

Top 10 New Year's Resolutions for Families, *continued from below*

and productive. Use a bedtime routine checklist to help your younger child settle into a better sleep schedule, and talk with your teen about his nightly routine. Also, explore tips to help you unwind.

8. Save Money!

Squeezing more out of your income can feel impossible. Start the year off right by managing your debt and saving money every way you can. Stick to a budget, and teach your teens and younger children how to manage money, too. Establishing good financial habits and goals with your kids will make them better with their money down the road.

9. Live Green

Living "green" is good for the planet, your family, and even your wallet. Check with your town or private recycling program to

make sure you're recycling everything you can. Buy reusable grocery bags and print out an organic shopping list to keep harmful pesticides off your plate. Check out these other ideas for saving the environment and making crafts from recycled objects at the website listed below.

10. Have more dates

This one is for the parents. When is the last time you went on a real date? The occasional date night will help you and your partner connect – over wine glasses rather than sippy cups. So try to book a babysitter or helpful relative with some regularity, maybe for a Friday night every six weeks. Your marriage will benefit from a little romance and quiet time.

To read more, go to <http://life.familyeducation.com/> for tips and printouts mentioned in this article.

Providing Speech-Language Pathology Services to Adults and Children Since 1985

Top 10 New Year's Resolutions for Families by Erin Dower

Individual resolutions are easy to give up on, because they're all about *you* in a world where you're focused on taking care of everyone else. So, moms and families, why not try making resolutions as a group this year? See the best New Year's resolutions to make as a family in the new year. They can be fun, painless, and are sure to benefit your entire household.

1. Get unplugged!

These days, we spend so much time with electronics for work and play. When was the last time you and your family spent a day "unplugged," without watching any TV, checking any emails, or staying glued to your cell phones? Set a goal of spending at least one day a month (if not per week) without your gadgets, and instead, enjoy the outdoors or have a board game marathon.

2. Eat well

Moms are usually the ones who go on a (torturous!) diet, but committing to eat healthy meals as a family can replace the need to turn to the latest fad eating plan. Even if your children are a healthy weight, seeing their parents keep healthy eating habits can positively shape their relationship with food. Use a Meal Planner tool to help you come up with healthy meals, and try these tips for sneaking veggies into meals. Also, involving kids in the kitchen can make them more interested and adventurous at mealtime.

3. Exercise

We all know how easily resolutions to exercise can quickly fade within a few wintery weeks. Make fitness fun and easy by doing family activities that get you moving. Have a snowman-building race, an indoor dance party, or just go for a walk after dinner.

4. Read!

How many books do you and your kids have on your shelves that you've never cracked open? And when is the last time you took a trip to your public library? Together you can make this

the year that you all become bookworms! Find recommended reading for kids of all ages, and encourage kids to keep a reading chart or book diary to rate and summarize the book.

5. Do Chores!

Having a system for household responsibilities spreads out the work instead of having it all fall on one person (you know who!). Assigning chores and reminding kids to do them can feel like a chore in itself. Try keeping a chore jar with slips of paper for kids to pick which chore they'll do that week, such as taking out the trash. Print out a chore chart to help your family stay on task.

6. Be good to others

Could your family use a little more kindness? Put a stop to kicking under the dinner table, refusing to share, and forgetting to use the magic words with a refresher on manners. Keep in mind that kids learn how to be kind by watching their parents' actions, so try to compliment your partner and be compassionate during disagreements. Also, consider being helpful to others through community service. During tough financial times, organizations can really use volunteers to carry out their mission.

7. Get more sleep

You'd do anything for one more restful hour in bed, and your kids would fight you tooth and nail to stay up an hour later watching their favorite channel on TV. You just can't win! The fact is, you all need at least eight hours of sleep to stay healthy

Article continued above

The Swain Center

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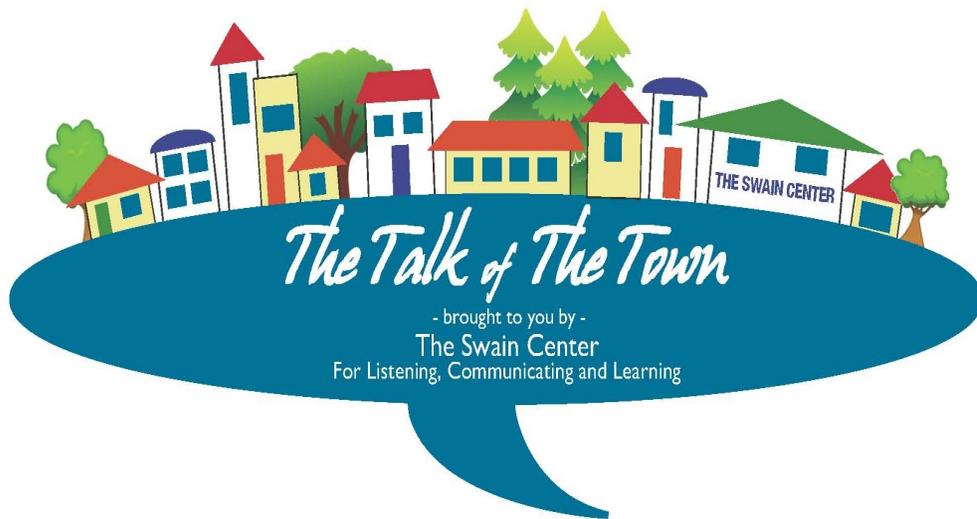
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Newsletter January 2015





