

Check out our monthly newsletter below!

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January 2017

A New Year!!!

A Friendly Place to Play and Grow

Sign up for our newsletter: [CLICK HERE](#)

Upcoming Events

Therapy West, Inc. closed

Monday, January 2nd, 2017 and

Monday, January 16th, 2017

Click to schedule make-up for OT/PT/ST!

Parent Education Program (PEP) Talks

PEP Talks:

TBA

(see parent boards for sign ups or additions)

Housekeeping Items

A friendly reminder to check in and sign in at the front desk when arriving for your child's session. Also, reminder about our cancellation policy. Cancellations must be received before 8am same day of the appointment. If you need to cancel an appointment, please leave a message at (310) 337-7115, extension #0 (the operator). Please include in your message the time of appointment you are canceling, therapist(s) name(s), available days and times the session can be made up. As a reminder, per your parent agreement, you must maintain an 80% attendance rate for all scheduled appointments. Please contact scheduling if there is any reason you are unable to maintain this attendance rate.

STAFF SPOTLIGHT



This month we are spotlighting our occupational therapist Gabriela Galaz, MA, OTR/L. Gabriela Galaz is originally from Venezuela. She loves traveling and outdoor activities. She used to play soccer in high school and her favorite soccer team is Real Madrid (Spain's soccer team). Additionally, she loves to learn about different cultures such as trying out different foods. She loves

being a therapist in our TWO Steps group and always loves to see the kids grow and learn.

Community Events



The Science Behind Pixar Exhibition

Open 7 days a week now through April 2017 from 10am-5pm
Check out www.californiasciencecenter.org for ticket info

Ever wonder how children's animated movies are made? The California Science Center's The Science Behind Pixar Exhibition looks at the studio's canon, from 1995's *Toy Story* to last year's *Inside Out*, and how computer scientists and artists bring their concepts to the big screen. Co-organized by Pixar Animation Studios and Museum of Science, Boston, the exhibit includes eight, themed and interactive sections – "Modeling, Rigging, Surfaces, Sets & Camera, Animation, Simulation, Lighting and Rendering" – each focusing on an aspect of the filmmaking process, as well as first-hand accounts from Pixar employees and cast members and life-size recreations of Buzz Lightyear, Dory, Mike and Sulley, WALL-E and other characters.



Where: The Aquarium of the Pacific

When: Until 3/31/17

Why are horses and dragons at the Aquarium? Because they are seahorses and seadragons. You can see a colorful variety of these creatures and their relatives as well as learning about this species. The Aquarium also has a related exhibit, "The Vanishing Animals," running concurrently. Guests can find out about aquatic and terrestrial creatures threatened by extinction and what can be done to help them.



Los Angeles Speech and Language Therapy Center, Inc.

Presents

A 12 week Parent Professional Partnership Training Program

We are offering an interactive fun parent education program for families with children birth to five years of age who are considered at-risk for significant developmental delays. This program is free of cost to families and made possible by the Bainum Family Foundation.

Parents will:

- Increase knowledge of how speech and language develops.

- Increase awareness of “how” to facilitate speech and language in verbal/ non-verbal children.
 - Learn to become effective communication partners

- Engage as facilitators of their child’s speech, language and literacy development
 - Become empowered advocates for their child

Beginning: Tuesday, January 3, 2017

Where: 5761 Buckingham Parkway
Culver City, CA 90230

Time: 9:30- 11:00 am weekly

Enrolling Now

310-649-6199 or info@speakla.com



Embark on a travel adventure with LEGO® at Discovery Cube!

You can go anywhere over land, sea, and air by creating extraordinary vehicles to take you where you want to go! To go on a travel adventure to exotic locations, you need to think creatively, plan, and build vehicles to move through all types of terrain, including mountains, oceans, jungles, deserts and more!

Join us to take part in the hands-on features of this exhibit:

- Create vehicles of all shapes and sizes that will drive, fly or float through exotic terrains
- Suit-up as a pilot, ship captain, or racecar driver to find inspiration for your vehicle
- Check out a display of vehicles made from LEGO bricks, including a spaceship, boat, motorcycle, and more
- Build a vehicle with pieces from popular LEGO toy sets

- Take a photo with a kid-sized racecar made from LEGO® Duplo® blocks
- Take the “Travel Challenge” to build a virtual LEGO vehicle that will travel through lava, swamps, rivers, and oceans
- View creations by LEGO Master Builders, including recreations of the driving of the Gold Spike in the Transcontinental Railroad, the Building of the first Model T, and the Wright Brothers flight at Kitty Hawk.

Where will you go? What will you build? How will you get there?

Join us at the Discovery Cube in Los Angeles to find out!

TWISPP

Do you need to schedule a TWISPP make-up?

