

Teamwork Therapies



FUN DAYS IN MAY

With weather getting warmer we are ready for the full and fun Spring days! Please note we have enacted a new cancellation policy for all insurance and private pay clients. If you have not received an email or have questions about this policy, please ask the front desk at your next visit.

Keep reading for more ideas to spruce up your play this May!

OCCUPATIONAL THERAPY TIPS: PROMOTING SLEEP HYGIENE

Sleep is essential at every age! Here are 4 areas of consideration when it comes to promoting positive sleep hygiene!

1. Environmental Control

- Remove stimulating toys or lights an hour or more before bedtime
- Keep the bedroom relatively cold, around 65 degrees
- Consider pairing soothing music with relaxing lights

2. Physical Activity

- Physical activity during the day, but not 1-2 hours before bed, can enhance sleep quality

3. Relaxation Strategies

- Try deep pressure and joint compression
- Consider essential oils or room diffusers
- Rock in a rocking chair

4. Routines

- Try to have your child go to bed at the same time
- Maintain routines even on the weekends



THIS MONTH AT TEAMWORK THERAPIES

This month, we celebrate the birthdays of 5 of our staff members.

Happy Birthday to our very own Rakesh Balakrishnan (5/08), Jocelyn Dajon (5/19), and Deborah Wygant (5/29)!

This month, the Pleasanton office welcomes a new member of our team Shyann Cully, SLPA!

We also welcome a new OT to our Tracy office, Briana Holland, OTR/L.

In observance of Memorial Day, our clinics will be closed on Monday, May 29th, 2023.

NEW CANCELLATION POLICY

As of April 1st, Insurance and Private pay families are subject to a \$50 cancellation fee for any missed appointment unless a make up session is scheduled.

 [TeamworkTherapies.com](https://www.TeamworkTherapies.com)

 [@TeamworkTherapies](https://www.instagram.com/TeamworkTherapies)

MAY IS BETTER SPEECH AND HEARING MONTH

Better Speech and Hearing Month is a month dedicated to raising awareness about communication disorders and the role of Speech Language Pathologists, Audiologists and Speech Language Pathology Assistants in life-altering treatments.

This year's theme for Better Speech and Hearing Month is Building a Strong Foundation. This theme resonates greatly with us here at Teamwork Therapy as our goal is to work together with families to build strong foundations of communication, play, and learning for all of our clients.

To learn more about Speech Language Pathology or Audiology, check out American Speech and Hearing Association at ASHA.org

SPEECH THERAPY ACTIVITY: LET'S MAKE A GARDEN

Whether a real garden or pretend, gardening is a great activity to build on tons of speech and language skills.

Potential targets:

Sequencing: Talk about what you do first, next and last

Following Directions: Work on language comprehension by using simple directions

Action verbs: Model your actions and repeat them. I.e., "dig dig dig" and "pat pat pat"

Talk about textures: Talk about how things feel--are they wet, dry, soft, mushy, or hard?



ILLNESS PREVENTION POLICY

Cold and flu season is well underway. 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 any of the following symptoms. If so, 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!