



## Helping Children and Adolescents Succeed Socially!

### The Social Skills Groups

Social Skills Groups are held at:  
The Social Skills Place, Inc.  
464 Central Avenue Suite 6  
Northfield, Illinois 60093

#### Date and times:

##### Elementary School

Tuesday's 4:00PM-4:50PM  
Wednesday's 4:30PM-5:20PM

##### Middle School/Jr.High

Monday's 5:00PM-6:00PM  
Wednesday's 5:30PM-6:30PM

##### High School/College

Tuesday's 6:30PM-7:30PM

##### Parent Group

Wednesday's 1:00PM-2:30PM  
Wednesday's 7:00PM-8:30PM

Founder:

**Susan Stern, MSW, LCSW**

Telephone:

**(847)446-7430**

Visit us at:

**[www.socialskillsplace.com](http://www.socialskillsplace.com)**

### To Our Children's Success

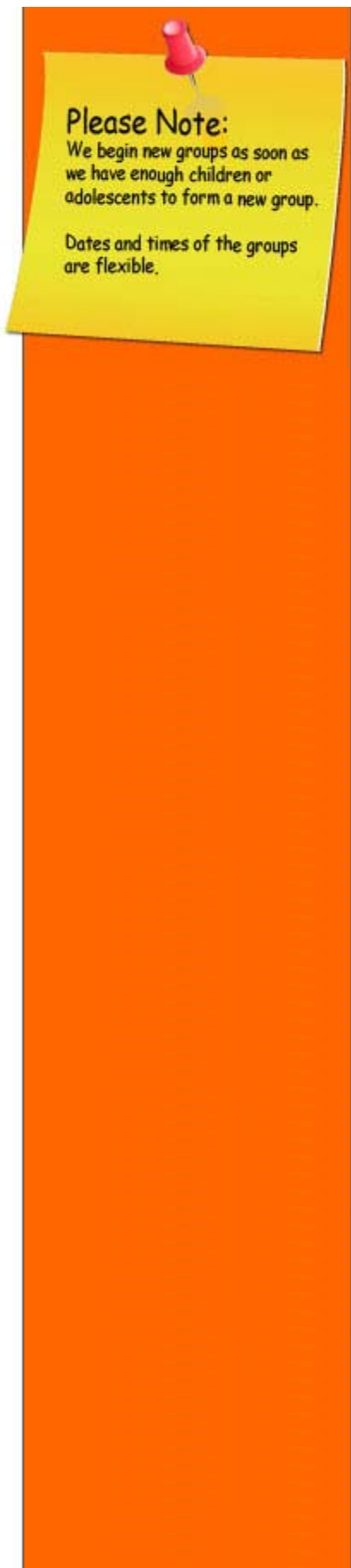
**Change your mornings and the way you interact with your children and you will help them to feel good and attract good days and good friends into their lives.**

**The heart** is far more than a simple pump. At the Institute of HeartMath research teaches us the scientific basis to explain how and why the heart affects mental clarity, creativity, emotional balance and personal effectiveness. Research also teaches us (The Institute of HeartMath) that feelings stay with a person for eight hours. If you scream at your child or criticize them during breakfast time, that negative energy will remain with your child's heart for the next eight hours of their day. In contrast, if you are loving, patient and assuring with your children in the morning, that positive energy will also stay with them (Their heart) for eight hours. How do you wish to send your children off to school this new year?

**Field Environments.** What is a field environment? According to HeartMath officials, a field environment can be positive or negative. Recall a time when you entered a room where there was a charged argument with strong feelings of tension in the air? And the bitterness taking place? Even if those in the room were silent while you were there, you may remember feeling the uncomfortable negative energy? That's a field environment.

In contrast to such negative energy, you may also recall examples of positive field environments, where you have been in a loving room, perhaps your birthday, or places where people have prayed together (Church or Synagogue) or shared a bonding in a positive way. These are positive field environments. The collective energy in a room makes up the field-environment, and it vibrates at a certain pitch.

Our thoughts, attitudes, and emotions emit energetic fields. These individual field environments not only affect you, your health and perspective on life, they also can influence your relationships (Your children) and experiences in your social field environments as you interact with people, your family, or even if you are merely in the same room with other people. Can we change our individual and social field environments? *We can.* According to the Institute of HeartMath, the electromagnetic field generated by the heart is the most powerful rhythmic energy field produced by the body. Studies conducted have shown that the heart's electromagnetic field can be detected by other individuals and can produce measurable effects in a person five feet away.



**Please Note:**

We begin new groups as soon as we have enough children or adolescents to form a new group.

Dates and times of the groups are flexible.

What can we as parents (Or anyone who spends time with children) do for our children and to heal ourselves as well? Well according to the Institute of HeartMath:

### **Shift and Shine Technique**

*Parents, help your children with the following steps:*

- 1. Place** your attention on the area around your heart or center of the chest. It helps to put your hand over your heart area. Model this by putting hand over your heart.
- 2. Now** pretend to breathe in and out of your heart. Take three slow breaths. Model the breathing.
- 3. Think** of someone or something that makes you feel happy, like your mom or dad, a special friend, or a special place that you visit, like the park. Feel that happy feeling in your heart and then shine that happy feeling to someone or something special - your brother or sister or the whole world. Let the children experience the feeling for a few seconds. The length of time will increase with each exercise.

**That's all** there is to it, but practicing these steps daily or a few times has the power to reinforce the best qualities in children, to improve their outlook, self-image, sense of security and more, including the following:

- Strengthen expression of positive feelings
- Improve impulse control
- Improves relationships with family and friends
- Increase learner readiness for school

**...And have a Healthy and a Happy New Year! Make it a good one!**

If you would like to know more... <http://www.heartmath.org/>  
Ideas from the Institute of HeartMath.

They are headquartered in the San Francisco Bay area. They are a Non-for-Profit organization.

-- Susan Stern, LCSW is the founder of The Social Skills Place, Inc.

