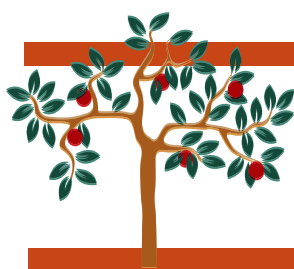


## Teamwork Therapies



SEPTEMBER



## Newsletter

## FALL OF FUN

With school back in session, many kiddos may benefit from fun movement or sensory breaks after a long day of learning with their friends. Continue reading for fun activities for home and resources for this Fall!

## MAKING THE MOST OF SCREEN TIME

Managing your child's screen time can be a challenge. Here are some tips and tricks to help maximize your child's screen time and incorporate strategies to further your child's development:

1. **Utilize video chatting.** Having your child video chat a familiar person or watch content creators that emulate a video chat call. Video chatting where the communication partner's entire face and mouth can be seen can help encourage imitation of vocalizations and facial expressions. It also provides for more social interaction.

2. **A fun movement activity.** Watching videos that encourage kids to get up and participate are a great way to have children engaged and involved with the content they are watching.



## THIS MONTH AT TEAMWORK THERAPIES

This month we celebrate the birthday of one of our staff members!

Happy birthday to our very own Simin Ghaffari Anaraki (9/02)!

## CANCELLATION POLICY

Please call the clinic if you plan on missing your appointment. Insurance and Private pay families will be charged a **\$50 cancellation fee** for missed appointments without at least 24-hour notice.

**In observance of Labor Day, the clinic is closed on Monday, 09/05/2022**

3. **Watch with them!** Being present and talking about what you are watching is another way to make screen time more interactive. You can ask questions or have your child describe/retell what they were watching.



## FANTASTIC SENSORY ACTIVITIES FOR THE FALL

Here are some fun activities to encourage sensory play this September:

1. **Raking and crunching leaves.** Stomping, squishing and crunching leaves can be a fun way to spruce up your yard!
2. **Washing fruit.** Adding fruit to your water play can add an exciting element to this classic sensory activity.
3. **Painting with marshmallows.** Grab your left over campfire marshmallows and dip them in a little food coloring for a fun way to paint this fall!



## LET'S DANCE!

### ENCOURAGING LANGUAGE DEVELOPMENT THROUGH DANCING

Dancing is a great way to build receptive language skills in a fun and movement-filled way!

A great way to practice following directions and impulse control, is doing a freeze dance! You can encourage expressive language skills when re-starting the movement using a routine or holistic phrase: "ready, set....go!" or "play the song!"

Dancing is also a fun way to encourage imitations of simple, fun actions. Imitation is a foundational skill to language and communication!



### ILLNESS PREVENTION POLICY

If you or someone in your household is experiencing the following symptoms, please cancel or arrange a teletherapy session for that week:

- Fever, chills, cough, difficulty breathing, body aches, headaches, loss of taste or smell, sore throat, congestion, runny nose, nausea, vomiting, diarrhea, respiratory difficulties, or sudden rash

Please call the front office at (925) 399-5796 for Pleasanton or (209) 237-2484 for Tracy, in order to cancel your therapy session, reschedule or arrange a teletherapy session instead.

We thank you for your continued support in keeping our staff and families safe!

## VOLUNTEER OPPORTUNITIES

Are you or anyone you know interested in learning more about Speech Therapy, Occupational Therapy or Early Intervention? Interested in gaining more experience before applying to grad school? Email [Annica.Asilo@TeamworkTherapies.com](mailto:Annica.Asilo@TeamworkTherapies.com) (ST) or [Brandon.Lew@TeamworkTherapies.com](mailto:Brandon.Lew@TeamworkTherapies.com) (OT) for more info.