My Child is Getting Older: What Happens Next?

As girls develop physically, socially and emotionally, they change as well. Paradoxically, the more changes they experience, the more they feel the need to be supported in their identity, but the faster this process happens, the harder it is to keep up. What is required is a supportive community, a learning environment, and parental support to help them navigate this process.

Parents engage in conversations about puberty and body image changes with their kids, and encourage them to explore connections to their bodies. They also encourage emotional expression and give them physical safety to explore their bodies. We know that parents are key to ensuring that girls are able to feel comfortable about exploring these changes, and that they are able to talk about them open and honestly.

Clinician Spotlight

Arlene M. Anzola, OTR, LAC

Arlene specializes in occupational therapy for children ages 3 months to 18 years, working in the areas of coordination, body awareness, and sensory regulation, and fine and gross motor skills. She helps children develop the necessary tools to feel comfortable in their bodies.

My Child is Getting Older. What Happens Next?

When we think about adolescents, we often think about the biological changes and the development of their bodies. But adolescents are also going through a period of social and emotional transition, learning how to interact with their peers and develop their personal identity.

It’s important to talk to your child about their body, and to encourage them to explore it. Help them understand that it’s okay to feel different, and that it’s okay to have curiosity about their bodies. This will help them develop a healthy relationship with their bodies, and it will help them know how to talk about their bodies with others.

It’s also important to help your child understand that they are not alone in their journey. Many other children are going through the same changes, and they are all trying to find their place in the world.

Rincón Español: El Juego

El juego es importante para el desarrollo de los niños. Jugar es el mejor materiales para el desarrollo del lenguaje. Juega con el niño en el piso! No necesitas jugar con juguetes para el lenguaje. Los juegos de construcción (p.ej., un rompecabezas de bloques) son muy útiles. El juego es como los niños exploran el mundo. Jugar es también una forma de aprender habilidades sociales.

¿Qué es el juego para los niños? El juego es una actividad que los niños realizan para aprender y desarrollar habilidades. Los juegos pueden ser de diferentes tipos, como juegos de rol, juegos de construcción, juegos de mesa, etc. Los juegos son una forma de aprender habilidades sociales, como cooperación y trabajo en equipo.

El juego ayudan a los niños a desarrollar habilidades sociales, como la comunicación, la empatía y la resolución de conflictos. El juego es una forma de aprender habilidades que los niños pueden usar en su vida diaria.

Three things about me:

• Barnyard Bingo, a great game to address cognitive development.
• Favorite family games: Picture bingo for targeting speech sounds.
• Any assistive technology to help people communicate better: Any assistive technology to help people communicate better.