2015 has arrived! It's always exciting when a new year begins because it means we are given a fresh start and have many new things to look forward to. Whether you are into New Year's resolutions or not, it's always a good idea to set goals for you and your family throughout the year. We wanted to provide you with a few simple ideas and resolutions that the whole family can do together. We also have program we would like to introduce you to!

The Swain Center offers



How Interactive Metronome works:

Did you know that your brain has an "internal clock" that keeps time? And that it does so at various intervals: microseconds, milliseconds, seconds, minutes and hours? Timing in the brain (or what scientists call "temporal processing") is responsible for detecting where a sound is coming from as sound hits one ear microseconds before the other, for waking up and putting to sleep our brain every 12 hours or so, and for focusing attention, reading comprehension, remembering information, processing speech, motor coordination, and several other human capabilities.

There exists a growing body of literature describing the neural timing deficits in ADHD, Dyslexia, Autism, Reading Disorders, Auditory Processing Disorder, Parkinson's, and other conditions. Traumatic Brain Injury or Stroke may also disrupt timing in the brain. By addressing timing in the brain with Interactive Metronome (IM) alongside functional therapy interventions you are not only addressing areas of ability that impact achievement and independence but also the heart of the problem, that of deficient neural timing within and between regions of the brain that are underlying many of the problems you are working on in therapy. This leads to more efficient treatment and better overall treatment outcomes.

IM's game-like auditory-visual platform engages the patient and provides constant feedback at the millisecond level to promote synchronized timing in the brain. Exercises can be customized and involve a hierarchy of increasingly complex and precisely timed motor movements intertwined with gradually higher & faster cognitive processing, attention and decision-making. It is the only neuro-motor therapy tool that can be used successfully with all patients across the therapy spectrum, even those that require total hands-on assistance due to cognitive and/or physical impairments and those that are very young or elderly.

IM takes therapy to a new level. Rather than simply performing repetitive movement or cognitive activities to achieve functional gains, therapists that incorporate IM into functional therapy activities report their patients are more engaged, more alert, complete far more repetitions of functional movement patterns and activities in a more precise and timely manner, and demonstrate faster progress toward cognitive, communicative, and physical therapy goals. Patients who are challenged and can see measurable improvements are more motivated to continue their therapy and achieve optimal success.

Patients that can benefit from Interactive Metronome:

Children

IM is beneficial for most neurological conditions. Here are some of the common ones:

- ◆ ADHD
- ◆ Apraxia/Dyspraxia
- ◆ Autism Spectrum Disorders (including Asperger's, PDD)
- ◆ Brain Injury
- ◆ Brain Tumor (following surgery or chemotherapy)
- ◆ Auditory Processing Disorder
- ◆ Cerebral Palsy
- ◆ Dyslexia and Other Reading Disorders
- ◆ Language-Learning Disabled
- ◆ Limb Amputation
- ◆ Non-verbal Learning Disorder
- ◆ Sensory Processing Disorder
- ◆ Stuttering
- ◆ Stroke



Adults

Adults diagnosed with a wide variety of conditions benefit from using IM. Here are some:

- ◆ ADHD
- ◆ Brain Injury
- ◆ Brain Tumor (following surgery or chemotherapy)
- ◆ Limb Amputation
- ◆ MS
- ◆ Parkinson's
- ◆ Stroke
- ◆ Spinal Cord Injury



The program can also be used for enhancement of cognitive and athletic performance

- ◆ General brain fitness
- ◆ Academic improvement
- ◆ Sports performance
- ◆ Career advancement



For more information and how to sign up, ask Ellie at the front desk or visit:

<http://www.interactivemetronome.com>

Simple Rainy Day Activity!



- ☺ Cover your table with white butcher paper and make Mason jar center pieces.
- ☺ Let your child's creative juices flow and talk to them about what and why they drew what they did!
- ☺ Encourage them to use detail and more than one color!

For more colorful ideas, please visit www.nicolehill.blogspot.com