

Teamwork Therapies

NOVEMBER

Newsletter

ORANGE YOU GLAD IT'S FALL?

It's fall once again and we're excited to see the days get cooler and the leaves start to fall off the trees. There are so many great sensory activities to incorporate this fall. Keep reading for fun fall ideas!

FALL SENSORY WALKS

With the weather cooling down and leaves changing colors, now is a great time to get outside and go for a sensory walk! A great activity our therapists have been using is making a sensory walk bracelet using tape. Wrapping the tape inside out on one's wrist and collecting little items you find on your walk.

When you return from your walk, you can talk about all that you added to your bracelet! This is a great activity for describing and learning new concepts related to color, size, and shape!



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 (ST) or Brandon.Lew@TeamworkTherapies.com (OT) for more info.

THIS MONTH AT TEAMWORK THERAPIES

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

Happy birthday to our very own Anyea Livers (11/3), Annica Asilo (11/8) and Natalie Hall (11/19)!

HAPPY THANKSGIVING

In honor of Thanksgiving, our offices will be closed on Thursday 11/24 and Friday 11/25.

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.

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POTTY TRAINING TIPS FROM OT

Potting training can be a daunting task for any caregiver. The American Occupational Therapy Association has compiled great tips to help you and your little one conquer toileting. Here are a few tips:

1. Providing a comfortable and inviting environment by talking with your child about the bathroom and placing colorful and fun items in reach.
2. Create a positive potty routine by introducing a potty song or dance.
3. Set up potty routine practice times throughout the day.
4. Increase independence with toileting by having your child wear clothes they can easily remove themselves.



For more tips or the full handout, ask your OT today!

TOYS FROM EVERYDAY, HOUSEHOLD OBJECTS

Last month, we had the opportunity to attend an Early Intervention Symposium hosted by the Family Resource Network. The seminar was hosted by Cari Ebert, a licensed speech language pathologist and early childhood specialist. She shared with clinicians and caregivers how to use household items as toys to promote early childhood development. Here are a few of the amazing ideas she shared with us!



Children love playing by filling and dumping. Grab a muffin tin and fill with balls or small toys and see all the different ways your child can fill it up!



Paper cups can be simple, yet effective toys for bring hours of fun. Stack them up, tear them down, pretend they're houses- the possibilities are endless!



Paper towel rolls can be great for racing cars, balls or building large cities! Having objects more open ended, leaves more room for your child to explore their creativity and problem solving skills as they play!

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!