Maybe you were on vacation or your child was out sick... you can schedule a make-up day with us—it's easy!

Just call the **TWISPP line at ext. 166**. Give us a few days notice to check the schedule and confirm your request. You can always ask us how many make-up days you have available.

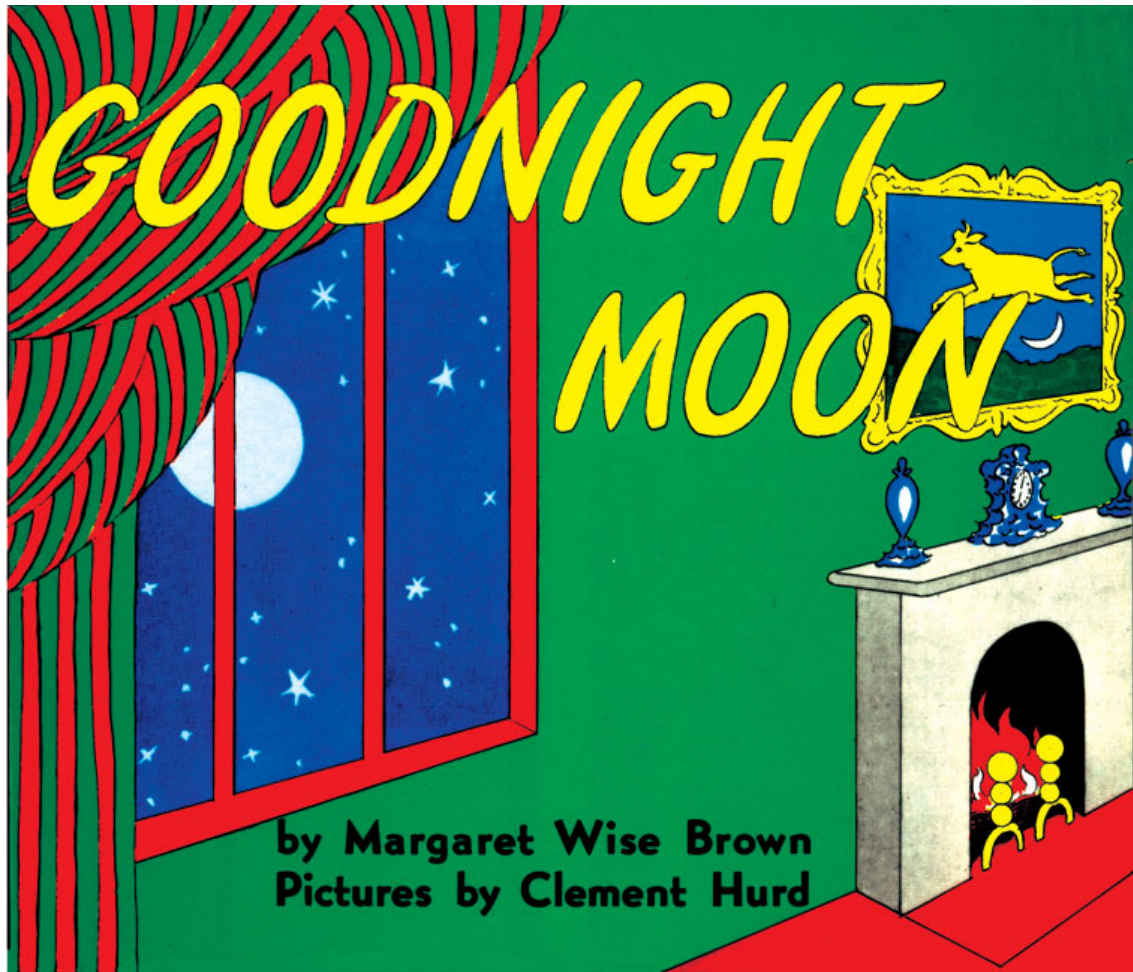
You can also request a Natural Environment visit in exchange for a make-up session.

