



# CST CHATTER BOX

## Video Game Safety Guidelines

Child Development Institute recommends [Kid Safe Video Games](#) for children and teens. Check the [Game Rating](#) to be sure a specific game is appropriate for your child's age. The American Academy of Pediatrics cautions that video game ratings are not always accurate. You can look-up and carefully read the [Game Review](#) from Game Critics to determine if the content reflects what you feel is appropriate for your child.

The Child Development Institute believes that playing video games should be limited and should not use up too much of the time your child devotes to play. There is substantial research that the violence in even seemingly tame video games does lead to increased violence in children and adolescents. The Child Development Institute does not recommend Mature-Rated Games which are for 17 and above,



if you are considering buying these games for your young adult child, it is encouraged you to read this list of [Mature Video Games Parent's Should Watch Out For](#) and also check out the [Dirty Dozen](#) lists from the Lion and Lamb Project.

### Some basic guidelines include:

- Make a media plan. Schedule media times and choices in advance, just as you would other activities.
- Set media time limits. Limit children's total screen time. The AAP recommends no more than 1 to 2 hours of quality TV and videos per day and NONE for children under the age of 2.
- Make media a family activity. Whenever possible, use media with your children and discuss what they see, hear, and read.

Source:  
<https://childdevelopmentinfo.com>

### M Rated Games to Watch out for:

**NOTE: Not all mature games are listed here, just the more popular ones that your children may ask for**

- God of War (Playstation 2)
- Conker: Live and Reloaded (Xbox)
- Devil May Cry 3: Dante's Awakening (PS2)
- Metal Gear Series (PS2, Xbox, Gamecube, PC)
- Nocturne (PS2, PC)
- Outlaw Golf (PS2, PC)
- Rumble Roses (PS2)
- Halo 2 (Xbox)
- Half-life 2 (PC)
- KillZone (PS2) -
- Grand Theft Auto: San Andreas (Sony PS2, PC)
- Mortal Kombat: Deception
- Doom 3
- PSI OPS: The Mindgate Conspiracy
- Playboy: The Mansion (PC, PS2, Xbox)
- The Guy Game (PS2, Xbox)
- Singles: Flirt up your Life (PC)
- Leisure Suit Larry: Magna cum Laude (PC, PS2, Xbox)
- BloodRayne 2 (PC, PS2, Xbox)
- Fight Club (PC, PS2, Xbox)
- Fable (Xbox)
- Def Jam Series (Nintendo Gamecube, PS2, Xbox)
- Drive3r
- Ninja Gaiden (Xbox)
- Judge Dredd: Dredd vs. Death (Nintendo Gamecube, PC, PS2, Xbox)
- Resident Evil Series
- Manhunt (Sony PS2)
- True Crime (Xbox, Sony PS2, Gameboy Advance)
- Max Payne 2: The Fall of Max Payne (PC CD-ROM, Sony PS2, Xbox)
- Road Kill (Xbox, Sony PS2, Nintendo Gamecube)
- Outlaw Volleyball (Xbox)
- Postal 2 ( PC )
- Dead or Alive Xtreme Beach Volleyball (Xbox)
- Grand Theft Auto: Vice City ( Sony PS2, PC)
- Grand Theft Auto 3 ( Sony PS2, PC)
- Soldier of Fortune 2 ( PC, Xbox) Rated M for Blood and Gore, Violence.
- BMX XXX (Nintendo Gamecube, Xbox, Sony PS2, Nintendo Gameboy)
- Dead to Rights (Nintendo Gamecube, Sony PS2, Xbox)
- Hitman 2: Silent Assassin Gamecube, PC CD-ROM, Sony PS2 ,Xbox)
- The Getaway (Sony PS2)

## Spring 2018

Volume 5, Issue 2

April 2018

### Special points of interest:

- ☺ Video Game Safety
- ☺ Selective Mutism
- ☺ Community Resources
- ☺ Addressing Dressing
- ☺ ADHD
- ☺ Who is Colleen Lonergan?

