



Newmark Education

Newmark Parent Update - Counseling & OT Tips

September 28, 2022



Counseling & Occupational Therapy Fall Tips

Dear Newmark Parents,

Welcome back! We are so excited to see all of our returning students and thrilled to meet our Newmark newbies. The Counseling and OT Team is looking forward to a busy, productive year.

Counseling: Staying On Track

Returning to school requires all of us to revisit the systems we have in place to keep us organized, on track and calm. It is easy to become overwhelmed by the multiple responsibilities we have, especially coming off the lighter days of summer. This can be especially difficult when also dealing with mental health conditions such as anxiety, depression and ADHD.

By creating routines, we organize our days in such a way that taking care of tasks and ourselves becomes a pattern that makes it easier to get things done without having to dwell on them so we can focus on our physical and mental health. Routines have many benefits to our mental wellness including helping us lower stress, cope with change and unplanned events, increase focus and productivity and focus on healthy habits and self-care. [Read](#) this article from WebMD about the psychological benefits of routines. Please reach out to your child's counselor with any questions or if you need some assistance or support when creating family routines.

Occupational Therapy: Getting Back into Routine

September typically is a time of return to routine after the less structured days of summer. For the most part, routines play an important role in our daily lives. We rely on them for structure and predictability. A routine is a sequence of actions regularly followed. Once the sequence is done enough times, a routine becomes something that we don't have to think that much about. We can go through the motions without too much

difficulty. For children, it is helpful to establish a routine before school to help get everyone on their way. One of the simplest ways to do this is to create a list for your child to use. Using a list will decrease the number of verbal reminders you will need to use. It is helpful to directly teach your child what is expected for each step and then to adjust your support as they become more independent. These lists can be colorful and fun, or they can simply be a handwritten list on a piece of paper. The links below provide some examples of lists and some helpful tips about establishing a routine. If we can be of any help, please do not hesitate to email the OT department with any questions.

- [Sample Routine List for younger students](#)
- [Sample Routine List for older students](#)
- [Helpful tips about establishing a morning routine](#)

Functional Living Skills

The new school year presents many opportunities for children and teens to practice Functional Living Skills. To learn more, view Newmark's [Functional Living Skills Video Library](#).

If you have any questions, please contact us at 908-753-0330 or by email.

Sincerely,

Cathleen M. George, LCSW, Supervisor of Counseling Services - cgeorge@newmarkeducation.com

Cate Tafur, OT/R/L, Occupational Therapy - ctafur@newmarkeducation.com

Cyndi Dudek, OTR/L, Occupational Therapy - cdudek@newmarkeducation.com

Cc: Dr. Regina M. Peter, Executive Director
Cynthia Allman, Executive Director
Gina M. Borea, Principal

Newmark Education
1000 Cellar Avenue, Scotch Plains, NJ 07076
908-753-0330 info@newmarkeducation.com

