



# March 2014



**SAVE-the-DATE**

**VAPT Come Play with Us!!**

**June 13-14, 2014**

**Harrisonburg, VA**

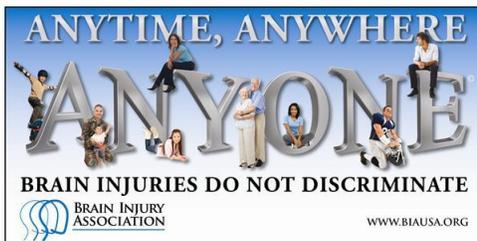
## **Building Sandcastles in the Sky: Integrative Sand Tray Therapy with Children & Families**

**Dr. Eric Green**

Go to <http://vapt.cisat.jmu.edu/>, the APT Play Therapy training directory, and VAPT Facebook to see details about APT CEU approved trainings.



## **National Brain Injury Awareness Month**



More than 5.3 million children and adults in the U.S. live with a lifelong disability as a result of TBI and an estimated 1.1 million have a disability due to stroke. The Brain Injury Association of America's quarterly publication, *The Challenge*, has a edition devoted to children at <http://www.biausa.org/brain-injury-publications.htm> which includes an article about pediatric and adolescent strokes.

The **National Child Traumatic Stress Network** site states:

According to the [Brain Injury Association of America](http://www.biausa.org), each year an estimated 1.7 million children and adults in the United States sustain a traumatic brain injury (TBI), and another 795,000 individuals sustain an acquired brain injury (ABI) from nontraumatic causes. TBIs can affect the functionality of the brain—affecting thinking, reasoning, and memory. Whether the victim is an adult, a child, or an infant, TBIs can have a major impact on individuals and their families.

To raise awareness of traumatic brain injury, the Brain Injury Association of America recognizes National Brain Injury Awareness Month every March. The NCTSN offers the resources on traumatic brain injury for **families**, **medical professionals**, and **military families**.

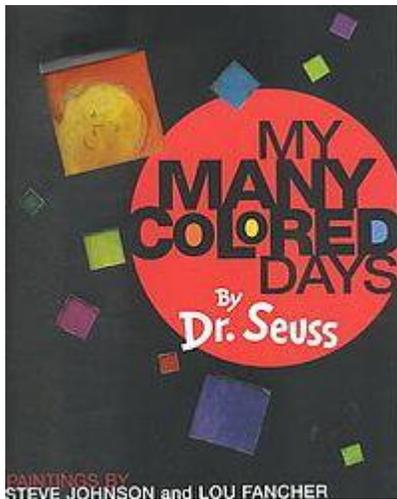
Access the extensive list of annotated sites listed on the NCTSN site at:

<http://www.nctsn.org/resources/public-awareness/content/national-brain-injury-awareness-month%20>

# Happy Birthday Dr. Seuss

Unless someone like you cares a whole awful lot,  
Nothing is going to get better. It's not."  
— Dr. Seuss, *The Lorax*

March 2, 2014 - On this day, Theodor Seuss Geisel, better known as Dr. Seuss, would have been 110 years old. One in four American children receives one of his 60 publications as their first book. His



books often focus on a moral or principle to be learned while enhancing reading through rhyme. Books such as *The Lorax*, *Horton Hears a Who*, and *The Grinch* can be used in bibliotherapy to teach children about sharing, **caring for the environment**, and being considerate of others.

This Pinterest site is full of Seuss inspired activities and resources.

<http://www.pinterest.com/pediastaff/dr-seuss-activities-treats-march-2nd-his-bday/>

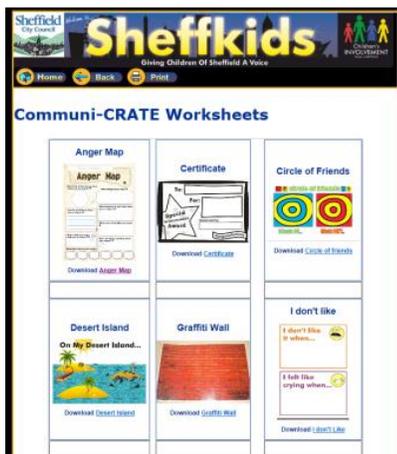
It is 'interprofessional' with activities for and from occupational therapists, speech therapists, and educators.

