

After the holidays, toddlers may experience increased stress and sensory overload due to the changes in routine, unfamiliar environments, loud noises, and large crowds, which can manifest in behaviors like meltdowns, withdrawal, or difficulty sleeping; it's important to provide a calm and consistent environment, stick to their usual routines as much as possible, and offer extra sensory activities to help them re-adjust.

Key points to consider:

- **Sensory overload:**

Bright lights, loud music, and large gatherings can be overwhelming for toddlers with sensory sensitivities, leading to anxiety or meltdowns.

- **Routine disruption:**

Holiday schedules often deviate from a typical routine, which can be unsettling for special needs toddlers who rely on structure.

- **New people and situations:**

Meeting new family members or visiting unfamiliar places can be stressful, especially if the child has difficulty with social interaction.

- **Food challenges:**

New foods or changes in mealtime routines can cause anxiety for toddlers with dietary restrictions or picky eating habits.

How to support your special needs toddler after the holidays:

- **Gradual re-entry:**

Slowly transition back to your regular schedule, incorporating familiar activities and routines.

- **Sensory activities:**

Provide calming sensory activities like quiet play, weighted blankets, or tactile toys to help regulate their emotions.

- **Communication and visual aids:**

Use clear communication and visual cues to prepare your child for upcoming changes or transitions.

- **Quiet spaces:**

Designate a quiet area in your home where your child can retreat when feeling overwhelmed.

- **Limit exposure:**

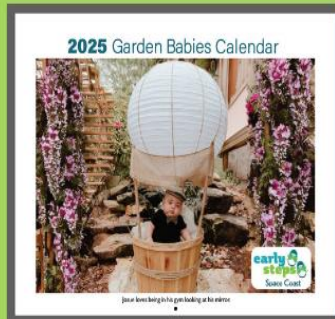
If necessary, limit exposure to large crowds or loud environments.

- **Seek professional guidance:**

Consult with your child's therapist or pediatrician to discuss any concerns and develop strategies to manage post-holiday challenges.

**ATTENTION  
PLEASE!**

## HAVE YOU ORDERED YOUR COPY OF THE 2025 SCES FUNDRAISING CALENDAR YET?



Every purchase helps fund playgroups and therapy services that can make a big difference to the children and families we serve.

To order yours, scan the QR code below  
or visit

<https://www.spacecoastes.org/product/space-coast-early-steps-calendar/>





# EARLY STEPS PLAY GROUPS

**Inclusive playgroup for all children with or without disabilities,  
Ages 0 to 3**

**Join us for therapy related play activities  
SEPTEMBER THROUGH DECEMBER 2024**

**Palm Bay Play Group - Every 3rd Friday of each month  
9:30am - 10:30am  
Palm Bay Library, 1520 Port Malabar Blvd. NE, Palm Bay, FL 32905**

**Cocoa Play Group – Every 1st Wednesday of each month **STARTS  
10am – 11am FEBRUARY**  
Catherine Schweinsberg Rood Central Library, 308 Forrest Ave, Cocoa, FL,  
32922**

**Titusville Play Group - Every 2nd Friday of each month  
9am - 10am  
The Children's Center, 5650 S. Washington Ave., Titusville, FL 32780**

**TEXT 321-292-1370 (or call) to RSVP**



Our Informal Playgroups are facilitated by the Family Resource Specialist/Advocate, and various Early Steps therapists – which gives you a unique opportunity to ask questions based on your child's developmental needs, or for resources and support during and after group sessions.

We can't wait for you to join us!



## Share Your Story

Why Share Your Story? Our stories connect us as human beings. Each of you has a story to tell. Some parts of your story are uniquely yours while other parts are common to most of us. For example:

- ☐ How did you feel when you first suspected that your child had a disability or delay?
- ☐ When and how did you find out about your child's disability or delay?
- ☐ How did your family become involved in Early Steps?
- ☐ How do you feel now concerning your child's disability or delay?
- ☐ How overwhelmed do you feel with all the new terminology and programs you must learn about?

Sharing your story may be easy or it may be difficult. Just remember that you can share as much or as little as you like with others. Sharing your story can be a healing exercise that helps as you face your life experiences.

*An excerpt adapted from "New Star" A Family's Guide to Navigating Early Steps*

If you would be interested in sharing your story to help other families, please reach out to Mary Cancel at [Mary.Cancel@spacecoastes.org](mailto:Mary.Cancel@spacecoastes.org) or text/call 321-292-1370



# COMMUNITY PLAY DATE

*Under 5's*

.....  
**EVERY 4TH WEDNESDAY OF THE MONTH**

**From 9:00am - 10:30am**

**The Children's Center**

**5650 S. Washington Ave.,**

**Titusville 32780**

**RSVP to Mary: 321-292-1370**

**SPACES ARE LIMITED!**





## **BREAKFAST SUPPORT GROUP**

Please join us for resources, friendship and support. We will share our journey together.

Food and/or drinks available for purchase.

All ages welcome!

**Friday, February 7<sup>th</sup>**

**Friday, March 7<sup>th</sup>**

**Friday, April 4<sup>th</sup>**

**Friday, May 2<sup>nd</sup>**

Cracker Barrell Old Country Store

1175 Palm Bay Rd NE,

Melbourne, FL 32905

9:00am – 10:30am

CHECK OUT OUR FACEBOOK PAGE FOR UPDATES OR JOIN OUR EMAIL LIST

**Space Coast Early Steps  
C.A.T.C.H. of Brevard**

Community Access to Child Health of Brevard, Inc.  
Early Intervention Services for young children with  
special developmental needs

For more information or referral contact:

1264 Rockledge Blvd., Suite 104  
Rockledge, Florida 32955

Ph: (321) 634-3688 Fax: (321) 504-0955

Funding provided by IDEA and Florida Dept. of Health

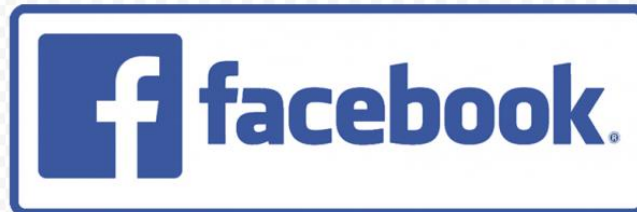
**VISIT OUR WEBSITE:**

<https://www.spacecoastes.org/>



**LIKE OUR FACEBOOK PAGE!**

<https://www.facebook.com/Space-Coast-Early-Steps-101089132406421>



Mary Cancel  
Family Resource Specialist/Family Advocate  
Space Coast Early Steps  
1264 Rockledge Blvd., Suite 103  
Rockledge, FL 32955  
[Mary.Cancel@spacecoastes.org](mailto:Mary.Cancel@spacecoastes.org)  
Cell (text or call): (321) 292-1370