

DECEMBER 2025

VOL. 5, ISSUE 12



Blind Early Services TN - Newsletter for Caregivers and Providers

Happy Holidays from Our Family to Yours

As the year winds down and routines slow a bit, we're hoping you're able to enjoy extra time with family, rest, and the small moments that make this season meaningful. December always feels like a natural time to pause and reflect, and we want to take a moment to say thank you to the BEST community.

Whether you're a current or past family, a provider looking for new ways to build inclusion into early childhood spaces, or a partner who shares our mission, you are part of what makes BEST feel like more than an organization—you make it a community. We are grateful for the trust families place in us, the curiosity and care providers bring to their work, and the many ways you show up for children who are blind or have low vision. Thank you for being part of this work, this season, and this community.

Warmly,

Alison Clougherty, BEST Executive Director

MARK YOUR CALENDAR

January 15 (11:30 AM)

Navigating Future Financial Assistance with ABLE
TN

TN STEP & TN Disability Pathfinder

Use this link to learn more

January 17

Mindful Melodies

BEST & Empower Music Therapy

Read more below or check out registration here!

January 26 (12:00 PM)

Toilet Training

TRIAD's Family First Program from Vanderbilt
Kennedy Center

Register here

Join us for Spring's Mindful Melodies!

Families able to travel to our Brentwood office are invited to join **Mindful Melodies**, a free, in-person group music therapy program for BEST client (and former client) children and their families. Led by a board-certified music therapist from Empower Music Therapy and a BEST Teacher of the Visually Impaired or Orientation & Mobility Specialist, the program uses music to promote developmental skills, while creating a safe, fun space for self-expression, social engagement, and family connection.

This group is ideal for children **birth–6 years** who are motivated by music, multi-sensory exploration, and adaptive learning. Sessions meet **twice monthly on Saturday mornings, Jan. 17–Apr. 25, 2026**, at BEST's Brentwood office.



[Request More Info or Register Here](#)

Sensory-Friendly Holiday & Winter Break Fun

Winter break is a great time to slow down and enjoy simple, sensory-rich moments together. Activities don't have to be complicated – something as easy as cutting the flaps off a cardboard box (or folding them inward) can turn it into a sturdy “sensory tub.” Fill it with crumpled wrapping paper, bows, ribbons, or other festive textures and invite your child to dig in, feel, and discover at their own pace.

For families wanting something more involved, the kitchen offers endless opportunities for sensory play – from mixing and pouring to smelling, tasting, and decorating holiday treats. Whether you're looking for calm, low-prep ideas or messier, hands-on fun, these activities can be adapted to meet your child where they are.

Explore the lists below for more sensory-friendly holiday and winter

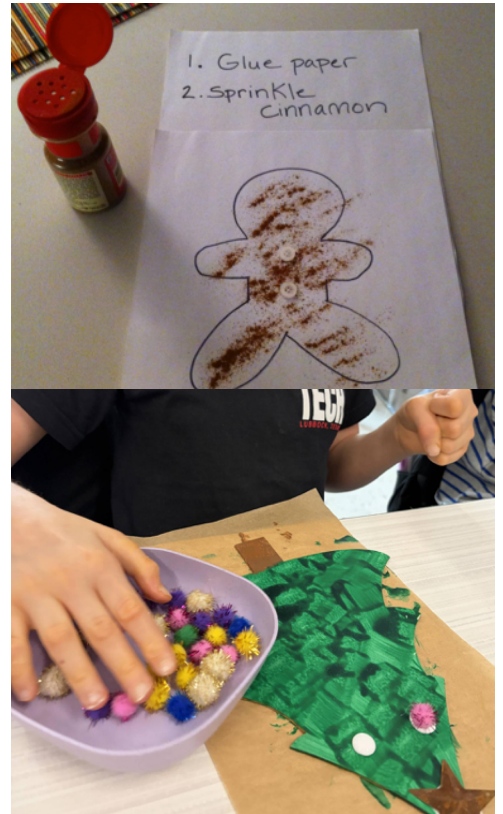


break ideas.

Paths to Literacy Holiday Activities

Explore Wonder Baby's Multi-Sensory Christmas Activities List

Check out A Shared Vision's Winter Play Activities



What We're Loving This Month



We're loving sensory-friendly headphones for the busy holiday season! With louder homes, extra visitors, and New Year's fireworks, headphones can help children manage sensory overload while still feeling

included. One brand used by our families is Zohan, easily available through [Walmart](#) or [Amazon](#). Or explore even more brands suited especially for babies & toddlers below!

Explore options here!

About Us

BEST ensures that families are empowered and equipped to provide children with blindness or low vision their BEST start.

Links

The Best Story

Get Involved

Donate

Corporate Partnership

Let's be BEST friends



If you no longer wish to receive emails [unsubscribe here](#)

104 East Park Drive, Suite 100, Brentwood, TN 37027, USA