

Serving children aged 2 through 21 with intensive ABA therapy in-home and our centers.

## Message from Dr. Macatee

May reminds me of new beginnings with opportunities for growth. With everything around us in bloom, an attitude of inspiration fills the air. It feels easier to wake up in the morning with goals. We become more willing to go the extra mile in both personal and professional endeavors. This month, our Kaleidoscope ABA Vision Statement uses the word "positive" which greatly embodies what we hope represents our own growth, as well as those around us.

Specifically, we focus on instilling positive values, which has to first come from within. In relation to nature and May beauty, we can picture the bees pollinating flowers to create sweet honey or sunshine mixed with rain to grow trees. Just yesterday, we had one of those impromptu spring showers, and a double rainbow appeared immediately thereafter. Witnessing these miracles inspires me to instill positive values with my family, at work and with my friends. Instilling positive values is a paramount piece of the puzzle. It is within our own value system that we model acceptable and even exceptional behavior. What I do know is that if you want to foster positive values, you have to do positive things.

It's such a simple fix to model positive behavior. We do this with our kiddos and we encourage you to do the same. Smile at strangers and even open the door for them. Let someone edge in front of you even when traffic is bad. Bake bread or treats for a neighbor or offer to take their pet for a walk if they are having a hard time. We have limitless opportunities to make the decision to be the role model we know deep in our hearts is the one with integrity. What can you do today to model a positive presence in your world?

With warmth and wishes for a beautiful May,

TaraColleen Macatee, MFT, Psy.D.  
Executive Director

## Words of Support for Parents of a Child with Autism

Children with autism are affected by many factors that will shape their future. Overall, the long-term outcomes of children with Autism Spectrum Disorder (ASD) have been improving. In general, the sooner ASD is identified, the sooner appropriate intervention programs can begin.

While some children make significant developmental gains with early and intense intervention, some children may make slow progress depending on their intelligence, the severity of their ASD symptoms, and whether they have associated medical problems such as seizures or significant behavioral disorders.

The goal for all parents should be to help their child reach his or her fullest potential with the help of all available resources.

"Learning your child has autism can certainly change your perception of what you thought your life might be. You may have to restructure your priorities and develop new coping skills. And you may have to change some of your plans for the future. But in their place will be new dreams, new goals, and new priorities. The key is finding ways to adapt and adjust that suit your family, your needs, and your circumstances. It likely won't be easy. But people often find strength from within and from those around them to succeed. By loving your child dearly, you will be inspired to do what you can to learn as much as possible about ASD so that you too will be rewarded as you discover what works for your family."

— Alan I. Rosenblatt, MD, FAAP  
and Paul S. Carbone, MD, FAAP

[Source Autism Spectrum Disorders: What Every Parent Needs to Know \(Copyright © American Academy of Pediatrics 2012\)](#)

# Questions To Ask Yourself To Help Reduce Stress

Excerpt of article by Kathleen Smith, PhD. LPC

If you're a caregiver of a child with autism who'd like to reduce your overall level of stress, you can start by asking yourself the following questions:

- Where are there moments throughout the day where I can slow down, focus my thinking, and prevent fear or stress from taking over?
- What are some small but significant changes I could make to how I care for my mind and body?
- Or are there any dysfunctional or unhealthy ways of coping with stress that I need to remove from my routine?
- What hypothetical worries about my child's autism get in the way of my staying focused on the present?



- Whom in my support system have I been quick to overlook or dismiss when my child or myself needs help?
- Are there any caregiver tasks I can delegate to others to lower my overall stress?
- What community resources have I overlooked that can help me manage stress, connect me to low-cost or free professional help, or provide support to my child?

Sometimes learning to manage caregiver stress is as simple as paying attention to how you currently manage stress and considering what are healthier, more effective options. It might take a few extra minutes out of your day, but engaging these options can lead to a better life for both you and your child. What steps can you take today to help reduce the stress of caring for a child with autism?

For complete article: <http://bit.ly/Stressinfo>



## Dandelion Paintings

Dandelion pictures with a fork!

You will need:

- Yellow and orange paint
- Paper
- A fork
- 1 Green marker

1. Dip the back of the fork in yellow paint.
2. Press down on the paper and pull back, making the shape of a circle. Fill in the middle parts.
3. Let dry. You may then add in some orange if you prefer!
4. Using the green marker, draw a stem for your dandelions!



From Crafty Morning website:  
[www.craftymorning.com](http://www.craftymorning.com)

## Flower Power

Flower Power Banana Snack Ingredients

- 1 Banana
- 1/8 cup mini chocolate chips
- 8 almonds
- 1 pretzel stick
- 2 mandarin slices



1. Using the ingredients, arrange sliced bananas, in a small circle on a lunch plate.
2. Add chocolate chips in the middle and almonds on top as pictured.
3. Finally add the pretzel stick stem and the "leaves" of the mandarin slices.

From website: [www.Butterwithasideofbread.com](http://www.Butterwithasideofbread.com)



# Kaleidoscope

## ABA Therapy Services

Established 15 years ago, Kaleidoscope has a successful history of providing services to children and adults. Kaleidoscope ABA provides evidenced based ABA therapy treatment developed and overseen by Board Certified Behavior Analysts (BCBAs). We offer center-based and home-based ABA therapy services.

*Delivered through an Exclusive Partnership with:*

**Cleveland Clinic Children's Center for Autism**



**Delaware**

**Autism Treatment Center**

Foulkstone Plaza • 1405 Foulk Road  
Wilmington, DE 19803

**Community Therapy**

New Castle

**Phone: 877-ABA-0399**

**[www.KFSABA.org](http://www.KFSABA.org)**



[www.facebook.com/kfsaba](http://www.facebook.com/kfsaba)

## Delaware Family Friendly Activities

DuPont Environmental Education Center

<https://bit.ly/2RLxBIU>

Sail Aboard the Kalmar Nyckel!

Many days in May available.

\$40 per person. <https://bit.ly/2QdqzG2>

Farmers' Market at the Cape May/Lewes Ferry

Saturdays only, 9:00 am to 3:00 pm

<https://bit.ly/3oc11Wq>

## Making Strides in Delaware!

We have openings in our Wilmington Center. Give us a call today, we are here for you.

**877.222.0399**



## Delaware Employee Spotlight

Anna Heran has worked as a Behavior Technician for a full year as of April 23! Anna comes to our Wilmington Center from EBS where she worked in Pennsylvania schools in Reeceville, and Avon Grove. A Pennsylvania native who graduated from Oxford Area High School, we are thrilled that she has crossed state lines to join us in Wilmington. A future college attendee, she is keeping busy with her new job.

**Fun fact:** She is one of 7 kids (number 6!)