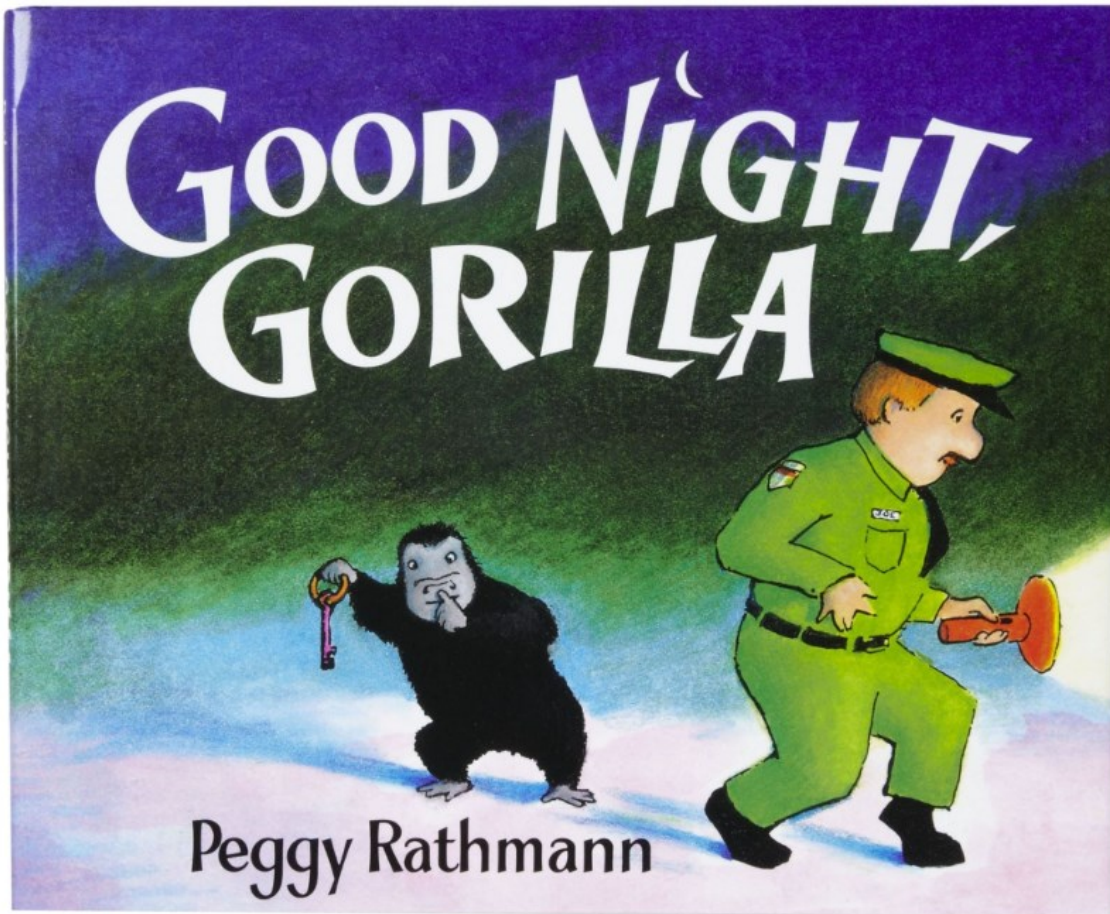
TWISPP and Two Steps

Mission: The emphasis of this family centered program is on prevention, early intervention, and enrichment in a playful and supportive environment. Our program is designed by educators, occupational therapists, physical therapists, and speech pathologists to promote a comprehensive program that enhances all areas of development within the context of play. TWISPP and TWO Steps emphasize the importance of the family by offering parent training and parent participation in their child's program.

[Click here to schedule TWISPP make-up now!](#)

January Day and Night





Color: Black

Concept: Up and Down

Shape: Circle

Books:

"Goodnight Moon"

by Margaret Wise Brown

"Goodnight Gorilla"

by Peggy Rathmann

We will be reading Goodnight Moon and Goodnight Gorilla this month! They are both fun books! We will be labeling the pictures in the books and imitating different sounds. This month we will also be learning about "day" and "night" concepts and concept of "up" and "down". We will be singing songs like "Twinkle, Twinkle, Little Star" and "The Itsy Bitsy Spider". It's a great month for imitation both with speech and motions.

New Faces: We Welcome You!

Jabreal, Jessica, and Eva!

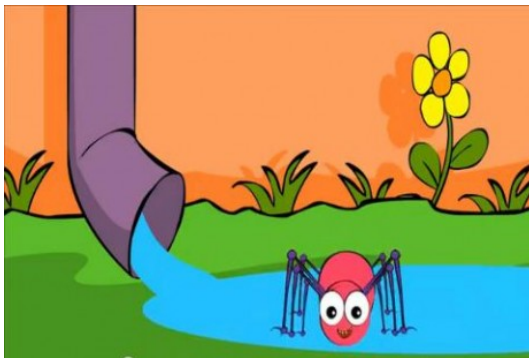
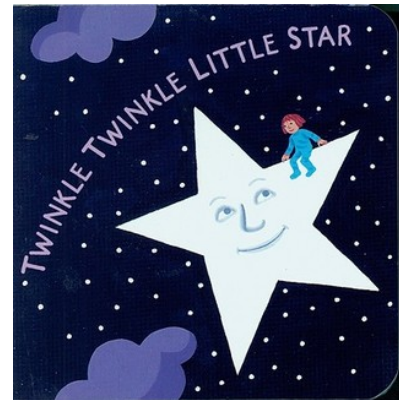
Graduating: We Will Miss You!