### Inside this issue:

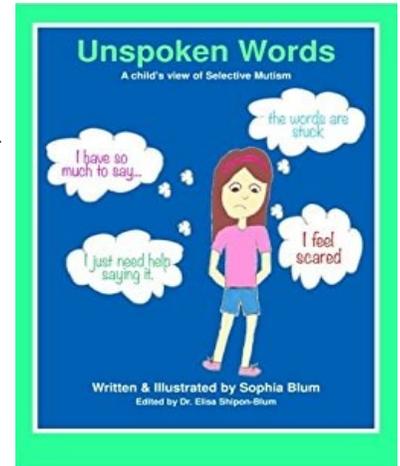
- What is Selective Mustism? 2
- More Community Resource 2
- The Crafty OT 3
- Understanding ADHD 3
- Get to Know Your CST 4

# What is Selective Mutism?

Selective Mutism is a childhood anxiety disorder characterized by a child's inability to speak and communicate effectively in select social settings, such as school. These children are able to speak and communicate in settings where they are comfortable, secure, and relaxed. Children with Selective Mutism have an actual fear of speaking and of social interactions where there is an expectation to speak and communicate. Not all children manifest their anxiety in the same way. Some may be completely mute and unable to speak or communicate to anyone in a social setting; others may be able to speak to a select few or perhaps whisper. Some children may stand motionless with fear as they are confronted with specific social settings. They may freeze, be expressionless, unemotional and may be socially isolated. Less severely affected children may look relaxed and carefree, and are able to socialize with one or a few children but are unable to speak and effectively communicate to teachers or most/all peers.

If you are concerned that your child may have selective mutism, it is important to see a doctor. Parents should start with a visit to discuss their concerns with a pediatrician but may need to see a psychiatrist.

Resource: <https://www.selectivemutism.org/>



## More Community Resources!

**Parents have expressed interest on events and activities focused on special needs children that are taking place in the area. We hope the following will interest you and/or your child!**

**SOCIAL SKILLS BEST PRACTICES** : Wednesday, April 18 12-1 PM. This free webinar discusses evidenced-based strategies to help children ages 6-17 improve social skills. For more information: [info@behaviortherapyassociates.com](mailto:info@behaviortherapyassociates.com)

**LEARN TO PLAY THE UKELELE: A MENDING ARTS PROGRAM** Free ukulele workshop in Rockaway where youth in grades 6-8 can learn to express themselves through music and increase the confidence. The program runs 8 weeks beginning April 19. For more information contact FIS, Allison Zeis, [azeis@fisnj.org](mailto:azeis@fisnj.org)



**FAMILY FUN DAY & DISABILITY RESOURCE FAIR** Sunday, April 29, 12-4 in Morris Plains. Bring the family for a fun-filled day at Central Park of Morris County. Enjoy a variety of activities while gathering a wealth of information from participating vendors.

**FREE PARENTING CLASSES (Offered in Spanish)** Wednesday, May 2, 2018, 6-8 PM in Dover. The classes are free and include refreshments, parent book, and certificate of completion. To register, call Karina Garcia at 973-908-7093 or Erika Corea at 973-620-9711.

**AUTISM DAY AT GREAT ADVENTURE** May 3, 2018, Jackson, NJ. The park will be open only to families involved with the event. There will be decompression areas with sensory friendly items, adjusted

lights and music, Autism resources, special presentations from professionals in the field of autism, and highly trained special education staff throughout the park. For more information for tickets, go to <http://customeducationfoundation.org/sixflags/>

**SIBSHOPS** May 19, 10-1 PM, Fairlawn, NJ Sibshops provides brothers and sisters of children with intellectual and developmental disabilities opportunities to share and connect with peers who “get it.” Attending a Sibshop allows siblings a chance to meet one another in a relaxed setting. Children have the opportunity to participate in fun activities such as “Dear Aunt Blabby,” and group discussions designed to help children express the joys and concerns of being a sibling of a child with special needs. Sibshops acknowledge that brothers and sisters of people with special needs, like their parents, may need support. Sibshop events are free and open to children 8-12 years old. To register: <http://www.thearcfamilyinstitute.org/resources/sibling-resources/sibshops.html> or call 732-246-2526.

# The Crafty OT and Dressing Skills

Dressing is probably one of the most important activities in daily living in a child's early life (aside from play). These are skills that will give the child a great sense of independence, and they will carry these skills with them for the rest of their lives. Here is a quick summary of some dressing developmental milestones according to age for your reference.

## DRESSING SKILLS Developmental Milestones

Age	Dressing Skill
2	Take off coat Take off socks Take off shoes
2 ½	Put on coat Unbutton large buttons
3	Puts on shoes (may be wrong foot) Puts on socks Pull down pants Pull zipper up/down once fastened Button large buttons
3 ½	Button a series of buttons Put on snaps or hook fasteners Put on mittens Unbuckle shoe or belt
4	Buckles shoe or belt Fasten a zipper Put on a pullover shirt Identify front/back of clothing
5	Ties and unties knots Can dress themselves unsupervised
6	Buttons back buttons Snaps back snaps Closes back zipper Ties bows

(National Occupational Therapy Certification Exam: Review & Study Guide: 2014)  
thecraftyOT.com

**DIY Tic Tac Toe Board:** Pizza vs. Burger tic-tac-toe! Add buttons to turn this classic game into a motivating way to sneak in dressing skills.



