

Teamwork Therapies NEWSLETTER

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

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This Month

This month we celebrate 3 birthdays! Happy Birthday to our very own Laxmi Galla (4/9), Jennifer Fischer (4/22) and Shyann Cully (4/29)



Reminders:

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



SPRING INTO FUN!

Spring has sprung and we're ready for fun! Now is a great time to get outdoors and target language, fine motor, and gross motor skills in our own backyards! Sometimes getting outside is just what our kiddos need to help regulate their emotions and get some much needed movement!

TEAMWORK AT CSHA CONVERGENCE

Last month, our team went to the California Speech and Hearing Association annual convergence in San Francisco to meet with SLPs, SLPAs, and future SLPs! We also had a chance to connect with our neighboring local clinics! It was such a great experience meeting and chatting with the community!



BUDDING LEARNERS PRESCHOOL IS NOW ENROLLING

Our very own community-based early intervention preschool is now enrolling! To find out if your child qualifies talk with your case manager. To learn more about our program and curriculum please contact us at: 925-399-2702



OT TIPS: BILATERAL COORDINATION

Bilateral coordination is the ability to use both sides of the body to complete a task. Common activities include riding a bike, walking up the stairs, buttoning a shirt or catching a ball. Here are some ways to help your child improve their bilateral coordination:

- Tear paper using both hands
- use a rolling pin to roll out dough
- squeeze a large sponge
- squeezing water out of a plastic water bottle
- pillow fights



ST TIPS: USING A MIRROR

Mirrors are great not just for eliciting speech sound practice but for tons of speech and language related goals. Check out all the fun ways you can use a mirror at home to elicit language

- Drawing on your mirror and talking about parts of the face
- Practicing your child's name
- Placing stickers or window clings on the mirror and following directions
- Imitating silly faces and sounds in the mirror

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 noses, 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.

