

# Teamwork Therapies NEWSLETTER

February 2025

Issue No.41



## Welcome to February!

This month we are all about celebrating the unique ways our children connect with the world around them.

February is a wonderful reminder to celebrate the progress each child makes in their speech and occupational therapy journeys. From mastering new words to gaining independence in daily activities, every small step is a leap towards brighter futures.

Our dedicated therapists and teachers are excited to share new strategies and fun activities designed to enhance communication skills and motor development,

Let's make February a time for our children to flourish, find their voice, and embrace their unique capabilities.

Here's to loving every step of our journey together!



## Reminders:

**Our offices are closed on  
Monday 2/17/25 for  
Presidents' Day.**

**Remember to let our front  
office and your therapist  
know of any upcoming  
vacations!**



This month we  
celebrate 1 birthday:

**Happy Birthday to  
Alexandra!**

Alexandra Pillbury 2/2



# BUDDING LEARNERS CORNER



**Happy Lunar New Year from Budding Learners to all our Teamwork Therapy Families!**

## OT ACTIVITY: PAPER HEARTS

Materials: Paper, Scissors

Paper hearts in 3 simple steps:

**Fold and Shape:** Start with a square piece of paper. Fold it diagonally to make a triangle with the long edge at the bottom.

**Draw and Cut:** On the top of the triangle, draw an arc from one side to the other, roughly halfway down each side to form the top of the heart. Cut along this arc.

**Unfold:** Open up the paper to reveal your heart shape. You can now decorate if you wish or use it as is.



## ST ACTIVITY: FEELING HEARTS

Materials: Mirror, Hearts, Pictures of Emotions

**Collect heart-shaped paper and glue pictures of emotions to them!**

**Emotion Introduction:** Show children pictures of emotions (happy, sad, mad). Demonstrate each emotion using a mirror, encouraging child to mimic.

**Expression Practice:** Have children show their emotion hearts and encourage simple verbal or non-verbal responses to each emotion, like smiling for "happy" or exclamatory words (yay! grrr, aww).



## ILLNESS PREVENTION POLICY

In order to keep our clinicians, teachers 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. Stockton office: (209) 451-1262

## Therapy Tip of the Month:

Talk to your child frequently, describing what you're doing and what they see to build their vocabulary. Additionally, repeat and expand on what your child says to help reinforce their language skills.