

Teamwork Therapies NEWSLETTER

March 2024

Issue No.30



Stay up to date throughout the month and follow our blog and on our social media accounts!

Follow us at:

TeamworkTherapies.com
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This Month



No major holidays this month!

Reminders:

Please let your therapist know of any holiday plans in order to reschedule.

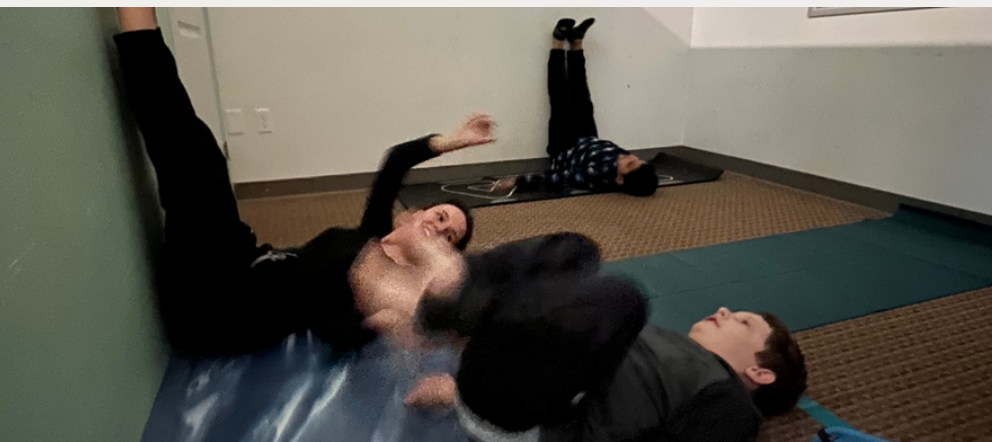


LET'S GO MARCHING!

Weather is getting sunnier and spring has almost sprung! It's the perfect time to get outside and move our bodies! We love to incorporate singing and movement with our outdoor activities. Singing can be a highly motivating way to introduce new language and vocabulary!

PEER PLAY GROUPS ARE UNDERWAY

Just last month, our Pleasanton office launched our special interest play groups! With both 7 year old Yoga group and the under 4 play group underway we are hoping to expand and provide more groups for more kiddos. If you are interested, please speak to your clinician and they can add you on the waitlist today!



BUDDING LEARNERS PRESCHOOL COMING SOON!

We are excited to announce that our very own community based early intervention preschool is coming soon! Budding Learners will be a pre school for those 3 and under who qualify for early intervention. We will be located on 1183 Quarry Lane Pleasanton, CA. Be on the look out for more flyers and information to come!



**BUDDING
LEARNERS
PRESCHOOL**

OT ACTIVITY: TOILETING TIPS

When starting potty training, it is recommended to first use compensatory strategies to help your child recognize when to use the toilet. This could look like the follow:

- Toileting Schedule: Toileting should become part of your child's daily routine in order to create a predictable schedule
- Track your child's bladder/bowel movements for a few days/weeks to figure out their schedule. Then try to take them 20-30 minutes before they would typically go
- Utilize visuals: use timers, potty songs, icons and use them every time your child goes potty. You can also incorporate a first, then schedule (e.g. "first potty, then time for bed")



ST ACTIVITY: RAINBOW HUNT

With the weather clearing up, it's a great time to head outside for a colorful scavenger hunt. You can do this by having your kiddo look for specific colors as you go for a walk. As you collect your items, you can paste them onto a piece of paper or just carry them with you. After, talk with your child about what they find. Describe the colors, shapes, textures!



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 fever, cough, runny noises, vomiting or any other symptoms of illness.

Please call the front office at (925) 399-5796 for Pleasanton or (209) 237-2484 for Tracy to reschedule your appointment.