Directions: (1) Sew on buttons into each tic tac toe square. (2) Cut small slits into the pizza and burger pieces. (3) Three in a row wins!

Materials: Needle and thread, \$3 Tasty Treats felt book from Target.

**DIY Felt Pizza Button Board:** Turn this felt pizza set from Target into a DIY button board!



Directions: (1) Sew buttons on the slices of pizza. (2) Cut small slits into the pepperoni (3) Have the child button the pepperoni onto the pizza (4) Match the number of pepperoni onto the tray.

Materials: Needle and thread, \$3 Pizza felt set from Target

For more creative ideas such as these, go to [www.thecraftyot.com](http://www.thecraftyot.com) or follow [thecrafty\\_ot](https://www.instagram.com/thecrafty_ot) on Instagram. Samantha Aglibut, pediatric OT, is known for finding items at places like Target and turning them into items used for fun fine motor activities!

## Understanding ADHD

Attention Deficit Hyperactivity Disorder (ADHD) is a chronic condition associated with inattention, hyperactivity, and sometimes impulsivity. Research indicates that ADHD may co-occur with other issues. Based upon Thomas E. Brown, Ph.D.'s research noted in *Outside the Box: Rethinking ADHD in Children and Adult*, those with ADHD struggle with other issues as well.

Results based upon a study of children with ADHD and learning disabilities indicate 65% have difficulty with written expression, which may relate to the ability to organize and plan out ideas. 32% have difficulty with reading. Reading comprehension may be impacted by working memory. 30% have difficulty with math.

Mental health issues such as depression, anxiety, and oppositional defiance may co-occur with ADHD. Depression occurs up to 5 times more with children that have ADHD. An anxiety disorder occurs up to 3 times more. Based upon studies, at least 18% of children with ADHD also have an anxiety disorder. 15-50% of children with

ADHD have an oppositional defiant disorder (ODD).

Children with ADHD benefit from the use of strategies. Strategies include, but are not limited to, setting up:

- predictable rules and structure
- quiet work areas
- visual supports
- use of organizers/folders/charts
- frequent positive feedback- focus what is right, not what is wrong
- clear, specific directions
- break tasks into small chunks
- choices
- computer-assisted instruction
- contingencies such as "First \_\_\_\_, then \_\_\_\_" or "When \_\_\_\_, then \_\_\_\_"

### RESOURCES:

[https://www.appi.org/Outside\\_the\\_Box\\_Rethinking\\_ADD/ADHD\\_in\\_Children\\_and\\_Adults](https://www.appi.org/Outside_the_Box_Rethinking_ADD/ADHD_in_Children_and_Adults)

<http://www.chadd.org/Understanding-ADHD/For-Parents-Caregivers/Treatment-Overview/Psychosocial-Treatments/School-Interventions.aspx>

## Shared Services Child Study Team

Wharton Borough Schools  
973-361-3010

Mine Hill Township School (CAS)  
973-366-0590

Rockaway Borough Schools  
973-625-8601



The Shared Services Child Study Team has made it a goal to increase communication and Special Education knowledge with parents as well as teachers and administration within the three school districts. As part of this goal, you will now be receiving newsletters from the team three times a year filled with information on special education practices/law, community resources, special needs tips, etc. We hope you find this helpful!

Leslie Mozulay, LDTC

Stephanie Dzikowski, LDTC

Stacy McCoy, School Psychologist

Brooke Hanenberg, School Psychologist

Armi Clancy, School Social Worker

## Get to Know Your CST

Colleen Lonergan is one of the behaviorists who works at Wharton Borough Schools. She particularly works with the students in the inclusion and general education settings.

She graduated from Penn State University with a degree in Criminal Justice and Forensics. While pursuing a career in forensics as a crime scene investigator, she took a job as a personal aide in Rockaway Borough. As an aide, she worked mostly in the self-contained preschool disabled program (PALS) doing discrete trials and ABA for close to 5 years.



**Colleen Lonergan, RBT, one of Wharton's behaviorists**

It was in Rockaway Borough that she met the other behaviorist, Michelle Lawton, who "told" Colleen to steer her career in the direction of ABA. And if you know Michelle, "when Michelle Lawton tells you to do something, you do it."

Colleen completed her coursework in Applied Behavior Analysis from Florida Institute of Technology. She is currently certified as a Registered Behavior Technician and pursuing her BCaBA.

When Colleen is not working, she loves going to her lake house in Lake Wallenpaupack, PA. She likes to ride her jetski, wake board, and relax on her boat.