



Handling the Holidays



GIFTS: GIVING AND RECEIVING

As Holiday celebrations begin, it can be a time of joy, concern or sadness depending on your particular situation. Under the best of circumstances, it's stressful and emotional. For families dealing with a loss, newly diagnosed handicaps, changes in relationships, etc., it can be difficult indeed. Because it's supposed to be a joyful time, we may feel guilty if we're nostalgic or depressed at times. We hope knowing that you can still call your support people here during this time, will help. Some practical things that may help you, your family and fun things for your children are included on this page. Keep track of things that work. We'd love to know, so we may share with others next year!

FOR YOURSELF:

1. Hold a family conference before the busiest time and talk about what needs to be done and what you really want to do.
2. Delegate some of the work so you aren't doing it all.
3. Get together with folks that help you feel good about yourself.
4. Choose things you really like to do and not everything you think someone else wants you to do.
5. Keep schedules and diets, especially those of younger children, as normal as possible to reduce risk of crankiness and illness.
6. Involve your children in things you are doing anyway (older children can actually help): enjoying the smells of a Christmas tree lot; playing with crinkle paper and sticking tape on body parts while you are wrapping gifts; squishing a piece of the dough for little ones; mixing, rolling and cutting out cookies for older kids (included is a gingerbread cookie recipe); and always involve the kids in the clean-up!
7. Remember the greatest gifts for children are you and your time with them. The most memorable things often involve creativity, not cost for both children and adults.

FOR YOUR CHILDREN:

Holiday sounds, smells and activities are just as much if not more of our memories and traditions as visual aspects, so foster those as well as the lights and candles for your family.

1. Point out smells as you decorate or cook; pine branches, gingerbread, cinnamon sticks in boiling water to fill the house with a great smell.
2. Start a "recording scrapbook" for your child. Record family gatherings, gift openings-this can be at times other than the holidays. It can become the blind child's picture book for what happened when they were little. Video gatherings are great too, if you'll have everyone talk as well as act.
3. For children with partial vision, lights and candles in darkened rooms may be particularly interesting and stimulating.

Have we begun to give our blind children the concepts that others discuss during the holidays? Candles, mangers, menorahs, sleighs, reindeer, shepherds, etc. Think of how many are visual aids and we take for granted, but which can be presented in other ways. Your gift to us has been knowing you and your family this year. During this season, we wish you Joy, Peace and Love.

Friday Program Schedule:

9:00-9:30 Group Music Therapy
9:30-10:00 Center Activities
10:00-11:15 Parent Meeting

December Parent Meeting Topics:

12/4 Holiday Stress/Craft
12/11 Open Meeting/Picture with Santa
12/18 Preschool Holiday Party (all families welcomed)
12/25 Holiday-NO PROGRAM

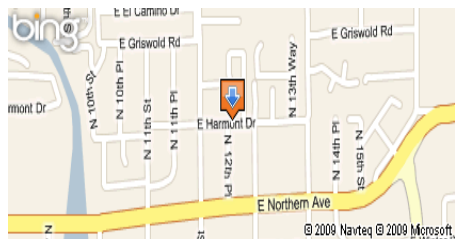
January Parent Meeting Topics:

1/1 Holiday-NO PROGRAM
1/8 Sleep Center or Emily Center
1/15 Music Therapy
1/22 Sensory/OT
1/29 Open Meeting

We meet every Friday, except holidays or staff breaks, at the Rose Mofford center:

**1235 E. Harmont Dr
 Phoenix, AZ 85020**

**One block north of Northern,
 one block east of 12th Street.**



Infant Department is supported by:



Ginger Bread Cookie Recipe

3 1/4 cups sifted all-purpose flour
 3/4 teaspoon baking soda
 3/4 cup (1 1/2 sticks) unsalted butter (room temperature, softened)
 1/2 cup dark-brown sugar, packed
 1 Tbsp ground ginger
 1 Tbsp ground cinnamon
 1/2 teaspoon ground cloves
 1/2 teaspoon ground nutmeg
 1/4 teaspoon finely ground black pepper
 1/2 teaspoon salt
 1 large egg
 1/2 cup unsulfured molasses
Optional raisins, chocolate chips, candy pieces, frosting

1 In a large bowl, sift together flour, baking soda, and spices. Set aside.

2 In an electric mixer fitted with the paddle attachment, cream the butter. Add sugar and beat until fluffy. Mix in eggs and molasses. Gradually add the flour mixture; combine on low speed. (You may need to work it with your hands to incorporate the last bit of flour.) Divide dough in thirds; wrap each third in plastic. Chill for at least 1 hour or overnight. Before rolling out, let sit at room temperature for 5-10 minutes. If after refrigerating the dough feels too soft to roll-out, work in a little more flour.

3 Heat oven to 350°. Place a dough third on a large piece of lightly floured parchment paper or wax paper. Using a rolling pin, roll dough 1/8 inch thick. Refrigerate again for 5-10 minutes to make it easier to cut out the cookies. Use either a cookie cutter or place a stencil over the dough and use a knife to cut into desired shapes. Press raisins, chocolate chips, or candy pieces in the center of each cookie if desired for "buttons".

4 Transfer to ungreased baking sheets. Bake until crisp but not darkened, 8 to 10 minutes. Remove from oven. Let sit a few minutes and then use a metal spatula to transfer cookies to a wire rack to cool completely. Decorate as desired.

Makes 16 5-inch long cookies.

Find it at:

http://simplyrecipes.com/recipes/gingerbread_man_cookies/

Special Events:

**Wine & Cheese Tasting
 December 4, 2009
 7:00 to 9:00pm
 6302 E Calle Del Norte
 Scottsdale, AZ 85251
 Reservations required
 by December 1st
peytions2@cox.net or
 602-330-3990
 \$25 minimum donation
 or
 whatever amount you
 can give
 Make checks out to
 'FBC Infant Program'**

**2009 Claus Classic
 Friday December 18,
 2009
 High Noon @
[Mountain Shadows
 Golf Club](#)
 \$95.00 includes golf,
 lunch and beverages**

Space is Limited!
 Benefiting Foundation for Blind
 Children
www.SeelOurWay.org

LIVE UNITED 

Monday Program Schedule:

9:00-9:30 Center Activities
9:30-10:30 Parent Meeting
10:30-11:00 Music Therapy

December Parent Meeting Topics:

12/7 Holiday Stress/Craft
 12/14 Holiday Party/Picture with Santa
 12/21 Holiday-NO PROGRAM
 12/28 Holiday-NO PROGRAM

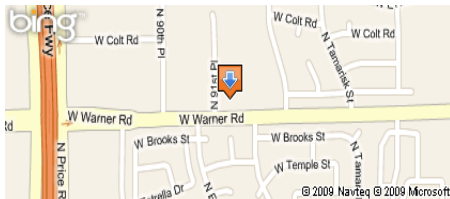
January Parent Meeting Topics:

1/4 Open Meeting
 1/11 Sleep Center or Emily Center
 1/18 Holiday-NO PROGRAM
 1/25 Sensory/OT

We meet every Monday, except holidays or staff breaks, at the Floye Steele Center:

**2005 N. 91st Place
 Chandler, AZ 85224**

About a 1/4 mile east of the 101 on Warner



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