

# Teamwork Therapies NEWSLETTER

August 2024

Issue No.35



***Stay up to date throughout the month and follow our blog and on our social media accounts!***

Follow us at:

TeamworkTherapies.com  
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## BACK TO SCHOOL

As summer winds down and kids head back to school, please let your therapist know of any changes in schedule needed. Similarly, as the fall holidays are just around the corner, let your therapist know of any upcoming vacation plans to schedule for make ups.

## THE IMPORTANCE OF EVERYDAY ROUTINES

Routines are important not only for the structure of our days, but because kids learn best in routines! Routines provide ample of practice opportunities for children to develop a deep understanding for the steps or parts of a task.

Routines can run throughout the day or they can be a quick 30 second routine while playing with a preferred toy--either way, routines can be a built-in learning opportunity in our busy day to day lives.

Here are some examples of routines you can start with your kiddo today:

1. Packing up their lunch or book bag together
2. Turning off all the lights in the house before bedtime
3. Feeding your pets
4. Grabbing your shoes and keys before going to the car



## ***This Month***

This month we celebrate 6 birthdays! Happy Birthday to our very own Karla G. (8/2), Nicole R. (8/8), Lollbej J. (8/16), Lisa G. (8/18), Casey B. (8/22).

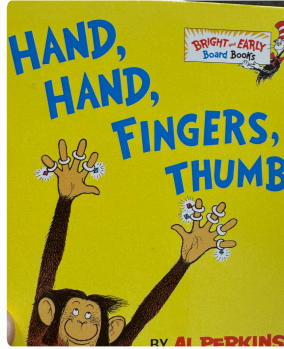


**Live Music Event:**  
**The Healing**  
**Power of Sound**  
**Gandharva Veda**  
August 25, 2024  
5pm-7pm at  
Budding Learners



# BUDDING LEARNERS CORNER

The book of the month is Al Perkin's Hand, Hand, Fingers, Thumb! This is a fun book for body parts and imitating silly sounds and words!



## Budding Learners Parent Reminders:

- This month we will be moving into a bigger classroom! Don't worry it's just across the hall.
- We're excited to welcome Dr. Mozmin Mastin to our team! She will be the afternoon teacher at Budding Learners.
- Be sure to label all of your child's belongings including backpack, water bottles, etc.
- Sign up for Friday's with Miss Michelle to schedule 15 minutes to discuss your child's progress!

## OT ACTIVITY: LAUNDRY BASKET PUSH

For this activity, you will need a laundry basket and various items to place inside. This can include pillows, laundry, stuffed animals, or any item that you have access to that is not too heavy.

Scatter the objects throughout the floor and direct your child to pick up and place them in the basket. Once they have collected all the items, direct them to push the basket along the floor. This is a simple activity that works on clean-up skills and helps challenge coordination of both sides of the body, core strength, upper/lower body strength, and provides proprioceptive input.



## ST ACTIVITY: PRETEND SHOPPING

Grab your "shopping cart" or grocery bag because we're going shopping! This fun pretend play activity is great for following directions and working on receptive vocabulary.

Grab a bag for your shopping items and go around the house, backyard or even the park collecting items to "buy".

Model labeling items or talking about "putting them in" their cart.

At the end of your shopping spree--go through your bag and talk about what you got! This is also a fun and sneaky way to clean up a room!



## ILLNESS PREVENTION POLICY

In order to keep our clinicians, staff and families safe, we ask you to practice caution and let us know if you or someone in your household is experiencing fever, cough, runny noses, vomiting or any other symptoms of illness.

Please call the front office at (925) 399-5796 for Pleasanton or (209) 237-2484 for Tracy to reschedule your appointment.

## GLO YOGA COLLABORATION

Collect a "Free Class" card from the front desk at our Pleasanton clinic, and try a class on us. Following your first session, sign-up for GLO's Special Unlimited Membership price only offered to the families and therapists at Teamwork Therapies.

You can't pour from an empty cup, fill yours up at GLO. Take care of yourself first so you can take care of those around you with full capacity!