

Teamwork Therapies



BACK TO SCHOOL

School is back in session and schedules may be changing. If you have any scheduling needs please reach out to our front office or talk with your therapist as soon as possible.

This time of year is full of new adjustments and friends, keep reading for tips from our own therapists about easing transitions.

TRANSITION TIPS FROM OUR THERAPISTS

Transitions can be hard. Here are some of our favorite tips and tricks to ease transitions between activities or places.

1. Timer app-- whether you use the clock on your phone or a special app, timers can be a great way to help your kiddo understand that it's time to be all done. Our favorite app is Countdown.
2. Visual Schedule-- Another great visual is a schedule. This helps ease the anxiety of what comes next.
3. Transition object-- Having a fun toy or object ready to signal that one activity is all done and we're moving onto the next.



THIS MONTH AT TEAMWORK THERAPIES

This month, we celebrate the birthdays of 3 of our staff members.

Happy Birthday to our very own Nicole Romero (8/8), Lucy Alvarez (8/11), Lollbej Jaurgui (8/16) and Lisa Garcia (8/18)!

CHANGE OF SCHEDULE

Let your therapist know if you have any scheduling changes. Your therapist and our scheduling team can work with you to schedule a new time.

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.

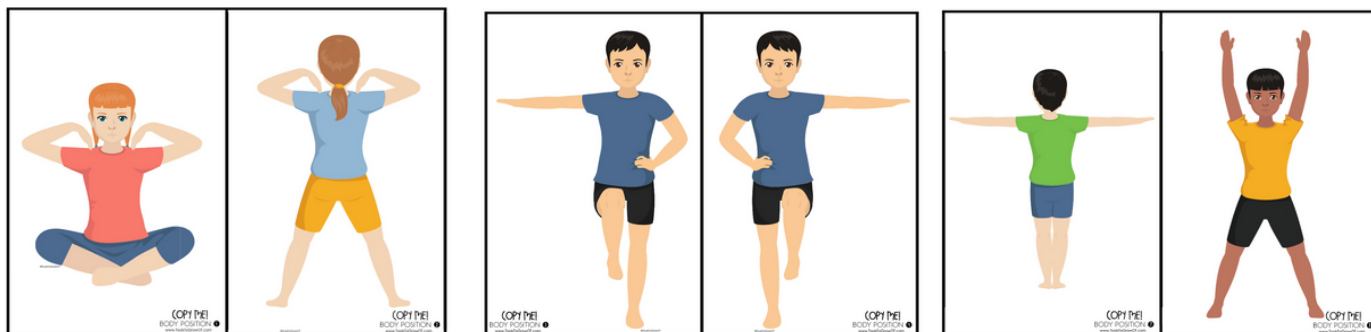
Every family is allocated 2 waived cancellation fees every 6 months of service.

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📷 @TeamworkTherapies

OCCUPATIONAL THERAPY ACTIVITY: COPY ME!

Play a fun game of Simon Says using these movement cards. These are great for challenging motor planning, bilateral coordination, and helps with your child's understanding of their body in space



SPEECH THERAPY ACTIVITY: PACKING A LUNCH

Allow your child to be apart of the morning routine by having them pack their own lunch. This is a great activity for working on sequencing, following directions and making choices.

Potential targets:

Following Directions: Work on language comprehension by using simple directions

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

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



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 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!