



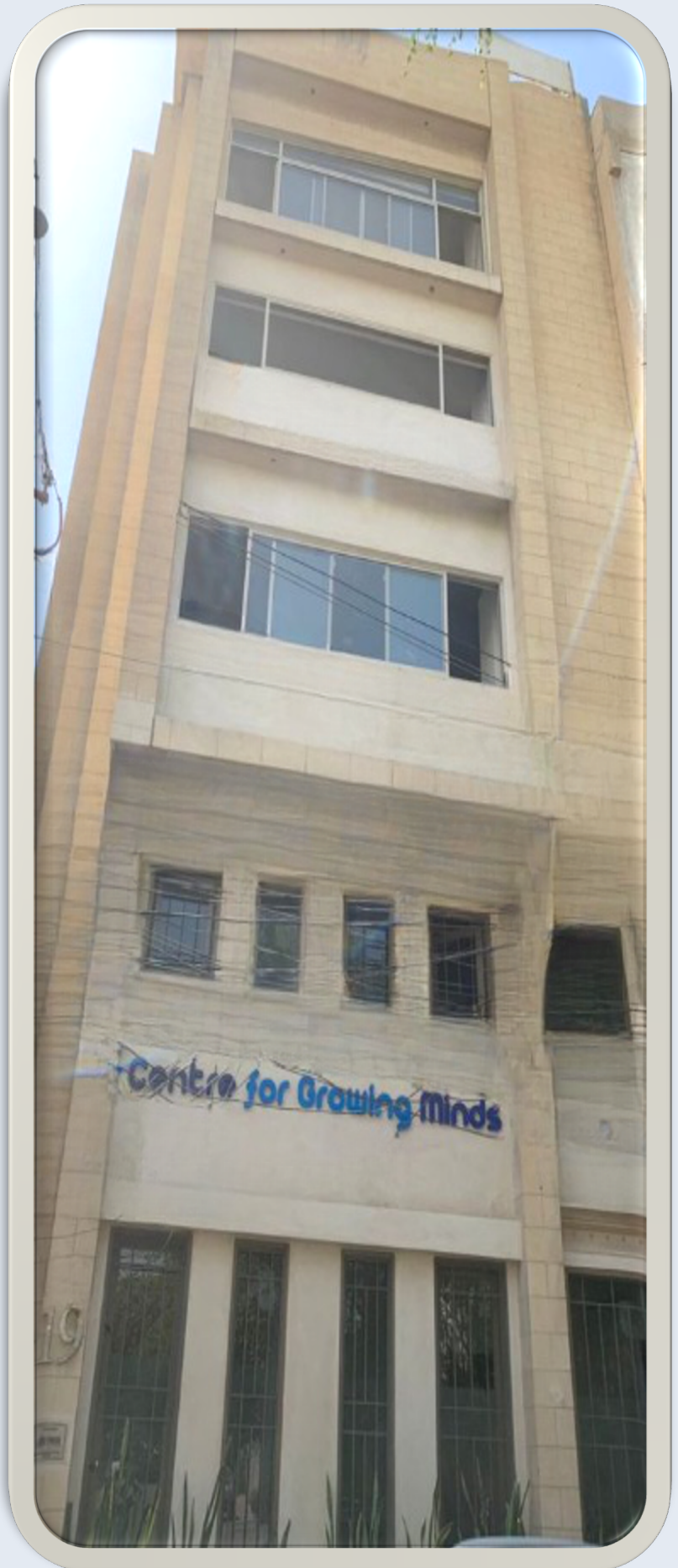
MONTHLY NEWSLETTER

Nov - Dec 2023

Volume 10

HIGHLIGHTS:

- Founder's message to parents
- Focus of the month:
An insight into
Understanding safety and the
different ways to teach it.
- Highlights of the months.



CENTRE FOR GROWING MINDS

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Message to parents

Dear parents,

I hope this finds you in good health.

Just to update you on some upcoming changes:

First, our BCaBA, Sarah Amin has left us in November to move to the UAE. We wish her the best of luck for her future endeavours.

Next, our RBT, Erum Khatri, will be off for an extended break from the end of January to prepare and celebrate her wedding. Appropriate transition plans with therapists have already been in place since the start of December to ensure a smooth transition.

We would like to remind our parents, to be mindful of the fact that, there is no food allowed in the waiting area. Many of our children have specific dietary restrictions, and observing others consume items they cannot have may lead to unnecessary and avoidable behavioral challenges.

