

Suffolk Region

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Annie Faivus
Special Education Chair – Advocacy Team
afavus.srpta@gmail.com



Special Education Report
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“Tis the Season!” ~ This time of year is often an opportunity to reunite with loved ones and for partaking in traditions that have shaped the way we celebrate the holidays. During these unprecedented times and with so many other things in our kids’ lives changing on an almost daily basis. We may be asking ourselves, “How can I help my child(ren) prepare for a holiday season that might look differently this year?”

Dr. Erica Lee, a psychologist in the Department of Psychiatry at Boston Children’s Hospital, recently offered advice on this subject in an article titled, “Preparing Your Kids for the Holidays During COVID-19” (*see link below*). In the article, Dr. Lee provides parents with strategies to help support their children as they work thru their feelings and offers some tips on how to explain and prepare for this year’s holiday plans. She also offers some ideas on how to celebrate with loved ones who may not be able to see each other during the holidays. However your family chooses to celebrate the holiday season, Dr. Lee suggests trying to focus on what you *can* do — rather than what you *can’t* do this year.

Did you know? Many of our local SEPTA/SEPTSA’s are also developing creative, fun and safe ways for members and their families to enjoy this wonderful time of year. If you need help identifying your local SEPTA or SEPTSA, please feel free to email me.

Attention SEPTA’s and SEPTSA’s: *The first reference list of Virtual Workshop Presenters was recently shared with units who requested this information. The next update will include contact information for virtual Music and Art therapy workshops and activities. Please contact me if you would like to be added to the email distribution list.*

Wishing everyone a safe, happy and healthy holiday season!

Ref: Greenlaw, E. “Preparing Your Kids for the Holidays During COVID-19.”, *Boston Children’s Discoveries*, 3, Nov. 2020, <https://discoveries.childrenshospital.org/holidays-during-covid-19/>