

FALL 2024

LIGHTHOUSE NEWSLETTER



IN THIS ISSUE...

- Halloween @ Lighthouse
- Dr. Wilson's Corner
- Cute Kid of the Month
- Dr. Wilson's Baking Corner
- Around Atlanta Events
- Book Reading
- And More!...

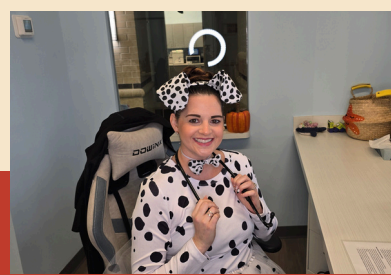
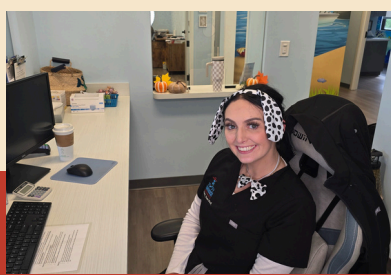




HALLOWEEN @ LIGHTHOUSE

SPOTTY VISION

We had a blast as Dalmations this year! No one wanted to be the villain, Cruella Deville, as there were lots of smiles from both staff and patients. Hope your cute little skeletons, pumpkins, and princesses had as much fun as we did!



HAPPY
HALLOWEEN





- Garden Lights, Holiday Nights at Atlanta Botanical Garden (Nov 16th – Jan 12th, 5-10pm nightly)
- Atlanta Christkindl Market at Buckhead Village (Nov 22nd – Dec 24th, various times)
- Winter Wonderland at Fernbank Museum (Nov 23rd – Jan 12th, various times)
- Cirque du Soleil's "Twas The Night Before" at The Fox (Nov 29th – Dec 15th, various times)
- The Lighting at Avalon at Avalon Alpharetta (Nov 24th, 2-7:30pm)
- Holidays at Georgia Aquarium at Georgia Aquarium (Nov 15th – Jan 2nd, various times)

DR. WILSON'S CORNER

It's the season of gratitude and appreciation again and if you're like me, you hope everyone starts making the whole year about gratitude and appreciation. Who doesn't enjoy hearing a "thank you" or having someone acknowledge your hard work and show appreciation? Here are some ways to teach your kids to feel and show gratitude and appreciation year-round.

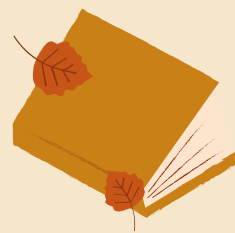
- Model gratitude by verbally thanking others and acknowledging kids when they help others out. Kids learn a lot by watching parents.
- Ask them what they are thankful for on a daily basis.
- Encourage them to write thank you notes when they receive a gift (involve young kids who are too young to write themselves by letting them decorate/draw/scribble on the thank you note you write for them).
- Encourage your kids to thank people who help them.
- Be consistent. They won't learn gratitude and appreciation in one lesson. Regularly practice and encourage the behaviors.

THANK YOU FOR BEING A PART OF THE LIGHTHOUSE FAMILY AND TRUSTING US WITH YOUR MOST PRECIOUS GIFTS. I APPRECIATE EACH AND EVERY ONE OF YOU, AND I AM DEEPLY GRATEFUL TO HAVE THE CHANCE TO LOVE ON YOUR CHILDREN & HELP THEM GROW TO BE HEALTHY AND HAPPY ADULTS.

LOVE, DR. WILSON



november book reading



This November we celebrated National Library Card Sign-Up Month a little late. Normally observed in September, we had to reschedule that Reading due to flooding after the hurricane weather that came through the night before. Thank you to all the parents and kiddos who came out strong in November as we read Do Not Bring Your Dragon To the Library by Julie Gassman and made CUTE library card holders for all of our young readers. We hope everyone had a wonderful morning and can't wait to see you again in 2025 for our next Reading!



Dr. Wilson's Baking Corner

COOKIE BALL RECIPE

This is one of the easiest and most fun recipes for a family to make together. You can use any sandwich cookie you would like and that your family prefers. You can go traditional and use Oreo cookies, but I've also used Golden Oreo cookies, Pumpkin Spice Oreos, Gluten Free Oreos, and a Keto-friendly sandwich cookie to reduce sugar intake. Experiment with using food color with white chocolate to cover the balls, or using milk or dark chocolate melting wafers. The sky is the limit for the sprinkle toppings! Use seasonally relevant sprinkles, crushed peppermint, cookie crumbs, mini M&Ms, or anything else you can think of. This recipe is perfect for kids to contribute to the holiday banquet at both Thanksgiving & Christmas. Happy Holidays!

INGREDIENTS



1 pound sandwich cookies of your choice, crushed (make sure they are hard cookies, not soft)

1 (8 ounce) package cream cheese, softened

1 pound vanilla-flavored candy coated, melted OR melting wafers

INSTRUCTIONS

Step 1: Place the sandwich cookies in a food processor and pulse until crushed uniformly.

Step 2: In a large mixing bowl, combine the crushed cookies and cream cheese to form a stiff dough. Roll into balls and let chill in the refrigerator or freezer on a sheet pan lined with wax paper for at least 30 minutes,

Step 3: Dip the chilled ball with a fork into melted candy coating OR melted wafers (sit the ball on the tines of the fork and lower into the melted coating. Don't stab the ball with the fork as it will break apart)

Step 4: Place the covered ball on waxed paper. While still wet, sprinkle your desired topping onto the covered balls.

Step 5: Let the covered ball rest on waxed paper until set, about 30 minutes



Original recipe courtesy of <https://www.allrecipes.com/recipe/24043/cookie-balls/>
and some alternations made by Dr. Wilson

Cute Kid of the Month



PLEASE SUBMIT YOUR CUTE KID OF THE MONTH
PICTURES WITH MR. TURTLE TO
OFFICE@LIGHTHOUSEPEDIATRICCARE.COM
KEEP THOSE CUTE PICS COMING!!



FALL WORDS CRYPTOGRAM

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
4				26									19				24								

A N
4 11 13 10 19

A E
4 6 6 17 26

 N
11 13 10 19

E N
26 2 23 21 19 13 3

 A
12 13 13 20 7 4 17 17

A E
22 4 9 10 21 25 26

A E
16 4 11 14 26 20

E A E S
17 26 4 8 26 24

A E
15 4 6 17 26

 N
6 23 15 6 14 21 19

A E
10 4 14 26

S A E
24 11 4 10 26 11 10 13 5

S N E
24 23 19 12 17 13 5 26 10

 E
20 23 10 14 26 9

