



TREETOP TALK



**Anna Shaw
Children's Institute**

October 2021

Our Video Library is available on our website! Our library includes all webinars, Reading Around the Tree videos, and Music in the Treetops videos. To access this library, please [click here](#).

Anna Shaw Children's Institute provides champion care to children and families for happy, healthy lives.

October is National Awareness Month for the following:

Spina Bifida

Down Syndrome

World Cerebral Palsy Day (10/6)

Attention Deficit Hyperactivity Disorder (ADHD)

Physical Therapy Awareness Month

Attention Deficit/Hyperactivity Disorder (ADHD) is one of the most common neurodevelopmental disorders in childhood. Dr. Emily Brandt, Developmental Pediatrician at Anna Shaw Children's Institute, has provided the following information:

Do you remember how it felt the last time you had trouble listening while someone was talking to you?



How about a time when you were bored and fidgeting when everyone else was sitting quietly?

Now imagine what it would be like if you felt that way all the time. Listening and following directions would be hard. Learning would be hard. Getting in trouble would be easy. And these are just some of the challenges that children and adults with Attention Deficit Hyperactivity Disorder (ADHD) live with every day.

If you or your child's coaches, teachers, or babysitters have concerns, the first step is to talk with your child's primary care provider. You can help him or her check for other problems that could be making it hard for your child to pay attention. Think about things like:

- Needing glasses
- A learning disability
- Allergies
- Worries
- Staring spells that can be very short seizures
- Or poor sleep at night with snoring or trouble falling asleep

Next, your child's primary care provider will probably give you and your child's teacher some papers to fill out to help understand how often the challenges are happening. They are looking to see if problems with attention and too much activity are just happening sometimes or if they are consistently making it harder for your child to learn, make friends, and stay safe.

While you work with the doctor on those things, here are some strategies you can try: Give simple, 1 step directions and have your child repeat it back to you before doing what you asked.

- Make a consistent routine that your child can learn to follow to get ready for school or ready for bed.
- Make checklists to help them remember what needs to be done. Making checkmarks or getting a small sticker for each task can help them feel like they are making progress.
- Break schoolwork or chores down into small pieces that are less overwhelming. For instance, have them search for all the toy cars first, then pick up crayons, then balls, etc.
- Check your child's backpack together with them before school to make sure their homework is there.
- Ask if your child can sit near the teacher and away from distractions.
- During homework, have your child stand by the counter or sit on a fidget chair. This helps them burn energy and still get work done.
- Make sure your child gets lots of exercise at recess and at home.
- Have a bedtime routine at the same time each night to help your child calm down and get enough sleep.
- You may enjoy looking at the website Understood.org for more strategies to help your child.

NATIONAL PHYSICAL THERAPY AWARENESS MONTH

October is National Physical Therapy month. Anna Shaw Children's Institute employs two pediatric-trained physical therapists (PTs). Pediatric PTs work with children and their families to ensure that each child reaches their maximum potential to enable them to participate in home, school, and community environments. Physical therapists have expertise in movement, motor development, and body function. The pediatric PT may provide services in the home, childcare environment, outpatient clinic, hospital, or school. Physical therapists must be graduates of an accredited educational program and be licensed in the state where they practice and follow state and practice guidelines. For more information on pediatric physical therapy, please visit pediatricapta.org. If you feel your child would benefit from seeing a pediatric physical therapist, please contact your child's primary care provider and ask for a referral to Anna Shaw Children's Institute.



OTHER MONTHLY AWARENESS TOPICS

World Cerebral Palsy Day (October 6). To learn more about Cerebral Palsy, please visit: ucp.org.

National Down Syndrome Awareness Month: To learn more about down syndrome, please visit: ndss.org.

Spina Bifida: To learn more about spina bifida, please visit: spinabifidaassociation.org.



[Click Here](#) to Watch a Heartwarming Video from Anna Shaw Children's Institute

BREAKFAST/KEYNOTE TICKETS STILL ARE AVAILABLE

NORTH GEORGIA AUTISM CONFERENCE

OCTOBER 29, 2021

8:00 AM - 4:00 PM

Registration begins at 7:30 AM

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway
(formerly 2211 Dug Gap Battle Rd)
Dalton, GA 30720

REGISTRATION

Register in Advance | \$50
By October 15

General Registration | \$60
After October 15

Student Registration | \$30

Group Rate (3 or more) | \$45

Attendance at Breakfast Keynote Only
with Dr Temple Grandin | \$45

BREAKFAST KEYNOTE SPEAKER

Dr. Temple Grandin



Registration Deadline Friday, October 22

Breakfast & Lunch Included—Vendors Welcome

Certificate of Attendance Available

CEUs Available \$50

CMEs Available \$100

Hosted by:



Anna Shaw
Children's Institute

The 6th annual Autism Conference is intended for parents/caregivers, educators, healthcare professionals, young adults on the autism spectrum, self-advocates, and other interested individuals.

Register at HamiltonHealth.com/autismconference
Questions? Contact Lindsey Coker at lcoker@hhcs.org at 706.226.8913.



LIFE -AND- LIVESTOCK

4-H Event

THURSDAY, OCTOBER 28TH

7:00 PM - 9:00 PM

DALTON CONVENTION CENTER

2211 Tony Ingle Parkway
(formerly 2211 Dug Gap Battle Rd)
Dalton, GA 30720

Dr. Temple Grandin

World-famous American scientist
and animal behaviourist.



Learn more about Dr. Grandin at
Grandin.com

1 hour presentation and book signing

Intended for middle school and high school students in 4-H, FFA, and other agricultural groups.

\$10 tickets

Register at HamiltonHealth.com/livestock
Questions? Contact Lindsey Coker at lcoker@hchs.org or at 706.226.8913

Classes to **Help, Advise, & Motivate Parents**

CHAMP Webinar Series



Tuesday, November 2

12pm

Topic:

Preparing for Your Child's Medical
and Therapy Appointments

Presenters:

Emily Brandt, MD

Jessica Truelove, RN

Laurie McGee, PT, DPT

Visit the event section on
Facebook.com/HamiltonCares
for live streaming information.

FUTURE TOPICS:

December 7: The Power of Play



Anna Shaw
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706.226.8900
HamiltonHealth.com/children

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