

Teamwork Therapies  
**NEWSLETTER**

April 2025

Issue No.43

# April



April showers bring May flowers, and at Teamwork Therapies, we're blooming with excitement for a month full of growth!

As spring settles in, we're hopping into April with playful activities tailored to help your child thrive.

Whether it's splashing through sensory games to spark creativity or stacking blocks to build fine motor skills, our team is here to make every moment a step forward!

Interested in yoga for your child? Keep an eye out for upcoming Friday classes offered by certified yoga instructors at our Pleasanton clinic!

## **Reminders:**

Please let the front desk and your therapist know of any upcoming vacations!



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

Follow us at:  
TeamworkTherapies.com  
& @TeamworkTherapies

## **APRIL BIRTHDAYS:**

Mrudula Singhal 4/11

Shyann Cully 4/29

# BUDDING LEARNERS CORNER



Artwork from our Budding Learners: Photos from March's theme

## SPRING, EASTER AND ZOO ANIMALS!

Buddling Learners will be exploring zoo animals in the classroom and at the Oakland Zoo this April! That's right! We're going on a fieldtrip!

We will also be learning about Spring and what it entails. Easter, flowers and of course, baby animals!

## OT ACTIVITY: FLOWER POT PLANTING

Give your child a small flower pot, a scoop of soil, and a few seeds (like sunflowers or marigolds).

Have them use their fingers or a spoon to scoop and pat the soil into the pot, building fine motor strength and coordination.

Encourage them to pinch the tiny seeds and place them in the soil, working on their pincer grasp.

As they water the pot with a small watering can or spray bottle, they'll practice hand-eye coordination and control.



## ST ACTIVITY: SPRING SCAVENGER HUNT

Take your child on a fun outdoor adventure with a spring-themed scavenger hunt! Create a simple list of items to find—like a flower, a bird, a leaf, or a butterfly.

As you explore together, encourage them to name each item they spot, (e.g., "I see a red flower!").

For extra fun, have them shout out a silly spring rhyme when they find something (e.g., "Hop, hop, I see a leaf drop!"), boosting expressive language and confidence in a playful way!

## 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.

## Tip of the Month: Positive Reinforcement

Catch them being good! Notice and praise your child's good behaviors as they happen! Keep it specific and enthusiastic. This builds confidence and motivates them to repeat those actions, turning small wins into lasting habits!