



DECEMBER DAYS

Our team of clinicians are always working to incorporate all the fun for the season. Continue reading for fun new activities from our ST and OT clinicians.

With many families going on vacation for the the holidays, please be sure to let your therapist or our front desk know of any plans so we can work with you to schedule make up sessions.

PREPARING FOR THE HOLIDAYS: SENSORY TIPS

The holidays can become overwhelming for kiddos. Here are two tips to help your child get ready for the holiday season!

- **Practice greetings and traditions:** Children learn best through routines, try practicing any family traditions leading up to the big event.
- **Use Social Stories:** Use a story to help children anticipate what will happen during the holidays or during specific holiday traditions.



THIS MONTH AT TEAMWORK THERAPIES

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

Happy Birthday to our very own Deepthy Nair (12/4), Priyanka Suresh (12/4), Laxmi Galla (12/23), Kritika Kunda (12/24), and Natalie Serrato (12/28)!

In observance of Christmas, our offices are closed on **Monday, December 25 and Monday, January 1st** for New Years Day.

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.

DO YOU FOLLOW US ON SOCIAL MEDIA?

We post monthly blogs and resources directly to our website. Check it out here:

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

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

OCCUPATIONAL THERAPY ACTIVITY: CUTTING PAPER SNOWFLAKES

A fun and festive way for your child to practice their cutting skills is by creating paper snowflakes together! Fold a square piece of paper in half, then again in thirds. You can outline simple lines and designs for your child to follow.

A fun way to decorate while practicing those visual motor skills!



SPEECH THERAPY ACTIVITY: SNOW SENSORY BIN

Let's go to the snow! Or bring the snow home with some kinetic sand!

Potential targets:

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 dry, soft, mushy, or hard?

Prepositions: Decorate your sandcastle and use some early prepositions: in, on top, next to.



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!