

Teamwork Therapies NEWSLETTER

September 2024

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This Month

This month we celebrate 2 birthdays! Happy Birthday to our very own Cherrilyn S. (9/15), Andrea O. (9.18), Nisar J. (9/27).



Reminders:

In celebration of labor day, our clinics are closed on Monday, September 2nd.



STOMPIN' IN SEPTEMBER

The holidays are right around the corner, please be sure to let your therapist or our front office know of any upcoming holiday plans! Similarly, if there are any changes in your child schedule such as school hours or extra curricular activities, please let your therapist know.

ART PROJECTS PERFECT FOR ST AND OT

Our therapists love a good art project! Channeling your inner Picasso with your child is a great opportunity to work on both language skills and fine motor skills.

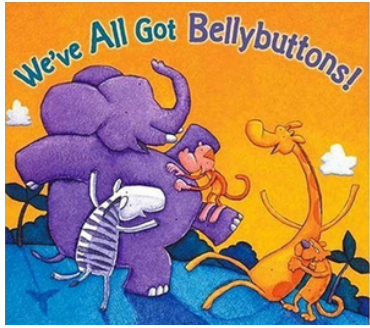
We asked our therapists what some of their favorite art activities are to target skills and here were some of their answers:

- Pretend Haircuts for cutting
- Painting with dot markers practicing speech sounds
- Coloring pages for pre-writing and color identification
- Paper airplanes for following directions

Talk with your therapist to get more ideas for crafts at home!



BUDDING LEARNERS CORNER



The book of the month is: We All Got Bellybuttons by David Martin!

Budding Learners Parent Reminders:

- We're excited to welcome Jonni Warren & Theresa Jee to our Budding Learners team!
- Be sure to label all of your child's belongings including backpack, water bottles, etc.
- We are a **nut free** facility.
- Classrooms open at 9am and please be prompt for pick up.
- Michelle is available on Fridays after 12:30pm to meet and discuss with parents

OT ACTIVITY: BUTTONS + CONTAINERS

SETUP: For this activity, you will need (1) an empty container with a plastic lid, (2) several 1" buttons, and (3) box cutter or scissors. Alternatively, you can use an empty milk carton or any container you can cut into.

For the buttons, you can either purchase them at the dollar store or remove buttons on old/unused clothing. As far as size, we will need ~1" sized buttons as these are a good size to practice with. With the container, cut a 1" slit- place the button on the opening to ensure the slit is not too big/too small.

To make the activity more engaging you can draw a face or print out a design and glue on it. Have our child place the 1" buttons into the container. The goal is to have them practice manipulating the buttons.



ST ACTIVITY: UH-OH

This simple play activity is great for our kiddos who are just starting to explore sounds and have emerging play sounds.

Place items on your head or on a high counter and have fun just knocking them over! This is the time to practice your acting skills--with each fall put on your best surprised face and model "uh-oh" "oh-no" or "aw man".

With enough routine and repetition, see if your little one will join in the fun and imitate your sounds!



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!