One item described how to use the Dr. Seuss book, **MY MANY COLORED DAYS** to explore a child's emotional world is shown below.

<http://www.pediastaff.com/blog/guest-blog-the-psychology-of-color-4706>



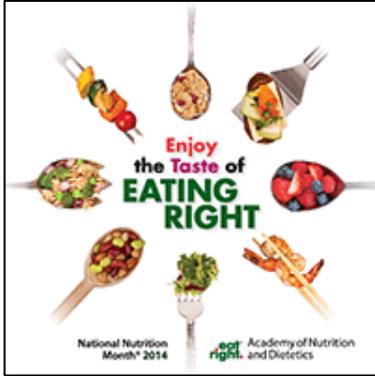
## SheffKids Worksheets



Interestingly, the Sheffield, UK, City Council has a program and site with a variety of worksheets that could be used creatively by play therapists with children and families. One section of the site announces a resource (for purchase) named a COMMUNI-CRATE. The text notes that the visitor will “**find a number of resources to support you in effectively seeking and listening to the views of children and young people.**”

Download sample worksheets, for free, at:

<http://www.sheffkids.co.uk/adultsite/pages/communicateworksheets.html>



## National Nutrition Month

Play therapists can help support the well-being of children and families by helping caregivers get access to reliable, helpful and fun resources to help their children be psychologically and physically strong. The Academy of Nutrition and Dietetics site has a wealth of information for parents and educators to involve children in meal planning and shopping, food preparation and enjoying meals together! Find tips and recipes (even videos!) at <http://www.eatright.org/kids/>



### Anne's fun food picks...

March is also **National Peanut Month!** So consider these fun treats to create and yum up together! Find more cheerful creations at <http://www.butterwithasideofbread.com/2013/01/fun-kid-snacks-with-bananas.html>



#### Beary Cute

Bread with peanut butter, peanut mouth, banana slice nose and ears, blueberry eyes!



#### Monkey See, Monkey Do

Peanut butter on bread with a walnut nose, string cheese hair, banana slice/blueberry eyes, orange slice ears, stick pretzel head. Use an Easter egg cookie cutter for bread.



## VAPT CHAPTERS

Are you looking for ways to find out more about play therapy and connect with play therapists in your area? VAPT has regional chapters around Virginia to bring play therapy resources and networking opportunities to your area. All our VAPT sponsored trainings that award CE's are posted on the national APT site--look under the APT education and training directory for finding play therapy training and select Virginia! <http://www.a4pt.org/events.cfm>

Contact your local Chapter Chair to find out more about what's happening in your area and around the state.

### Chapters and Chapter Chairs

**Central Virginia VAPT** Chairperson George Enfield [ghenfield@gmail.com](mailto:ghenfield@gmail.com)

**Harrisonburg VAPT** - Chairpersons Anne Stewart and Debbie Sturm sturmdc@jmu.edu  
**Forest VAPT** Chairperson Norma White norma.white@couplestandkids.com  
**Fairfax VAPT** Chairperson Sheri Mitschelen shmitsch@verizon.net  
**Gainesville VAPT** Chairperson Cathi Spooner cspooner@phoenixfamilycounseling.com  
**Richmond VAPT** Chairperson Jan Williamson jlwilliamson@mindspring.com  
**Roanoke VAPT** Chairperson Roanoke VAPT Chairperson Jennifer Thomas and Kim Botetourt  
playtherapy@verizon.net and kim@botetourtounseling.com  
**Rockbridge Area VAPT** Chairperson Katie Masey kmasey@racs.org  
**Staunton** Chairperson Lisa Rochford lisa@connectedchild.info  
**Southwest VAPT** Chairpersons Donna Callis and Teresa Viers  
dcallis@CACBWCV.ORG and tviers@highlandscsb.org  
Chairperson Sydney Peltier speltier@highlandscsb.org  
**Tidewater VAPT** Chairpersons Debbie Balak and Holly Tracy  
dbalak@cox.net and peacebypiece@cox.net

**Playfully,**

**Anne**

**VAPT benefits = Enotes. FB. Twitter. Website!**

**Visit our VAPT Website and LIKE the VAPT Facebook page.**

**Visit often for updates on trainings and resources, research, and fun!**

**Website -see <http://vapt.cisat.jmu.edu/>**

**FB -<http://www.facebook.com/pages/Virginia-Association-for-Play-Therapy/234395618441>**