

# Amaris Ministries

585 W. Orange Ave., El Centro, CA 92273 760.337.9444  
info@AmarisMinistries.com www.AmarisMinistries.com

*A father to the fatherless, a defender of widows, is God in his holy dwelling. God sets the lonely in families. Psalm 68:5-6a*



**SPRING 2016**



**SAVE THE DATE!**  
May 5-6 CAFO Summit  
in Orlando, Florida

Christian Alliance for Orphans Register at [www.CAFO.org](http://www.CAFO.org)

**Second Annual Amaris Ministries  
"Kids From Hard Places" Conference  
July 7 & 8 in El Centro, CA**  
Registration available at the April conference!

## Why Do We Offer Training?

There are vulnerable children across our streets and valley. We have the responsibility and the privilege to care for them. We want to help you serve these children well. We believe that no family, or church should do this alone.

## Walking With Families

There are lots of questions and needs that arise as families consider and pursue foster care or adoption. We are here to walk with you.

Our mission from Psalm 68:6a says, "God sets the lonely in families." The name Amaris is Hebrew for "God's promise fulfilled" and our vision at Amaris Ministries is to see this promise of God fulfilled for children and families in Imperial County.

The resurrection story reveals God's heart toward us who have reached out to Abba Father. He made us and we have valuable and worth! May the echo of His heart resound loudly through us with a living gospel that loves the orphan, marginalized, and lonely, with action and deed!

The Empowered to Connect conference is ideal for adoptive and foster parents, those considering adoption or foster care and those who are serving children in schools or churches, including social workers, agency professionals, church staff and ministry leaders, counselors, therapists and others.

..... SHOW HOPE'S .....

# EMPOWERED To Connect CONFERENCE

LIVE SIMULCAST! | APRIL 8-9, 2016

EQUIPPING YOU TO BRING HOPE AND HEALING TO ADOPTED AND FOSTER CHILDREN

 Dan & Terri Coley <i>Show Hope</i>	 Darren Jones <i>TCU</i>	 Dr. Karyn Purvis <i>TCU</i>	 Dr. Amanda Howard <i>Samford University</i>	 Henry Milton <i>TCU</i>	 Alan & Debra Jones <i>Parenting Adoptees Can Trust</i>
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Held at the East Sanctuary of Christ Community Church (Reach Center) at 5th and Orange in El Centro, Ca. 92243  
Friday and Saturday April 8-9 from 9am - 5pm.

Space is limited. Please register now!

CEU credits available for professionals.

Please call the Amaris Ministries office at 760.337.9444 or email [aloma@AmarisMinistries.com](mailto:aloma@AmarisMinistries.com)



If you have any questions regarding this newsletter or the ministry please contact Nicole Rothfleisch, Executive Director of Amaris Ministries, Inc. at [Nicole@AmarisMinistries.com](mailto:Nicole@AmarisMinistries.com)

## Sensory Integration: What is it and why is it important.. *continued*

In the last newsletter we discussed this topic and said we would be back with more about sensory diets and ideas for them. It is important for every person to have a well-balanced sensory diet in order to be at our best with self-regulation and organization. All of us, both children and adults, crave sensory experiences throughout the day. Children with trauma in their backgrounds almost always have sensory processing challenges due to pre-birth stress or neglect, and the exposure to drugs and alcohol that have affected their brain development. It is important to learn the ways that individual children are sensory “seekers” and sensory “avoiders” (i.e. – things they crave like hanging upside down off the couch, or things they can’t stand like certain smells). It is also a good idea to educate yourself to be able to tell whether your child’s behavior challenges are sensory related. Thankfully, in the age of the internet and social media there is an abundance of resources online – Pinterest posts, Facebook groups, Occupational Therapist blogs, Youtube videos – or simply Google sensory integration and you will find many resources.

We also have resources in the Amaris Ministries office and are working in collaboration with the special needs ministry at Christ Community Church to develop a sensory room.

### 40 Simple Sensory Brain Break Ideas!

- ◆ Going outside for a walk or hike
- ◆ Jumping on a mini trampoline or large outdoor trampoline
- ◆ Heavy work activities
- ◆ Crawling through tunnels or under objects
- ◆ Play with a parachute
- ◆ Animal Crawls (can you crawl like a bear? crab? frogs? seals?)
- ◆ Ball Pass (Stand back to back and pass a ball by turning to the side in one direction, than reverse)

- ◆ Crashing mat
- ◆ Jumping jacks
- ◆ Skipping
- ◆ Running
- ◆ Swinging
- ◆ Swimming
- ◆ Wall or chair pushes
- ◆ Ball Pits (make your own by filling up a small swimming pool with balls)
- ◆ Reading in a bean bag chair
- ◆ Chewing toys or tools such as Chewable Jewelry
- ◆ Climbing trees or on a jungle gym
- ◆ Use fidget toys (such as the Wacky Tracks Hand Fidget, Wood Fidget Puzzle, DoGo Putty, Tangle Therapy Hand Fidget)
- ◆ Popcorn jumps (jumping from a squat position and then landing back in a squat position)
- ◆ Wheelbarrow walking
- ◆ Passing weighted balls back and forth
- ◆ Bouncing on a therapy or exercise ball



- ◆ Tummy Time
- ◆ Obstacle course
- ◆ Resistance bands
- ◆ Scooter board activities
- ◆ Bean bag squeezes
- ◆ Jumping Jacks

- ◆ Listening to upbeat OR calming music
- ◆ Drinking water through a water bottle with a Bite Valve
- ◆ Chewing gum (all natural chewing gum option)
- ◆ Using a weighted blanket or vest
- ◆ Lifting light weights
- ◆ Headphones to block out unnecessary noise
- ◆ Roller blade or skating
- ◆ Visit the playground

*(Brain Break Ideas Credit: Lemon Lime Adventures)*

### PARTNER WITH US FINANCIALLY

We are a 501(c) non-profit ministry that offers pro-life alternatives to women facing unplanned pregnancies, Biblical counseling, parenting classes, and a resource library. All this in addition to our support for foster and adoptive families.

Checks payable to Amaris Ministries.

### PARTNER WITH US IN PRAYER

For the following...

- ◆ April Empowered to Connect conference for many foster/adopt families to attend and learn new tools to help their children in need.
- ◆ Continue to pray for the Foster and Adoptive Families who have children in the court process — wisdom for judges, attorneys, and social workers in each case.
- ◆ Wisdom for AM Board of Directors to follow God’s agenda.