



Nurtured Heart Approach

A four week parent training course that begins on **Tuesday, March 9th.**

Sign up by clicking the link below.

<https://parentnetworkwny.org/event/the-nurtured-heart-approach-part-1-2/>

KEEP ON LEARNING

Continue reading about **limited and restricted interests** and what you can do to help your child expand their interests by clicking the link below.

<https://accessibleaba.com/blog/expand-interests>

Limited or Restricted Interests

Children with developmental disabilities may demonstrate **limited or restricted areas of interest**. This means that the child has few and specific recreation activities, preferences, and motivations. Oftentimes, the limited areas of interest are not considered to be age appropriate. **Limited or restricted interests** may give the appearance of an 'obsession'.

There is a specific part of the brain that responds favorably when exposed to desirable items or activities. This is commonly called the 'reward center' of the brain. The 'reward center' of the brain in a child without a disability will respond favorably to a wide variety of familiar or unfamiliar stimuli. The 'reward center' of the brain in a child with a developmental disability may only produce a positive response to very specific and familiar stimuli.

For example, a neuro-typical child may be highly interested and motivated by the idea of earning money for chore completion. This is because the idea of earning money stimulates the 'reward center' of the brain which motivates the child to complete the chore and earn money. For a child with **limited or restricted interests**, the 'reward center' of the brain may not be triggered at the idea of earning money, and therefore, earning money is not motivating to the child.

How to Help Expand Areas of Interest

- **Expand out from current areas of interest.** If a child prefers Thomas the Train explore other train related activities, such as model trains and train rides.
- **Add new experiences within current areas of interest.** When taking a child to an amusement park encourage trying three new rides prior to the preferred train ride.
- **Introduce new stimuli when the child is at their best.** A child may be more open and receptive to trying new experiences when they are in safe and familiar environments with people they know and trust.
- **Make small changes to preferred interests.** If a child prefers playing Candyland, introduce a new card or token to the game.

Upcoming Events

| Date/Time | Topic | Link |
|-----------------------------------|---|---|
| Thursday, March 4 6:00-7:30pm | Transition from Preschool to School Age Special Education | https://parentnetworkwny.org/event/transition-from-preschool-to-school-age-special-education-2/ |
| Monday, March 8 7:00-8:00pm | Down Syndrome Parents Group | https://zoom.us/j/91473020954?pwd=bm0wYkUwOFUyVitQKzlwYlJDbHN2QT09 |
| Thursday, March 11 6:00-8:00pm | Sensory Processing Disorder | https://parentnetworkwny.org/event/sensory-processing-disorder/ |



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