

Check out our monthly newsletter below!

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December 2017

A Friendly Place to Play and Grow

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



Upcoming Events

Therapy West, Inc. Holiday Party!

Join us for a holiday party and open house at our newest location!

Where: 11605 Washington Place, Los Angeles, CA 90066

When: Thursday, December 14th, 10:00am-1:00pm

We are excited to announce that the Therapy West - Venice Boulevard location has moved. Come check out our newest facility where we will continue to serve our families in the same friendly manner!

Therapy West, Inc. will be closed on

Monday December 25th, 2017 and Monday January 1st, 2018

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

Parent Education Program (PEP) Talks

PEP Talks:

No PEP Talks this month!

(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.

Therapy West Inc. News!



A huge thank you to Dr. Blanche and Katherine Colin for the informative discussion facilitated on "Life During the Holidays - Play, Family, Shopping, and Stress" at our Harvest Festival.

Life During the Holidays

Play, Family, Shopping, and Stress

Be aware of the change:

- More lights
- More colors
- More sounds
- More people
- Different Foods
- > More stimulation
- > Looks different

Plan Ahead: Family, Food, Traveling

• [https://www.autismspeaks.org/blog/2013/11/19/holiday-tips-kids-autism-spectrum-disorders?](https://www.autismspeaks.org/blog/2013/11/19/holiday-tips-kids-autism-spectrum-disorders?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

[utm_source=email&utm_medium=text-link&utm_campaign=espeaks](https://www.autismspeaks.org/blog/2013/11/19/holiday-tips-kids-autism-spectrum-disorders?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

• [https://www.autismspeaks.org/blog/2017/11/14/autism-and-thanksgiving-how-cope-feasting-and-](https://www.autismspeaks.org/blog/2017/11/14/autism-and-thanksgiving-how-cope-feasting-and-hubbub?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

[hubbub?utm_source=email&utm_medium=text-link&utm_campaign=espeaks](https://www.autismspeaks.org/blog/2017/11/14/autism-and-thanksgiving-how-cope-feasting-and-hubbub?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

• [https://www.autismspeaks.org/blog/2017/11/13/tips-holiday-travel?](https://www.autismspeaks.org/blog/2017/11/13/tips-holiday-travel?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

[utm_source=email&utm_medium=text-link&utm_campaign=espeaks](https://www.autismspeaks.org/blog/2017/11/13/tips-holiday-travel?utm_source=email&utm_medium=text-link&utm_campaign=espeaks)

• [https://www.amazon.com/s/ref=sr_pg_2?](https://www.amazon.com/s/ref=sr_pg_2?rh=i%3Aaps%2Ck%3Aautism+kids+toys&page=2&keywords=autism+kids+toys&ie=UTF8&qid=1510872711)

[rh=i%3Aaps%2Ck%3Aautism+kids+toys&page=2&keywords=autism+kids+toys&ie=UTF8&qid=1510](https://www.amazon.com/s/ref=sr_pg_2?rh=i%3Aaps%2Ck%3Aautism+kids+toys&page=2&keywords=autism+kids+toys&ie=UTF8&qid=1510872711)

[872711](https://www.amazon.com/s/ref=sr_pg_2?rh=i%3Aaps%2Ck%3Aautism+kids+toys&page=2&keywords=autism+kids+toys&ie=UTF8&qid=1510872711)

Staff Spotlight

A California native, Jhoanna was born in San Francisco and grew up in Culver City with Therapy West practically in her backyard. She graduated from UC Santa Cruz with a BA in Literature and has worked as a Writer/Editor for more than 10 years. She is now our office manager here at Therapy West! Jhoanna loves the water and has never lived too far from the beach. She loves to read, crochet, swim, and bake but rarely finds the time these days as a first-time-mom to daughter, Harper (20 months).



Community Events



LA ZOO LIGHTS!

L.A.'s brightest holiday tradition returns, now more brilliant than ever! Make unforgettable holiday memories as you explore this wild wonderland of light under the stars at the beautiful L.A. Zoo. Along the way, view real reindeer, visit

with Santa on select dates, and enjoy seasonal treats and goodies!

When: November 17th - January 7th from 6:00pm - 10:00pm

(closed Nov 23, Dec 24, and Dec 25)

Where: LA Zoo, 5333 Zoo Drive, Los Angeles, CA 90027

Cost: Tickets range from \$10-\$19.95

Click [here](#) for more information and to purchase your tickets!



