

# SSPC NEWSLETTER

NOVEMBER 2025



## What's New?

Please help us welcome Angie to our administrative coordinators team!

SSPC will be CLOSED on November 27 & 28 in observance of Thanksgiving.

Please make sure to notify our front desk coordinators about any holiday travels plans & changes needed to your child's therapy schedule!

## Exciting News!

We have been nominated for Best of the 207! Please cast your votes for SSPC!

Under health and beauty:  
Physical therapy services  
AND  
Therapy/mental health services

<https://bestofthe207.com/vote/>



## Holiday Attendance Raffle

**Dates: November 24<sup>th</sup> – January 2<sup>nd</sup>**

When your child attends their PT, OT, or Speech sessions between 11/24/25 and 1/2/26, they will receive a raffle ticket! With each raffle ticket, they will get to enter their ticket for a chance to win a prize! Winning tickets will be drawn on January 5th!

## Autumn Scavenger Hunt

A Red Leaf



A Yellow Leaf



An Orange Leaf



A Green Leaf



A Pinecone



An Acorn



A Piece of Bark



A Squirrel



A Flower



A Spider Web



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## Sensory Friendly Thanksgiving Tips

Cooking is a wonderful sensory experience. Let your child help you pour, mix, blend, and decorate holiday food.

Review the schedule of the day in advance and come up with a list of specific tools they can use such as asking for a break and using a sensory tool (such as a hand fidget).

Have your child engage in their sensory diet activities before asking them to sit at the Thanksgiving dinner table for an extended time.

Allow your child to take movement breaks if necessary. A sensory seeking child may need to get up from the table after about 20 minutes for movement or tactile input. A hypersensitive child may need a short break in a quiet, low stimulation part of the house. By allowing these breaks, it will reduce the risk of a meltdown.

### Get Moving OUTSIDE

Enjoy autumn leaves—rake leaves in a pile. Spend time jumping in the pile of leaves!

Take a nature hike/walk. Look for colorful fall leaves. Look for squirrels and birds – talk about how they live in the cold weather.

Make an outdoor scavenger hunt.

Decorate an outdoor tree for the birds with apples and/or pine cones rolled in peanut butter, or popcorn strings.

### Get Moving INDOORS

Read a book together and then act it out. If it is a book about food, make it together in the kitchen.

Create an indoor obstacle course. Your child may enjoy crashing into pillows, crawling through open boxes or tunnels, and jumping into hula hoops or on a small trampoline.

Turn up the music and dance! Move to the music like a cat, bird, horse, elephant, or bug.