

## Get Organized at Friends Academy

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DARTMOUTH — It's at the top of nearly everybody's New Year's Resolutions list:

Get better organized.

On Thursday, Feb. 3 at Friends Academy, parents and kids can find out how to do just that from Carolyn Dalgliesh. School officials said that at 9 a.m., in a program free and open to the public, Dalgliesh will provide a hands-on presentation of home organizational systems for children and adolescents.

“These systems are specifically designed for those who experience distractibility, nervousness, rigidity, and/or sensory or executive function challenges such as disorganization,” Friends said in a press release. “Dalgliesh's in-home organizing supports offer general organizing for paperwork management, clutter control, and closet design.”

They also note that “Dalgliesh's passion is helping individuals find simple ways to make their day-to-day living experience less stressful and more meaningful.”

Dalgliesh has solutions for some of the top family stressors: picking clothes and getting dressed, establishing morning and bedtime routines, and getting through homework, family meals, and travel. She has designs for all scenarios as well as a wealth of ideas and information. Her systems support the importance of establishing solid routines that can reduce stress in children and parents' lives, Friends officials said.

In addition to a PowerPoint presentation, Dalgliesh will bring visual aids to give examples of what can be used for different age groups. She will answer questions and help to solve dilemmas from members of the audience.

The owner of Systems for Sensory Kids and Simple Organizing Strategies, Dalgliesh is also available for in-home consultations. She has her BA in psychology, is a member of the National Association of Professional Organizers (NAPO), and is actively involved with Bradley Hospital, a neuropsychiatric hospital for children and adolescents.

Call Friends Academy at (508)-999-1356 with any questions or visit [www.friendsacademy1810.org](http://www.friendsacademy1810.org).

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