

Teamwork Therapies
NEWSLETTER

May 2025

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May

As we step into the vibrant month of May, we're excited to share some new updates!

Looking ahead to the sunny days of summer, we know many families are starting to plan for fun activities. We recommend checking out Pioneer Pals, Park'n Day Camp, and East Bay SPCA Animal Camps! All fantastic programs that offer unique, hands-on experiences for children of various ages, interests and abilities! Talk to your therapist for more information.

We are also thrilled to announce the launch of our 1:1 Yoga Program, now available every Friday. These individualized sessions are designed to support flexibility, regulation, and body awareness. Yoga sessions are covered through RCEB! This is a wonderful opportunity for children receiving ST, OT, or PT services to further enhance their wellness through mindful movement.

Reminders:

Celebrate the moms in your life! Mother's Day 05/11

Our clinics and preschool are closed on May 26th in honor of Memorial Day.



HAPPY
BIRTHDAY

Rakesh Balakrishnan 5/8

Emmalee Yang 5/14

Jocelyn Dajon 5/19

Celeste Hinojosa 5/25

Deana Corsaro 5/31

BUDDING LEARNERS CORNER



Photo from Budding Learner's Fieldtrip to Oakland Zoo!

MOTHER'S DAY, SPRING & GARDENING

Buddling Learners will be learning all about Spring this month of May. The animals you see (butterflies!), and how to garden. It's been lovely watching our little learners grow and learn!



OT ACTIVITY: GARDEN HUNT

Set up a pretend garden scavenger hunt indoors or outdoors using spring-themed items (or pictures of flowers, bugs, watering cans, etc.). Place them around at different levels (on the floor, taped to walls, etc.).

Call out or show a picture of an item for your child to find!

But here's the twist: they must move in a specific way to get there! Try these movement challenges:

- Hop like a bunny
- Crawl like a caterpillar
- Walk heel-to-toe like on a garden path
- Jump over "puddles" (pillows or paper circles)
- Tiptoe to smell the flowers



ST ACTIVITY: BUZZ & BLOOM

Set up a simple springtime scene with toy bugs, flowers, pots, and pretend garden tools!

Use toy figurines to model phrases, and pause to let your child imitate or complete the sentence. Visual cue cards or AAC can be added for extra support.

Play Sounds Practice: Use playful sounds as your child interacts with each item:

- "Buzz buzz!" for bees
- "Pop pop!" for popping flower buds
- "Mmm!" for smelling flowers
- "Tt-tt-tt!" for tiptoeing bugs
- "Ssss!" for sneaky snakes in the garden

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:

Connection before correction

Take a moment each day to connect with your child through eye contact, shared laughter, or simple play. When children feel safe, seen, and understood, they are more open to learning, growing, and navigating big emotions.