



OCTOBER



OOGY BOOGY OCTOBER

It's spooky season here at Teamwork Therapies, so be on the look out for clinicians in costumes and tricks and treats all around Teamwork! This year we are celebrating Halloween all week with trick or treating around the clinic. See our flyer for details:



PREPARING FOR HALLOWEEN: SENSORY TIPS

- **Social Stories:** Help your child know what to expect during Halloween. Talk about common scenarios that may happen during the night
- **Manage noise:** try starting at an earlier time or utilizing headphones or ear plugs
- **Choose an appropriate costume:** themed t-shirts or hats are great alternatives to full costumes. Practice wearing your costume



THIS MONTH AT TEAMWORK THERAPIES

This month, we celebrate the birthdays of 6 of our staff members.

Happy Birthday to our very own Joyce Du (10/07), Sandhya Padmanabhan (10/10), Izabela Liro (10/14), Jagurti Patel (10/16), Kaitlynn Wallace (10/20) and David Arsanis(10/26)!

Happy Navratri and Durga puja to all who celebrate!

HOLIDAY PLANS?

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.

DAYLIGHT SAVINGS REMINDER

This year our clocks will “fall back” one hour on November 5th. To prepare for the change in time, we recommend starting an earlier bedtime in mid October.

DO YOU FOLLOW US ON SOCIAL MEDIA?

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

📷 @TeamworkTherapies

OCCUPATIONAL THERAPY ACTIVITY: HALLOWEEN WALK

Whether you're trick or treating or taking a stroll through the neighborhood, try out these fun walks with your kiddo to encourage imitation and gross motor movement skills.

HOP Like a ... MONSTER!

MOVEMENT DONE!
RETURN TO THE
GAME BOARD



1. Squat down like a monster with your hands in-between your knees.
2. Push off with your feet to spring forward.

FLY Like a ... Bat!

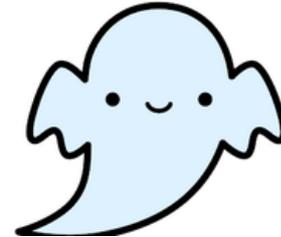
MOVEMENT DONE!
RETURN TO THE
GAME BOARD



1. Place your hands on your hips and bend your elbows.
2. Move your elbows back and forth to flap your wings!

FLY Like a ... GHOST!

MOVEMENT DONE!
RETURN TO THE
GAME BOARD



1. Stand up and wrap your arms around your waist.
2. Slowly rock your upper body from side to side as you walk forward.
3. Repeat "Boo, Boo" as you do the above.

SPEECH THERAPY ACTIVITY: SPOOKY I SPY

There's ton to see this fall from decorations to color changing leaves! It's a great time to take a peek out the window for a game of Ispy! Here are some potential targets you can work on with your kiddo:

- **Descriptive terms:** colors, shapes, quantity, size
- **Object Function:** what is the item doing? what can you do with the object?
- **Prepositions:** where is it in relation to you?
- **Negatives:** This can be a challenge! Spy something that is NOT red, or Not in the yard.



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!