

Teamwork Therapies

# NEWSLETTER

December 2025

Issue No.51



## HAPPY HOLIDAYS!!!

Here are 3 tips to help stay grounded in routine and support regulation during the holiday excitement:

1. Keep one daily anchor routine the same:  
Choose one predictable moment, morning snuggle + book, after-school snack, or bedtime bath and protect it, even on busy days.
2. Build in tiny sensory breaks: Offer a quick regulating activity, wall push-ups, deep squeezes, a short walk, or a favorite fidget. These micro-breaks can prevent overwhelm before it starts.
3. Preview the plan:  
Let kids know what to expect using the power phrase: "First, Then."

## ***Reminders:***

**Our clinics  
are closed on  
December  
25<sup>th</sup> and  
January 1st**

LET'S  
- CELEBRATE -

Deepthy Nair 12/4

Priyanka Suresh 12/4

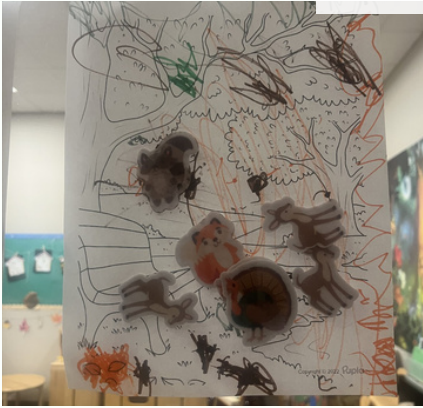
Anjali Manu 12/12

Tanya Allen 12/21

Natalie Lamadrid 12/23

Mary Quinmore 12/23

# BUDDING LEARNERS CORNER



**Welcome our new teacher, Miss Cindy!**

**Forest Art:** The children created their own woodland scenes using markers and animal stickers. They chose where to place each animal, helping build decision-making and creativity, while practicing fine motor skills through peeling and sticking. This activity also encouraged language as we talked about different forest animals, their sounds, and where they live.

## TIPS FROM THE TEAM!

### BUILD-A-SNOWMAN

Cut out circles and winter accessories (hat, scarf, eyes, arms, buttons) and glue them together to build your own paper snowman!

### Speech Tips!

Give simple step-by-step directions:  
“First glue the big circle, then the middle, then the head.”

Name and model body parts and clothing vocabulary while pointing to you and the snowman!

### OT Tips!

Have your child cut out all pieces (three circles, eyes, carrot nose, scarf, hat).

Practice placing pieces “above,” “below,” and “next to” to strengthen spatial skills.



## 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 cancel your session within 24HR notice and schedule a make-up session!