



The Holidays are here, let's spread some joy and cheer! Tips on keeping your family happy and healthy for the New Year!

- 1) A good night sleep is a great way to stay healthy and rejuvenate yourself physically and emotionally. Make an effort to set a bedtime for family members and stick with it! Try an ocean sound machine to relax and fall asleep.
- 2) Plan for respite! Keep yourself and family members happy by scheduling a respite or caretaker as much as possible throughout the holidays. Taking breaks will give you thinking time and solace.
- 3) Make together time! It is essential for families to

spend quality time together.

Throughout the year schedules are busy, and during the holidays the days can become more hectic. So plan to take the time to enjoy each other. Some simple ideas are:

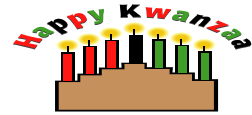
- Pick a few nights a week that everyone will sit down and eat dinner together
- Pick a time to walk, ride bikes, or hike together
- Pick a time to visit zoo lights, or attend a concert together



Join us: Come visit Santa Claus at our FBC Baby Program on December

14th. Santa will make an appearance at the Pre-school Holiday Program on December 21st

Remember! Family Support Saturday: February 23, 2008



IDEA CORNER:

Sensory/Fine Motor/Vision/eye-hand coordination: A great game for our kids with visual impairments is Twister. Lay out the twister mat, in every other large colored circle put different sensory textures. Let your child explore!

- Whip cream
- Pudding
- Applesauce

Our Program consists of:

Music therapy

Developmental activities which include Vision, social skills, gross motor, sensory, literacy, language, cognitive, fine motor, and self-help skills

Parent Meetings & Sibling class Phx 9-11:15 East 9-11:15 Remember: Please keep your child home if ill- Thank you! Stay Healthy!

December 2007

Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

BABY PROGRAM

9:00 Music & Activities

10:00 -11:15 Parent Meeting



50 YEARS

Lighting Lives with Hope
FOUNDATION FOR BLIND CHILDREN

Phoenix Parent Meeting

December 7th: - Stress strategies & Relaxation

December 14th: Laughter

21st: No Baby Program/Preschool Holiday program

Holiday break ~Program reconvenes
January 11, 2008



**A HAPPY
NEW YEAR**

**Serving Blind and Visually Impaired
Children and Adults in cooperation with:**



The Foundation for Blind Children

Main Campus

1235 E. Harmont

Phoenix, AZ 85020

(602) 331-1470

Web site: SeeItOurWay.org

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**A HAPPY
NEW YEAR**

East Valley Meetings

December 3rd: Holiday
Craft with DeEtte

10th: Open Meeting

17th: Holiday party

Holiday break-Program reconvenes
January 7th, 2008



**Serving Blind and Visually Impaired
Children and Adults in cooperation with:**



The Foundation for Blind Children

East Valley Campus

2005 N 91st Place

Chandler, AZ. 85224

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