



## From the Therapist's Chair



October often brings busier schedules, school projects, and shifting routines. For parents, it can feel like a juggling act. This month, I want to share a quick reminder: parenting isn't about perfection—it's about connection.

## Quick Parenting Tips for October

**Pause before responding** → Take a breath when your child's big emotions rise. A moment of calm helps you respond instead of react.

**Quality over quantity** → Even 10 minutes of undivided attention (no phone, no distractions) can fill your child's "connection cup."

**Model regulation** → Kids learn how to manage stress by watching how we manage ours. Show them it's okay to pause, breathe, and try again.

## !! Try This !!

The "One-Word Check-In" – At dinner or bedtime, ask your child to share one word that describes their day. It's a simple way to open the door to conversation without pressure.

## Remember...

Parenting can feel heavy at times, but remember: small, consistent moments of presence matter more than big, perfect ones.



## Therapist Spotlight

*Monica Kaczmarczyk*



"Being a therapist to me means being a professional secret-keeper, snack-provider, and cheerleader all in one cardigan!"



Fall guilty pleasure:

"Pumpkin spice cold brew with extrrra caramel drizzle and sweet cold foam from Biggby - basically fall in a cup!"

Current main-character anthem song:

"Revival by Zach Bryan - because sometimes you just need a song that feels like a deep breath and a reset."

Something small that made me smile....

"When my little kid clients come running in for a hug like I'm the main event—it gets me every time."

Something clients teach you again and again:

"Healing isn't linear - and that stickers and goldfish crackers can fix (almost) anything."