

Check out our monthly newsletter below!

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August 2017

A Friendly Place to Play and Grow

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

Upcoming Events

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

Parent Education Program (PEP) Talks

PEP Talks:

Homemade Toys!

Come learn how to make toys from everyday household items
that can help promote and develop your child's play skills!

Monday, August 7th, 2017 at 9:10am at our Centinela Location

Wednesday, August 9th, 2017 at 9:10am at our Gardena Location

Monday, August 21st, 2017 at 9:10am at our Venice Location

Caregiver Care

Come learn stress relieving techniques for parents and strategies
to support self-care and relaxation for parents.

Wednesday, August 9th, 2017 at 9:10am at our Venice Location

Tuesday, August 22nd, 2017 at 9:10am at our Centinela Location

Tuesday, August 29th, 2017 at 9:10am at our Gardena Location

(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

Marissa is originally from Honolulu, Hawaii. She moved to Los Angeles for college and graduate school. She received her bachelors degree in Psychology from Scripps College in May 2012 and her doctorate in Physical Therapy in September 2016 from Mount Saint Mary's University. During her clinical rotations throughout physical therapy school, she discovered her love for working with children and adolescents, completing a clinical practice

guideline for the management of adolescents with post-concussion syndrome as her capstone project. Marissa began working at Therapy West, Inc. in February 2017, as our newest pediatric physical therapist. Outside of work, She enjoys running, yoga, hiking, and getting to the beach whenever she can.



Community Events



Sensory Friendly Films!

Offered by various AMC Theaters!

When: Most showings occur the second and fourth Tuesday and Saturday of every month

Where: [Participating AMC Locations](#)

Cost: Ticket prices vary depending on location

For more information:

<https://www.autism-society.org/get-involved/other-ways-to-get-involved/sensory-friendly-films/>



Friday Fun at Madrona Marsh

When: every Friday at 10am-noon

Where: Madrona Marsh, 3201 Plaza Del Amo, Torrance, CA 90503

Cost: Free, \$5 donation requested

Ages: 3-6

Friday of fun at Madrona Marsh Preserve and Nature Center includes story time, science, a craft project and a short tour on the Preserve emphasizing the chosen topic for the week. Each topic chosen will be one that will teach the children about Nature and will emphasize respect for all living things.



SAMO Kids Club

When: 1st Wed of every month

**Where: Westside, Santa Monica Place, 395 Santa Monica Place, Santa Monica,
Ca**

Cost: Free

Ages: 2-6

Santa Monica Place Kids Club takes place the first Wednesday of the month, with host Miss Claire and Fairy Miss Sparkles and Macot Busybee from Kinderwise as they take your children on a magical musical adventure through signing, dancing, comedy, skits, learning and fun engaging games with bubble machines, a parachute, 3 foot balloons and more.

The event will be held on the 3rd level Dining Deck rain or shine, and parents are asked to sign kids in when you get there



STOP! Bubble Time!

When: every Wednesday at 3 p.m.

Where: Miracle Mile, Zimmer Children's Museum, 6505 Wilshire Blvd., Los Angeles, Ca

Cost: \$7.50

Ages: 2-5

Get poppin' with bubbles. The Zimmer Museum brings out the bubble machine, giant bubble wand, and small wands for all the little ones to explore the fun of bubble making, and bubble popping.



Visit Noah's Ark for Free

When: Thursdays

Where: Westside, Skirball Cultural Center, 2701 N Sepulveda Blvd., Los Angeles, Ca

Cost: Free

Ages: 1-10

The Skirball is completely free for all visitors every Thursday! What's the catch? No catch, but definitely a tip: tickets are available on Thursdays on a first come, first served basis, and they're popular. Get here early!

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-

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

up session.

child's program.

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

AUGUST Outdoors



This month we will be learning all about the outdoors!

Color: Green

Shape: Diamond

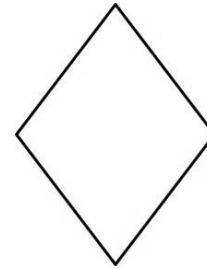
Concept: Under and Over



OVER



UNDER



Book: "We're Going On A Bear Hunt" by Michael Rosen

This month we're reading, "We're Going on a Bear Hunt," by Michael Rosen; illustrated by Helen Oxenbury. In this book we will read and learn about different sounds, textures, and sensations as a family goes out looking for a bear. They cross swishy grass, a cold river, squishy mud, a dark forest, a windy snowstorm, and finally they go into the cave of a sleeping bear. The book is also a great way to illustrate our concept: OVER and UNDER in addition to

We're Going on a Bear Hunt

Michael Rosen Helen Oxenbury



imitating different and fun body movements such
as stomping feet through mud.

New Faces: We Welcome You!

