



2012

[ January 2012 ]

1303 E Central Ave  
Bismarck ND 58501

**RED DOOR**  
P E D I A T R I C T H E R A P Y

### Sensory Tip of the Month

#### *Picky Eater vs. Food Aversions*

What is the difference between being a picky eater and having food aversions?

Children with food aversions will eat only certain foods presented in a particular way, will exhibit extreme anxiety when asked to try new food items, and will often gag with the smell of other people's food.

Children with food aversions typically will not even want to touch a non-preferred food item.

See an occupational therapist if you think your child has food aversions!

### TEA OF THE MONTH

"Java Jitters" - A roasted yerba mate black tea with hazelnut. Try this fabulous tea to warm up this January!

*(Steep Me a Cup of Tea on 3<sup>rd</sup> St. is giving our parents a discount on a cup of tea just by mentioning you are a parent from Red Door!*

*\*Please let us know if you would like us to be able to communicate with your child's teacher/school regarding their current plan of care. We are more than willing to share any information that may be helpful for both teacher and child throughout the school year.*

### UPCOMING EVENTS:

#### *Special Needs Sports Classes at YMCA*

For children (K-12) and their parents. The 2nd Sunday of every month (beginning Oct 9th) from 4-5pm.

\*You do NOT need to be a member of the YMCA to participate\*

Register:

[info@ndautismconnection.org](mailto:info@ndautismconnection.org)

Or call 425-6151

*Music Therapy in Motion* is now offering music therapy at Red Door!

Music Therapy sessions are available individually, in small groups, or in social groups. For more information contact Red Door, call Laura #701-290-0014 or email [musictherapyinmotion@yahoo.com](mailto:musictherapyinmotion@yahoo.com)

**CLOSED:**

***We will be closed  
Monday Jan 2nd  
For the New Year!***