Emmanuel, Leon, Jayden, Karson, and Ariana

SONGS FOR JANUARY

Twinkle Twinkle Little Star

Twinkle Twinkle Little Star
How I wonder what you are
Up above the world so high
Like a diamond in the sky
Twinkle Twinkle Little Star
How I wonder what you are



The Itsy Bitsy Spider

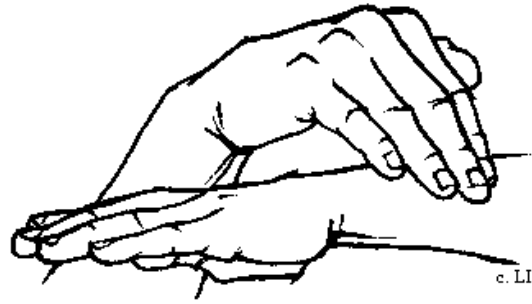
The Itsy Bitsy Spider went up the water spout
Down came the rain and washed the spider out
Out came the sun and dried up all the rain
And the Itsy Bitsy Spider went up the spout agian

JANUARY SIGNS



"Day"

The sign for "day" uses both hands and arms. The pointer of your left arm connects to the right arm elbow. With your right pointer in the air you will move the arm down.



"Night"

The sign for "night" is made by holding your non-dominant arm horizontally, palm down, pointing to the side. (If you are right handed that means your left arm would be pointing toward the right.) Put your dominant hand's wrist on the back of your non-dominant hand, fingertips pointing down.

[Click here to access images and texts for ASL References](#)

Monthly OT Tip from Sophia



Let's Make Cards

This month in the OT Corner...

Welcome the new year with new and fun activities to play at home.

* Remember to make it a fun experience for the child and supervise all activities.

Some play ideas – (Here are ideas of what is needed to play and then some jumpstart ideas of what to play)

New Year Cards –

Need to thank anyone from the holidays? Or just say “hi” or “thinking of you”? Get some paper, construction paper or regular blank cards and here are some ideas to try:

Sun and Moon

Draw circles and color in yellow like a sun or leave white like a moon
 Have child help color it in, or crumple up tissue paper with hands or fingers to put in-side the circle (put glue on paper to help it stick)
 Add eyes, nose and mouth

Handprints

Get a paper plate and fill with paint (color of your choice or multi-color)
 Have child put hand in paint and press onto card front

On larger paper to make a poster to send, you can have child do multiple stamps of hands

Monthly Speech and Language Tip from Suzan

At the end of the day...

Routine is a vital part of our everyday life style. We often find ourselves walking our children through the steps of these daily routines like we are on autopilot. How often do you repeatedly say "Now, it's almost bedtime.

So, brush your teeth, wear your PJs, and get into bed."? For some parents, this is something that is said every night. For others, not only is this said every night, but it is repeated multiple times until the final step is complete. What if we stopped giving step by step directions and instead ask - "What should we do to get ready for bed?" By asking *this* question your child should have an idea of what that would look like. The other part to this question is for you to better understand and learn your child's perception of "being ready for bed." From there, you can guide your child through the steps with cues and other similar questions until they truly understand what it mean to get ready for sleep.

Monthly PT Tip from Anne



It's important to stay active even during the cold weather.

Here are some tips to help get kids to be active:

Provide your children with toys and equipment that encourage physical activity

Be a good role model and take part in physical activities yourself

Make it part of your families routine

Make it fun and encourage both structured (recreational camps, sport teams, etc.) and unstructured (free play) activities

Kid Scouts

What: Kid Scouts is a six month long community participation and social skills program designed to provide children and their parents with the tools, strategies, and therapeutic intervention necessary to establish meaningful experiences and interactions with their peers in the larger context of their shared community. We are Regional Center Vendedored.

Who: A child between 5 and 18 years of age who wants to form meaningful friendships and can be safe on community outings in a 4:1 child/staff ratio. Groups are broken down according to chronological and developmental ages.

For more information or questions contact Melissa at (310) 337-7115 extension 149

In Memoriam



Jiane Li, a former and beloved OT at Therapy West, passed on November 23, 2016 battling cancer. She was born in Brasil and immigrated to the U.S. when she was 10 years old. In the Pathfinders exercise program, the Santa Monica College Disabled Students Program and Services appointed Jiane as the instructor of two classes in the program for which she had been a dedicated volunteer soon after graduating from OT school. In addition to teaching, she also worked as a school-based OT. She was very active in church ministries and she also headed a camp for individuals with developmental disabilities. She is missed and beloved at Therapy West, Inc.

[Click here to access staff directory for emails or phone extensions](#)

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