

SSPC NEWSLETTER

March 2026



Daylight Savings Tips

Daylight Savings is March 8, this year. We will spring forward one hour! Here are some tips to help support your kids through the change!

- Stick to your nighttime routine. The consistency of a sleep routine prepares your child for bedtime, regardless of what time appears on the clock.
- Slowly adjust their schedule. Try gradually shifting their bedtime earlier by 15-20 minutes a day until they are going to bed at their usual hour again.
- Go outside! Seeing natural sunlight during the day will help your little one adjust to the new time.
- Be flexible. Your child's schedule may be off for a few days, but they'll likely get in sync with the new time within a week!

What's New?

Please help us welcome, Regine, to our front desk team. Regine will be joining us as a virtual front desk administrator!

Interns

We're excited to share that this spring we will be welcoming Level I Occupational Therapy students from Husson University and UNE! These students will be observing OT sessions as part of their clinical learning experience.

Thank you!

We want to extend our gratitude to those who completed the survey and google reviews, your thoughts are appreciated!

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Leprechaun Lookers

Materials:

- 2 toilet paper rolls
- green string (optional)
- green paper/paint
- decorations
- hot glue

Instructions:

- cut green paper to fit around the toilet paper rolls of paint the rolls
- Apply hot glue along the seam of one paper roll, connect the rolls
- Optional: glue sting to secure the lookers around the neck
- Decorate! Use pipe cleaners, stickers, or pom poms



Recipe of the Month

Leprechaun Bait

Ingredients:

- 3 cups chex cereal
- 1 cup pretzel sticks
- 1.5 cups lucky charms cereal
- $\frac{2}{3}$ cup green M&M's
- $\frac{1}{2}$ cup lucky charms marshmallows
- 8oz white chocolate

Instructions:

- Melt the chocolate in the microwave until smooth
- Mix chex cereal, pretzels, lucky charms, and $\frac{1}{2}$ of the M&M's in a large bowl
- Pour melted chocolate over the mixture & stir until everything is coated
- Pour onto a baking sheet & spread into a single layer
- Sprinkle the M&M's & marshmallows over the top
- After the chocolate is set, break into pieces to serve!