Talia, Tia, Adan, Mirsa, Deliza, Daleyza, Sebastian, Rhylan, Jasmine, Ishan,
and Morgan

Graduating: We Will Miss You!

Ali, Ruchama, Abdul, Jeilany, and Fredy

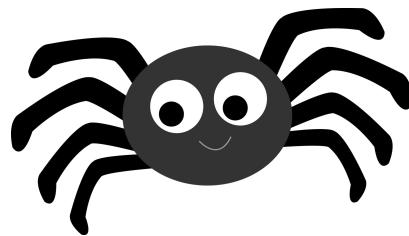
Songs for August



Mr. Sun

Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on me
Oh, Mr. Sun, Sun, Mr. Golden Sun
Hiding behind a tree

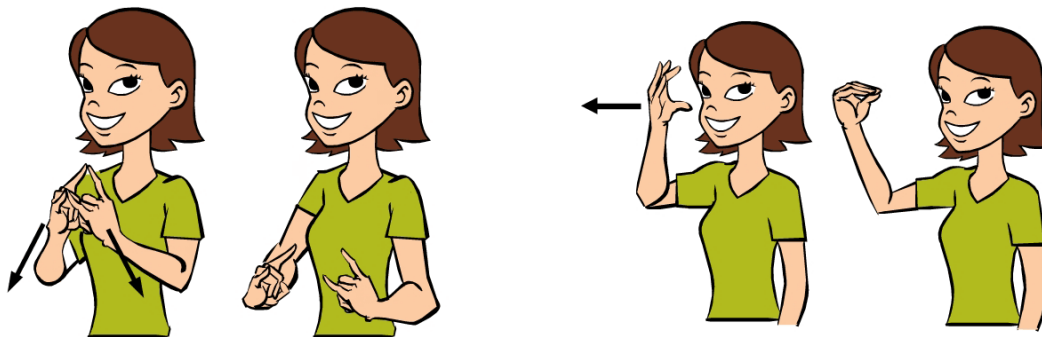
These little children are asking you
To please come out so we can play with you
Oh, Mr. Sun, Sun, Mr. Golden Sun
Please shine down on me



Itsy Bitsy Spider

The itsy-bitsy spider
Climbed 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
Climbed up the spout again

August Signs



"Tent"

To sign "tent" we use our pinky and index on both hands, have them meet at the center and pull them apart on a slant forming a tent.

"Outside"

To sign "outside," start with your hand open and near your face, then move it away from your face while closing the hand.

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

Monthly OT Tip From Sophia

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

It's a great month to work on self-care skills. It's never too early to start with your child. To improve fine motor and visual motor skills, have your child help you with opening and closing containers (use safety and judgment according to age and types of containers). Have them help you to rip open packages such as oatmeal or tearing junk mail. For younger kids, have them stack containers, put food into a container through scooping or using hands. To work on cognitive skills, have children help with sorting laundry, groceries or containers. Older kids can help with folding laundry, or helping to make a grocery list with pictures or writing them out.



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



Looking for Special Needs Summer Camps, Sports Programs or Parks and Recreation Areas in Southern California?

The following organizations have many opportunities for children to have fun and meet new people while developing new skills...

SUMMER CAMPS:

Very Special Camps: <http://www.verspecialcamps.com/California/Special-Needs-Summer-Camps.shtml>

Ability First: <https://www.abilityfirst.org/>

Autism Speaks: <http://www.austimspeaks.org/resourceguide/by-state/126/camps/CA>

SPORTS PROGRAMS:

Disabled Sports USA: <https://www.disabledsportsusa.org/>

National Center on Health, Physical Activity and Disability:

<http://www.nchpad.org/Directories/Programs/USA/California>

Gymnastics-Broadway Gymnastics School: <http://www.broadwaygym.com/>

Los Angeles School of Gymnastics: <http://www.lagymnastics.com/>

Dance-GuidANCE Autism: <http://www.guidanceautism.com/>

Creation Station Dance: <https://creationstationdance.com/>

Ballet for All Kids: <http://www.balletforallkids.com/>

Swimming-One With The Water: <http://onewiththewater.org/>

Leaps'n Boundz: <http://leapsnboundz.com/>

Martial Arts-Jun Chong Tae Kwon Do: <http://www.junchongtkd.com/>

Horseback Riding-The Children's Ranch: <http://www.thechildrensranch.org/>

PARKS AND RECREATION AREAS:

Shane's Inspiration: <http://www.shanesinspiration.org/>

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 Vended.

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

Click here to access staff directory for emails or phone extensions

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Locations:

8717 Venice Blvd., Los Angeles, CA 90034

6820 S. Centinela Ave. Culver City, CA 90230

18333 S. Main Street, Gardena, CA 90248

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