

# Teamwork Therapies NEWSLETTER

July 2024

Issue No.34



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## A SPARKLING SUMMER UNDERWAY

Summer is in full swing and we are loving the summer sun! With such warm weather, this newsletter will be packed with tips and tricks for targeting skills outdoors to stay cool!

## PREPARING FOR FIREWORKS

Fireworks for the fourth of July can be overwhelming for some children. Here are some sensory tips to help prepare your little one for the colorful festivities.

1. Use protective headphones- Headphones can provide comfort and also help dampen the loud booming from fireworks.
2. Wear sunglasses- Similarly, using sunglasses can help ease sensitivities to the bright lights.
3. Read stories/watch videos ahead of time- Talk to your child about what fireworks are, how the night may go and how to be safe around them.
4. Have an alternative- Have sensory regulating tools nearby as an alternative or supplemental activity for your child to part take in.

Talk with your OT about other important tips that may benefit your child this holiday.



## **This Month**

This month we celebrate 4 birthdays! Happy Birthday to our very own Shriya S. (7/5), Malika T. (7/7), Tiffany F. (7/11) and Brandon L. (7/17), Lexi M. (7/25)!

### **Reminders:**

In celebration of July 4th, our clinics will be closed on Thursday, July 4th.

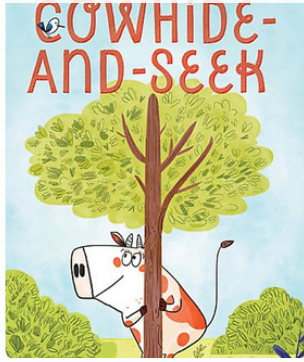


# BUDDING LEARNERS CORNER

The book of the month is:

**Cowhide & Seek by Sheri Dillard**

This book is great for practicing counting, prepositions and learning the game hide and seek!



## Budding Learners Parent Reminders:

- On July 15-19 classes will be from 2-5:30PM
- Be sure to label all of your child's belongings including backpack, lunch bags, water bottles, etc.
- Sign up for Friday's with Miss Michelle to schedule 15 minutes to discuss your child's progress!
- Drop off is at **9am** and pick up is at **12:30pm** at the latest

## OT ACTIVITY: PRE-WRITING PRACTICE WITH WATER

A great way to practice your child's pre writing skills in this summer heat is by utilizing water!

You can use a paint brush, q-tip or small sponges to practice making vertical/horizontal lines, drawing circles and squares on the pavement or on pieces of paper.

You can even add some food coloring or chalk to the water too add even more fun! Talk with your OT on which grasp or grip to model with your child.



## ST ACTIVITY: TOY CAR WASH

Fill a container with some water and some soap (optional). If you have any extra toothbrushes or sponges, have your child give their toy cars a car wash!

You can model scrubbing the different parts of the toy and model words like "wash wash wash", "dry" and "wet".

This is great activity that targets vocabulary words such as their favorite toys, parts of items, actions, adjectives and expanding sentence length.



## 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.

