

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

## Message from Dr. Macatee

**Happy New Year!** May this New Year be full of new and exciting opportunities with an emphasis on health, growth and new beginnings. 2020 was, without a doubt, one of the most difficult years for many of us and that may be an understatement. One word that comes to mind is perseverance, when defined can mean steadfastness in doing something despite difficulty or delay in achieving success. Many of the word's synonyms also greatly depict this unexpected year with powerful messages of patience, endurance, persistence, tenacity, determination, just to name a few. Based on the events of the year, I hope you can endorse, support and praise yourself for integrating all of those qualities into your life. It would have been impossible not to embrace the deepest parts of our beings to get to this point. *We are stronger than we know.*

In spite of the challenges of 2020, the most incredible opportunities and skills have evolved within our Kaleidoscope community. Because of the pandemic, the world has forced us to expand and think outside of the box when it comes to providing one-on-one services. Our providers have continued to go above and beyond in person, as well as virtually with those we serve, both kids and adults alike. Their creativity to foster teamwork, independence and the ability to impart happiness, against the odds, has been incredible to witness. My heart is full of gratitude and, even awe, when I recall the successes of 2020.

Starting the year with "Kindness" as our monthly Vision Statement feels extra special this year. Being kind to others, ourselves, the community, the environment, your neighbors, and strangers – I could go on and on, shines a light inside that nothing can dim. Kindness is a win-win that will carry us through the end of the pandemic, and into, as I said in the beginning of my message, new beginnings.

Warmly,

TaraColleen Macatee, MFT, Psy.D.  
Executive Director

## Talking to Your Child About the Ongoing COVID-19 Pandemic



The ongoing COVID-19 pandemic has created a lot of uncertainty and caused a great

deal of stress. Even with a vaccine on the horizon, many of us – children and adults – may have more questions than answers. Your child might be wondering if the pandemic will ever end and whether we'll face another in the future.

To help guide these conversations with your child, child life specialists at Children's Hospital of Philadelphia (CHOP) offer these helpful tips.

### Provide Honest, Simple Information

When talking to your child about the pandemic, it's important to consider their individual needs. Though it may seem counter-intuitive, withholding information from children can actually create more worry, as what they imagine can be worse than reality. One way to reduce this worry and reassure your child is to provide honest and simple information that is appropriate for your child's age.

- Ask your child what they know about the pandemic and address any misconceptions they may have heard from their peers or on the news. Some things your child has heard may be untrue or exaggerated, and this may increase their fear. Consider monitoring and limiting exposure to news outlets and adult conversations.
- Choose a time of day when you are both able to be fully present. A familiar and safe environment can help your child better engage in conversation.

For more information: <http://bit.ly/3hQfvs1>

## 2021 New Years Resolution Ideas for Families

New Year's resolutions aren't just for adults! Kids can begin to set their own goals and directives as they welcome the New Year. Parents can sit down with children and even set a family resolution! Need some ideas on New Year's resolutions for the entire family? Here are some family-focused New Year's resolutions that can bring joy and happiness and help the entire family embrace better habits!

### Get Growing

Good health includes healthy foods; this year, begin a garden at home or in the backyard. Grow your own herbs or vegetables and let kids help!



### Move as a Family!

Kids who are learning virtually may be limited in their physical activity options. If everyone is stuck at home, begin a healthy exercise program...indoors. Try yoga!



### Organize Your Life

If the home always feels like complete disarray, 2021 is the year to pull it together. Resolve to get organized as a family. Create a chart that outlines chores that need to be completed each day and assign each chore to a family member.

### Be Thankful

With many of us staying in our homes, sometimes it's really difficult to remember the little things that make big impacts on our day. Head to the dollar store and buy everyone in the family a notebook. Every day of 2021, write down a list of 'thankful things.' Each person should try to list at least five things that made them happy or grateful each day. At night, share your gratitude lists.

### Read Every Day



More than one out of four Americans haven't read a book in the past year. Reading is free entertainment, and a good book can transport us into different lands, introduce us to new friends and help us grow our minds. Open a book every day in 2021, and encourage kids to do the same.

*For more ideas:* <http://bit.ly/3nVhEor>

## Melted Snowman Cookies

### Ingredients

- 12 sugar cookies
- 2 cups royal icing
- Long orange sprinkles
- M&Ms
- Black gel food color
- 6 marshmallows, cut in half



### Instructions

Take 1/2 cup of your royal icing and dye it black using black food coloring. Once you reach your desired shade of black, thin to 15 second consistency. Add to piping bag and snip off a small tip.

Thin remaining white icing to 10 second consistency and add to a piping bag, snipping off a small tip.

Frost cookies with white icing allowing it to drip over the sides.

Immediately add cut marshmallow towards the back of the cookie. Add M&Ms and then pipe black stick arms "floating" out away from the head while icing is still wet.

Allow the cookies to set for 20-30 minutes before decorating the face with two eyes, a surprised 'O' for a mouth. Use some leftover white icing to attach the orange sprinkle nose.

*For more information:* <http://bit.ly/3rwyplF>

## How To Make Indoor Snow



### You will need:

- 1 pound box of baking soda
- 1 can unscented shaving cream
- Large bowl

Pour box of baking soda into large bowl.

Spray in the shaving cream. Experiment with it by spraying some and then adding as needed.

Let the kids "knead" the snow - it will start forming almost immediately.

Get creative - make little snowmen or trees - use your imagination!

*For more information:* <http://bit.ly/3mVCFy2>



# 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**



## New Jersey Autism Treatment Centers

Cherry Hill · Princeton Junction  
Stratford · Toms River

## In-Home & Community Therapy

Middlesex · Burlington · Monmouth  
Mercer · Camden · Ocean · Somerset  
Goucester · Atlantic · Hunterdon

**Phone:** 877-ABA-0399

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



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

## New Jersey Family Friendly Events

**Jan 1st-31st - 10:00 AM-3:00 PM**

**Annual Antique Toy Train Show at The American History Museum of Deptford**

<http://bit.ly/3ptENyz>

**January 9th - 12:00-7:00 PM**

**Skating on Palmer Square!**

<https://bit.ly/3aPyW2n>

**January 9th - 10:30-11:30 AM**

**Shel Silverstein's Online Playful Poetry Program**

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

**January 16th, 23rd, 30th - 11:00 AM-12:30 PM**

**Trenton Public Library Comic Studio Online (Ages 9-14)**

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



## Making Strides!

### Great News!

Kaleidoscope ABA Therapy Services is growing! **Our new Toms River Center will be opening soon!** We are so excited!

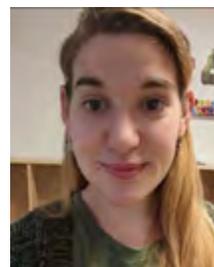
**877.ABA.0399**

## Start This Year Off With a New Outlook!

If you don't like something change it. If you can't change it, change your attitude. -- Maya Angelou



## New Jersey Employee Spotlight



Dana joined our Cherry Hill team in July of this year. Dana always brings high energy and a strong work ethic and is always looking to advance her skills. Her commitment and dedication to her kids is evident in the work they do every day and the progress they continue to make. Dana holds a Bachelor's Degree in Education and is a certified elementary school

teacher. She is beginning her Masters in Applied Behavior Analysis at Simmons University in January 2021.

**Fun Fact:** Dana competed in Poetry Slams in college!