



DANCING IN SEPTEMBER

September is here and school is back in full swing! Here at Teamwork Therapies, we pride ourselves on working together to provide holistic treatment for children and their families.

This month our newsletter includes tips from both our Occupational Therapists and Speech Therapist, as well as an activity to try at home that can target areas encompassed by both disciplines!

ACTIVITY OF THE MONTH: PUZZLE SCAVENGER HUNT

This activity only requires a puzzle and your imagination! Take wooden puzzle and hide the pieces around your environment.

Using a flashlight, magnifying glass or even just your hands for binoculars help your child to find the pieces.

As you work on scanning and following directions you can also work on modeling phrases like, "I found...", "here it is!" and "I got it!" as your child finds all the missing pieces to their puzzle!



THIS MONTH AT TEAMWORK THERAPIES

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

Happy Birthday to our very own Simin Ghaffari Anaraki (09/02), Cherrilyn Starkey (9/15) and Fathima Jamaludeen (9/27).

In observance of Labor Day, our offices are closed on Monday, September 4th.

Let your therapist know if you have any upcoming vacation plans. Your therapist and our scheduling team can work with you to schedule make up sessions.

CANCELLATION POLICY

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

Please notify our front office right away if you will miss your session.

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OCCUPATIONAL THERAPY TIPS: BUILD YOUR OWN OBSTACLE COURSE

Whether you're indoors or outdoors, promote gross motor skills by creating your own obstacle course.

Here are some ideas to try:

- Set up chairs/tables/tunnels for your child to crawl under
- Place tape or colorful circles on the floor for your child to practice jumping
- Build a mountain of pillows for your child to safely climb!



SPEECH THERAPY TIPS: EMBRACING THE PAUSE

Adding and embracing a bit of wait time when we ask our kiddos questions can help provide more opportunities to empower your little one's voice!

When we ask a question, for example, "Do you want to eat chips or carrots?", allow for a 5-15 second pause before we model a response for your child. This may feel awkward at first, but giving time for a response may help with processing language and giving time or formulate a response.



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!