



**TREETOP
TALK**



Anna Shaw
Children's Institute

August 2022

Our Video Library is available on our website! Our library includes all webinars, Reading Around the Tree videos, and Music in the Treetops videos. To access this library, please [click here](#).

Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

Ready or Not, It's Time for "Back to School"



As the end of summer nears, children are gearing up for school again or maybe for the first time. Starting school can be exciting, but it can also come with many fears of the unknown. Below are some tips on how to prepare your children for a successful start to the new school year.

Develop and follow routines. Setting routines should be a priority in preparing your children for school. Begin practicing no later than two weeks before the start of the school year. Be sure to establish a consistent bedtime and bedtime routine. Getting a good night's sleep is essential to making the morning go as planned. Set up morning routines that will transfer into a school setting. Getting up around the same time every day, getting dressed, and having an early breakfast together is a great way to transition to school.

Help them to develop independence at home. Encourage your children to dress themselves and put on their shoes. Your children should be able to use the bathroom without assistance and wash their hands without reminders. Provide serving spoons so your children can serve themselves at the table and clear their own dishes. In cooler weather, teach them to take their coat off and put it in its proper place. These skills will take them from the coatroom to the lunchroom and beyond.

Focus on self-help skills. Your children should know how to clean their faces after lunch without prompting and blow their noses without assistance. Be sure that your children are comfortable asking an adult for help when necessary.

Teach responsibility. Start transferring small responsibilities over to your children if you haven't already. After a family trip to the pool, you might put your children in charge of emptying the backpack, refilling the water bottles, or hanging up their wet swimsuits. Even when it may be easier for you to complete these tasks, let them accept the responsibility.

Read aloud to your children. Sign your children up for library cards, take them to the library to check out books, and be sure to read to them daily. Read a variety of books, read the captions under pictures in the newspaper, and even share the comics. Just read!

Engage in meaningful literacy activities. Encourage your children to help you with thank you cards, shopping lists, or notes. They may start with scribbles or pictures, move into scattered letters, and finally, some recognizable words as they enter school. Appreciate their attempts and watch their skills develop with practice.

Acknowledge their feelings. Avoid talking about school too much or waiting until the end of summer to bring up the subject. Your children may express nervousness or feel very excited to start school. Whatever they feel, take time to appreciate where they are.

Once school has started, talk to your children about their day. Talking with your children about their day will allow you to learn what they are doing at school and help you to communicate how important school is for them. Some helpful conversation starters are:

- "How was school today?"
- "Tell me one new thing you did or learned about today."
- "Tell me one thing that was difficult for you today."
- "Who did you play with today?"

Being active in your children's school day with conversation and encouragement has shown to lead to higher grades and test scores, as well as better social skills and behavior.

<https://www.naeyc.org/our-work/families/kindergarten-here-we-come>



7th Annual NORTH GEORGIA AUTISM CONFERENCE

REGISTER TODAY ➔



OCT 28, 2022 | DALTON, GA

Dalton Convention Center

2211 Tony Ingle Parkway

Dalton, GA 30720

8:00 AM – 4:00 PM | Doors open at 7:30 AM

KEYNOTE SPEAKERS

Neurodiversity Expert Haley

Moss, Esq.

Attorney, advocate,
thought leader,
author, and speaker

haleymoss.com



Jackie and Jordyn Moore

Be Kind To Everyone | bekindtoeveryone.com

REGISTRATION

SAVE ON EARLY RATES UNTIL OCT 14 _____ \$60

Registration after Oct 14 _____ \$75

Student Registration _____ \$40

Group Rate (3 or more) _____ \$50

CEUs available for an additional _____ \$50

CMEs available for an additional _____ \$100

Breakfast & Lunch Included—Vendors Welcome

Certificate of Attendance available by request

Registration Deadline | Friday, October 22

The 7th Annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals. If you would like to attend this event and need assistance with interpretation services and/or auxiliary aids, please indicate when registering. Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.



Hosted by:



Anna Shaw
Children's Institute

Register at HamiltonHealth.com/autismconference

Questions? Contact Lindsey Coker at lcoker@hhcs.org or 706.226.8913.

Classes to **Help, Advise, & Motivate Parents**

CHAMP

Webinar Series



Webinar Series

Tuesday, August 2

New Time: 12pm

Topic:

Tips for School Success

Presenter:

Nancy Carnevale, MD
Developmental Pediatrician

Visit the event section on

Facebook.com/HamiltonCares

for live streaming information.

FUTURE TOPICS:

To Be Announced



Anna Shaw
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706.226.8900
HamiltonHealth.com/children

Parent Support Group



**The Parent Support Group meets
the second Tuesday of each month at 6:30pm.**

All parents, grandparents, guardians, and other family members of children with special needs are invited to take part in this parent-led Parent Support Group. (Your child does not have to be a patient of Anna Shaw Children's Institute).

Anna Shaw Children's Institute follows social distancing and CDC safety guidelines.

- **CHILDREN ARE WELCOME**
- **CHILDCARE IS PROVIDED**
- **FREE PIZZA, DRINKS, AND A FUN ACTIVITY**

Southern Magnolia room on the lower level
Anna Shaw Children's Institute
1201 Burleyson Road
Dalton, Georgia

To ensure we have plenty of pizza for families,
please **RSVP** by calling
📞 706.226.8911



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GRUPO DE APOYO PARA PADRES LATINOS

Todos los padres, abuelos, guardianes, y otros miembros de la familia de niños con necesidades especiales están invitados a tomar parte en un grupo de apoyo para padres, dirigido por los padres.

Anna Shaw Children's Institute se apega a las guías de seguridad y recomendaciones de distanciamiento social de la CDC.

Anna Shaw Children's Institute
Southern Magnolia Room • Primer Piso

1201 Burleyson Road
Dalton, Georgia

**PRIMER JUEVES
DE CADA MES**

9:00 - 10:00 am

Para mas información póngase
en contacto con Berta Castillo
706.218.5804.

**Necesidades
Especiales**

HamiltonHealth.com/children



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LATINO PARENT SUPPORT GROUP

All parents, grandparents, guardians, and other family members of children with special needs are invited to take part in a parent-led Parent Support Group.

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Anna Shaw Children's Institute
Southern Magnolia Room • 1st Floor

1201 Burleyson Road
Dalton, Georgia

**FIRST THURSDAY
OF EACH MONTH**

9:00 - 10:00 am

Contact Berta Castillo at
706.218.5804 for more
information.

**Special
Needs**

HamiltonHealth.com/children

For more information about Anna Shaw Children's Institute, please visit our website by clicking here.



[Click Here](#) to Watch a Heartwarming Video from Anna Shaw Children's Institute

Find out MORE

<https://www.nationaldisabilityinstitute.org/press/march-is-developmental-disabilities-awareness-month/>

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