic so that all feel reflected and respected in our space. We were thrilled to receive many baby dolls and dollhouse figurines, along with other items to add to our offices. (see pic!) Here is our Amazon [wishlist](#) if you would like to check it out!



- Staying healthy: Unfortunately, there is a lot of illness around right now. COVID, Flu, RSV... Lots of germs! A reminder to stay home if you or your child are symptomatic, and use the resource of telehealth to keep appointments on days you are not able to come into the office.



LETTER FROM THE DIRECTOR - CONTINUED

- Finances: A reminder, if you have a copay for your sessions, please pay copay at the front desk prior to your appointment. If you recently received a statement of your balance, please reach out to myself or Lucas (Lgray@cutchins.org, 587-3265) to discuss payment and or payment plan or pay when you are next in. Much appreciated!
- Annual Update forms: We are also sending out an annual update form to our Clinic families, including a self addressed stamped envelope to any families who's forms we have not received. Please return these to us at your earliest convenience so we can ensure accuracy in our charts and documentation.
- Nurse Practitioners: As you likely know, we will be saying goodbye to our NP Sam at the end of February, and Tara will be increasing her hours to be our provider. We have sent letters along with our medication services policy to any families who access our Nurse Practitioners, please let us know of any questions
- Owl Babies: please see the page in this newsletter about our owl babies stuffies, worksheet and video! What fun! Thanks to Florence Bank for their donation.

I hope you enjoy this late winter newsletter and its wonderful offerings!

With Kindness,

~Amanda Jenkins Harrison, LMHC
Vice President of Community Services

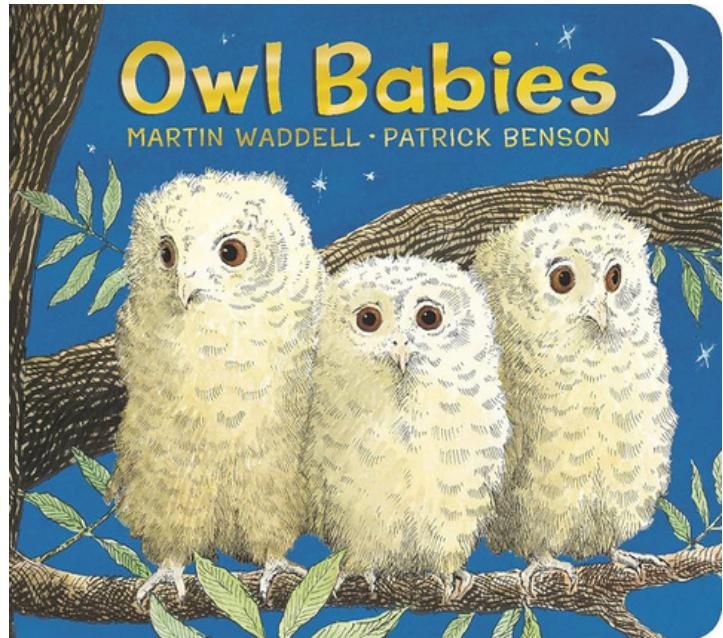


OWL BABIES - THANK YOU FLORENCE BANK!



Thanks to a generous donation from Florence Bank, our waiting room has been taken over by a parliament of baby owls!

Many of our clients have already adopted an owl, but a few still remain! You're welcome to take an owl home when you come to the Clinic.



But that's not all! You can find a virtual reading of the book Owl Babies narrated by Amanda Harrison on our [website](#).



Finally, we also have a worksheet activity as well! Check out the next page of this newsletter to get a sneak peek.

In Martin Waddell's book "Owl Babies", owls Sarah, Percy and Bill are snuggled up in their nest. Their nest has twigs, leaves and feathers to help them feel comfortable, especially while they wait for Mommy.

Draw your own nest! What would make you feel safe and cozy? Blankets? Something to snuggle? Toys to play with?



LET US KNOW IF YOU'D LIKE
YOUR OWN OWL BABY
STUFFY FROM OUR FRIENDS
AT FLORENCE BANK!

STAFF PICKS

A round-up of resources and links that we've found helpful lately



"Emma and Belley - Sister Detectives": Laura's Pick

A children's book created by local kids!

In English and traditional Chinese, two sisters follow clues to discover who stole the strawberry ice cream bars from the Neverending Ice Cream Store. This short bilingual book, which has been featured on NPR, is written and illustrated by local siblings. (Available on Amazon and other outlets)

The Body Keeps the Score: Brain, Mind, and Body in the Healing of Trauma: Drew's Pick

"The Body Keeps the Score" is a NY Times #1 Bestseller written by pioneering psychological researcher, Bessel van der Kolk! This story details how trauma affects the body and mind over the course of one's life, and explores various opportunities for new areas of research and treatment methods to help individuals recover and heal from trauma and effectively reclaim their lives. This is an essential read for anyone who wants to better understand treatments for traumatic stress and its larger impact on society!

STAFF PICKS

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Quick and easy attachment/mirroring games: Nancy's Pick

1.) Mirror Drumming: You can play this with 2 + players. 1 player starts by creating a beat and then passes the beat to the other person. The next person "mirrors" that beat first and then creates their own. The next person mirrors that beat and then creates their own unique beat. You keep going around in a circle until someone misses a beat and/or you all decide you are done!

2.) Whole Picture: This is an art game with 2 + participants. You will need a piece of paper and multicolored drawing utensils. One person starts by drawing a design or shape on the page. The next person goes and adds on to that design or shape with their own unique design or shape. You keep going until the whole page is filled up and you've created one picture together with each person's unique contributions.

3.) Follow the Leader: 2+ players. One person is the "leader" and begins making signals or nonverbal body movements with hands, legs, head nods etc. Each person has to follow that person's lead and mirror the movements. The Leader starts out with slow movements and begins to speed up as their turn goes on. Keep going until the leader is moving at lightning speed! Then switch leaders.

Mirroring practices healthy communication, attunement, social reciprocity, active listening and strengthens attachment and bonding. It helps children feel heard and seen by their caregivers and support network. Incorporating "mirroring" into any activity can help foster connection, attention and reciprocity. Try some of these before and after transitions to ease the anxiety of transitions.