Similarly, please avoid providing your child with screen time before the sessions. We work without using screen and food as reinforcers and when therapist are collecting the kids and they are having to 'give up' these preferred items, it can cause some disruption. Additionally, other children 'not allowed' screen time are also more likely to engage in behaviours with they see other children with a screen.

Please also ensure your children do not enter the therapy rooms, unless accompanied by a therapist. When the children are already 'satiated' with playing with items – its much harder to work on using those items as reinforcers. In event of a group session taking place upstairs, please also wait in the waiting area downstairs until it is time for the session.

We appreciate your cooperation.

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Understanding safety and the various ways to teach it
Malaika Malik, RBT



UNDERSTANDING SAFETY

- 01 Personal Space**
Understanding respectful and appropriate distances for one's own personal space as well as others.
- 02 Bodily Autonomy**
Understanding control and ownership of one's body and how to protect it.
- 03 Items & Activities**
Learning about safe and unsafe every day items and activities according to age.
- 04 Community Helpers**
Learning about important members in our community that aid in our safety and can be trusted.
- 05 Environmental**
Awareness of one's surrounds that allows you to stay alert and responsive in case of danger.

How to Teach Safety

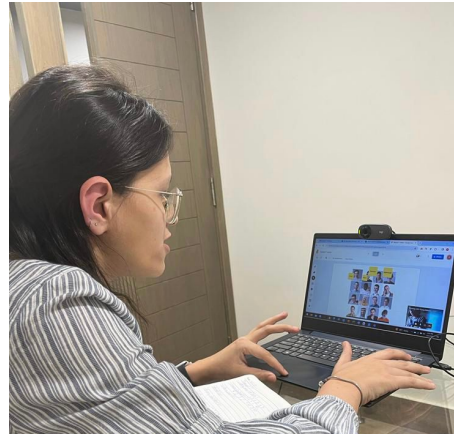
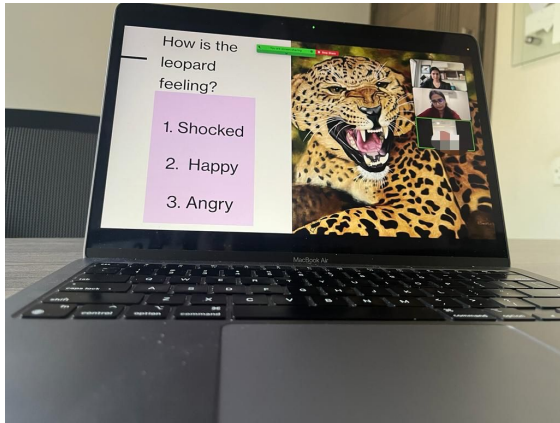
At Home	In Therapy
Teaching safe-zones for body parts	Implementing following instructions such as "look - with a physical gesture" and "stop"
Differentiating between instructions and rules for at home versus outside	Presenting applicable safety scenarios to individuals to help them learn appropriate safety procedures for real-life situations
Educating on the roles of community figures, such as teachers, doctors, and police	Promoting environmental awareness through sounds, movement, and name recognition during activities

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Highlights from the month



Online sessions conducted by RBTs Naiha Khan & Yusraa Bilwani



Here we have a mix of online and in person group session taking place

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Celebrating our kiddo's birthday

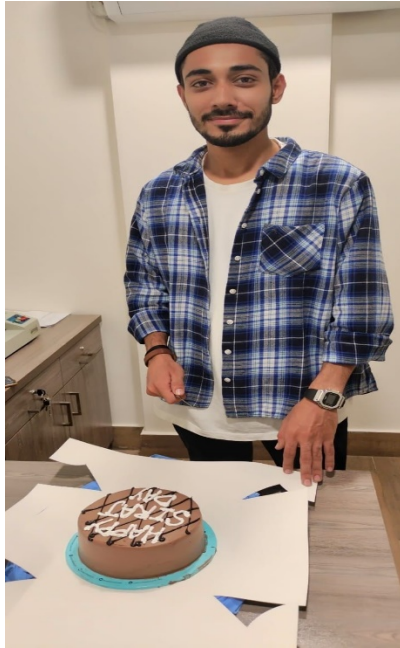


Happy birthday to our RBT, Anushka



Happy birthday to our RBT, Yusraa

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Happy birthday to our receptionist, Siraj



Staff training day



Celebrating BCBA's two year work anniversary!

