



January 2016

Topics Covered: Giving back to your community & Social Skills

STARS Families,

It is great to be back! Happy 2016 to you and yours! This month's STARS session focused on giving back to the community. Many participants receive generous donations from the Society for the Blind, LHB and more. This month we focused on giving back and being grateful for what we have. Participants knotted fleece baby blankets for the St. Louis Crisis Nursery for families in need.

We discussed what the Crisis Nursery is and what it does for families. Many participants state that they thought the project was time consuming, but worth their efforts. It is important that the participants in STARS understand that there are many people in the world suffering and that giving a little bit of time back is being a responsible community citizen.



We also discussed social skills per group including:

- coughing into your arm (rather than in your hands or on someone else)
- supporting friends instead of putting them down (making yourself look better)
- Talking to peers that are your age rather than just adults
- Making friendships and connections
- Listening to others people's view and accepting them for what they are
- Please, thank you and excuse me
- How to act in front of girls (no bodily noises!)
- Treating everyone with respect and kindness



A little bit goes a long way! If you could have a brief discussion with your child so they can practice some social skills/model themselves after you, that would be great! Since children with visual impairments do not pick up incidental skills easily, you are their role models! Take time to explain social situations to them and even act them out! This will help!

Our next session is back to the third week of February (the 20th). Nancy will now be doing the shopping and would like a head count by **TUESDAY, FEBRUARY 16TH**. **It is important to RSVP by this date so we have materials for your child.** Also, if you end up not coming to STARS, please call or email me. This way we are not waiting up for you! We understand things come up last minutes, but we appreciate you cooperation!

Take care,

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STARS 2015-2016 DATES!

Remaining Dates

February 20, 2016

March 19, 2016* date may change due to Spring Break

April 16, 2016

May 21, 2016