



# March 2021

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

## Message from Dr. Macatee

It has been exactly one year since we faced the adversity of a new virus in our midst, a community and business lockdown, and continual losses like we have never seen as a nation, I am reminded how absolutely grateful I am that we had each other; and continue to have each other. It is no coincidence that the Kaleidoscope Vision Statement for March encourages us to practice loyalty. Things often seem to work out that way in life. Loyalty has never been more apparent within our KFS family as we maneuvered our way through the ups and downs of Covid-19.

How did we do it? It was not easy. Perseverance became our middle name, so to speak. On a daily basis, we made it a priority to bring connection opportunities both virtually and in-person. Our loyal individuals, families and staff members came together many times a day on Zoom with creative topics and activities that kept us engaged, as well as inspired during months of isolation, and in some cases, despair.

As we start to see some light on the horizon, may we continue to practice the patience and acceptance that we exhibited this past year. Subsequently, moving into warmer weather is known to lift the spirits. It is with more sunshine and longer days that we will, hopefully, begin a new chapter in the healing process - a new season with new beginnings. Kaleidoscope will be your cheerleader as change unfolds. Please always know you can reach out to me or our team directly with thoughts, ideas, and even suggestions on how we can champion this next chapter.

Warmly,

TaraColleen Macatee, MFT, Psy.D.  
Executive Director



## Six Tips For Interacting Positively With Children With Autism Spectrum Disorder

As a parent you hope not only that your child will do well in class, but also that they'll get along well with others and fit in. But imagine if you were the parent of a child with a disability that may not be immediately recognizable. You'd want people to understand and be kind.

Children with autism often attend mainstream schools, but it might be difficult to identify them by sight. You might notice they communicate differently or act differently and wonder how to interact with them and include them.

"Children with autism can communicate in a lot of different ways. They may use words, facial expressions, gestures, emotions, and even assistive technology," says speech-language pathologist Erin McQuivey, MS, CCC-SLP, who works with children with autism as a manager at Primary Children's Outpatient Rehabilitation at Intermountain Riverton Hospital in Riverton, Utah. "We should honor all these methods as meaningful communication. It's their way to build relationships, ask requests, and comment. We should recognize the communication methods they're comfortable with."

### What are autism spectrum disorders?

Autism spectrum disorders are developmental disorders that affect how children interact and communicate with others. They're called a spectrum because of the wide range of types and symptoms of autism, which also includes Asperger's syndrome. One out of every 59 children in the U.S. has an autism spectrum disorder and the numbers are increasing, according to a 2014 study by the Centers for Disease Control, and it's more common in boys. Autism has no cure, but early intervention and therapy can make a big difference. Since no two autistic people are the same, and autism affects their lives differently, people should make an effort to not make assumptions about someone's needs or abilities.

Continued...

## Common signs of autism spectrum disorder:

- Difficulty socializing with others, responding to social cues, and understanding feelings
- Difficulty communicating, including speaking and understanding
- Unusual reactions to the way things sound, smell, taste, look, or feel
- Avoiding or resisting physical contact
- Discomfort when regular routines are disrupted
- Repetitive physical behaviors

## Six tips for interacting positively with children with autism spectrum disorder:

1. Be patient. Children with autism may need more time to process information.
2. Be kind and flexible. They're often less able to adapt to new situations.
3. Use gestures or other ways to communicate besides words.
4. Learn how to show interest and affection in ways they like.
5. Use positive reinforcement. Praise or reward good behavior.
6. Don't take things personally if their responses are blunt.

## How do speech therapists help children with autism spectrum disorder?

Speech language pathologists can help children with autism improve social and communication skills. They teach them how to get along with others, understand and use gestures and other alternative forms of communication, follow directions, and ask and answer questions.

They can also help with feeding problems and sensory issues with food, if children don't like how food feels, looks, tastes, or smells.

They also teach parents how to help their child with autism better navigate the world. They provide guidance for parents to advocate for their child's needs at school.

Get more information here:

<http://bit.ly/tipsforsuccessinteracting>

## Fruity Fun With Rainbows!

In honor of both Spring coming and the Pot of Gold at the end of the rainbow make a Rainbow Fruit Tray with Marshmallow clouds. It looks beautiful and is easy to assemble. This could also do this as fruit kabobs.



### Supplies

- Large Tray
- Red fruit – strawberries or raspberries
- Orange fruit – clementine or orange segments
- Yellow Fruit – pineapple chunks – canned or fresh
- Green Fruit – grapes or kiwi
- Blue/Purple – blueberries or purple grapes
- 1 (16 oz.) bag of Mini Marshmallows



### Directions

1. Wash and cut fruit.
2. Begin to assemble fruit color by color in a semi circle shape. Start with the largest ring and make that red then work your way in Rainbow color order.
3. Once all your rainbow rings are arranged add mini marshmallows to each end to make clouds.

## Tissue Paper Rainbow

### Supplies

- Tissue Paper – all the colors of the rainbow
- Clear Contact Paper
- Pencil
- Scissors
- Cotton Balls
- Clear Tape

### Directions

1. Cut contact paper to the desired shape.
2. Cut tissue paper into small squares. Separate into small piles.
3. Attach your contact paper to your window, leaving the sticky side facing you.
4. Place a piece of scotch tape across the top and a piece at each corner.
5. Assemble your rainbow by putting the tissue paper on sticky part of the contact paper.
6. Once you are done you can add any extras you want, including cotton balls for clouds and a pot of gold.





# 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**



### Pennsylvania

#### Autism Treatment Centers

1380 Wilmington Pike • Suite 104  
West Chester, PA 19382

#### In-Home & Community Therapy

Chester, Delaware & Montgomery Counties

**Phone:** 877-ABA-0399

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



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

## Pennsylvania Family Friendly Events

**March 31st – October 31st** [Check website for details](#)

**Chanticleer an Estate with Gardens**

<http://bit.ly/Acresofflowers>

**Open Every Day 8:00 AM – 7:00PM**

**Marsh Creek State Park**

Hike, Rent a Boat or Kayak

<http://bit.ly/30oG1kf>

**Crayola IDEAworks: the Creative Exhibition at Franklin Institute**

Various dates/times through June 18th. Check site for details.

<http://bit.ly/ilovecrayons>



### Making Strides!

#### Here we grow again!

Our Pennsylvania office is officially OPEN! We are accepting admissions for in-home in Bucks, Chester, Delaware and Montgomery counties and in our Center in West Chester! Call us

today for a tour of our facility: **877-222-0399**.

## Pennsylvania Employee Spotlight



Dr. TaraColleen Macatee is our Executive Director. She is technically an employee in EVERY office but we wanted to take a moment and share some information with you about her. She has over 15 years' experience working in residential facilities, group homes and outpatient clinics with people of varying abilities. Dr. Macatee has worked with all age groups and specializes

in the area of Autism and Intellectual Disabilities. She is also an adjunct professor at local colleges and universities. Dr. Macatee has a Master's Degree in Marriage and Family Counseling and a Doctoral Degree in Clinical Psychology with a concentration in Assessment.

Fun Fact: TaraColleen loves to garden and rented a 25 x 25 community garden plot that yielded all the tomatoes the family needed for the summer. Twenty-five plants in all!