



1 F A M I L Y S T R E A M

SEASON 1

Intro

FabuRocks was created and inspired by our daughter FABU to help her with speech delay, learning disabilities, and ADHD at home. Our desire to help FABU led us to use gaming, unboxing videos, and live streaming as the primary therapeutic tool that produced quicker and more significant improvement than she had ever obtained through conventional therapy.

Now that FABU is older, she is no longer embarrassed for us, as a family, to openly discuss the obstacles she faces daily. After seeing her significant improvement over the years, she now understands the importance of being verbal about her disabilities, what we do, and how we do it to empower others like her.

For this reason, we have decided to create a Podcast to share our story, how we got here and where we are headed as we openly discuss our: Experiences, Methods, Techniques, what has worked, what has NOT worked, our frustrations, how we overcome our challenges and our plans.



SEASON 1

Episode 6

Getting the Right Software

We now have all the equipment we needed to start, but we missed the software required to edit videos and create graphics for videos and thumbnails properly. Let's not forget, our background has nothing to do with graphic design or videography, and we could not afford to pay someone to edit the videos and make the thumbnail art for us. We ended up doing what we did best... go to YouTube and find videos to educate ourselves on the best video editing and graphic designing software available.

Our research determined that Sony Vega and Adobe Premier were the best and most complete programs to use. FabuDad ended up choosing Sony Vega as it was the more user-friendly of them.

For creating thumbnail art, FabuDad found he liked using Photoshop and PicMonkey the best. He liked how PicMonkey, although not as sophisticated as Photoshop, was very user-friendly and allowed us to make art quickly.

Little did we know that making and rendering 4k videos were too large for YouTube and needed to be compressed. We needed to find a program that would compress those videos, which you don't need now.

Even though we did not know how to do anything, our level of determination was high, and this helped us get through the tons of tutorials that taught us how to do things, so we were able to accomplish our goal. The bottom line is if we can do it, so can you.



SEASON 1

Previous Episodes

Episode 0

About Us

03/22/2021

Episode 1

How We Started

03/22/2021

Episode 2

First Therapy Session

03/29/2021

Episode 3

The AHA Moment

04/05/2021

Episode 4

Hitting Reality

04/12/2021

Episode 5

Equipping Ourselves

04/19/2021

Upcoming Episodes

Episode 7

Therapy for the Therapist

05/03/2021

Episode 8

OMG! People are watching us

05/10/2021

Episode 9

IRL Therapy

05/17/2021

Episode 10

Pokémon Go Fever Hit

05/24/2021



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Episode 11

Pokémon Go Burnout

05/31/2021

Episode 12

Gaming therapy begins

06/07/2021

Episode 13

Unboxing Therapy

06/14/2021

Episode 14

Gaming on Multiple Platforms

06/21/2021

Episode 15

Live Streaming for the First Time

06/28/2021



SEASON 1



SEASON 2

Coming soon