ICE at Santa Monica

Every holiday season Downtown Santa Monica brings a little ice to our beachside community, transforming the corner of Fifth Street and Arizona Avenue into the winter wonderland known as Ice at Santa Monica, an 8,000-square-foot ice-skating rink.

When: November 1st, 2017 - January 15th, 2017

Where: 1324 Fifth St, Santa Monica, CA 90401

Cost: \$15 skate rental and all day admission

General Hours of Operation:

Monday through Thursday: 2:00pm - 10:00pm

Friday: 2:00pm - Midnight

Saturday: 10:00am - Midnight

Sunday: 10:00am - 10:00pm

Click [here](#) for more information!



Menorah Lightings!

Join local synagogues and community groups as their members celebrate the Festival of Lights this Hannukah season. Lighting the menorah will begin shortly after sundown each evening. Shalom!

When: Tuesday, December 12th - Tuesday, December 19th

Where: Third Street Promenade

Click [here](#) for more information!



Sensory Friendly Films!

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

Click [here](#) for more information!



Shark Lagoon Nights

When: Almost every Friday until December 29th, 2017 from 6:00pm- 9:00pm

Where: Aquarium of the Pacific: 100 Aquarium Way, Long Beach, CA 90802

Cost: Free for everyone

The public is invited to get up close with the ocean's ultimate predators at the Aquarium of the Pacific for FREE during Shark Lagoon Nights. Guests will have the opportunity to touch bamboo sharks and see large sharks such as sandtigers as well as rays in the Aquarium's Shark Lagoon.

Click [here](#) for more information!

Visit Noah's Ark for Free

When: Thursdays

Where: Skirball Cultural Center, 2701
N. Sepulveda Blvd. Los Angeles, CA
90049

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!

You can also purchase tickets online to visit any other day of the week!

Click [here](#) for more information!



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!

DECEMBER clothing



This month we will be talkin about all things winter! We will talk about snowmen and snowflakes, playing with fake snow, and the concept of hot and cold. We will learn about clothing including hats, jackets, and mittens!

Color: White

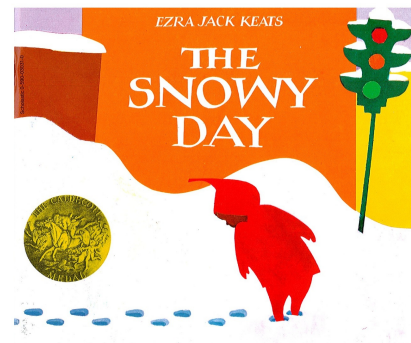
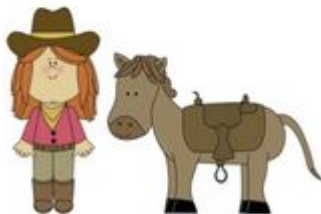
Shape: Triangle

Concept: On and off



On

Off



Book: "The Snowy Day" by Ezra Jack Keats

We'll be reading "The Snowy Day" by Ezra Jack Keats: Peter wakes up to find the ground covered in snow. We follow him as he makes tracks, builds a snowman and has a snowball fight.

New Faces: We Welcome You!

Dominick, Layla, Matthew, Sophia

Graduating: We Will Miss You!

Jabreal, Elliot, Levi, Matthew, Tyson



Songs for December

Snowflakes, Snowflakes

(Sung to: Are You Sleeping?)

Snowflakes, snowflakes,
Snowflakes, snowflakes,
All around,
All around--
Whirling, twirling snowflakes,
Whirling, twirling snowflakes,
Hit the ground,
Hit the ground.

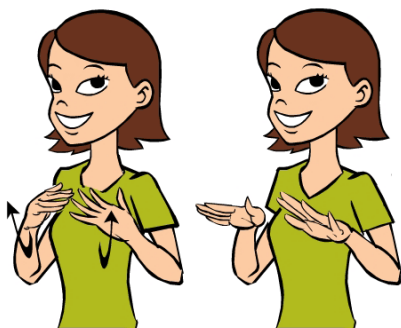
I'm a Little Snowman

(Sung to: I'm a Little Tea Pot)

I'm a little snowman short and fat,
Here is my scarf and here is my hat.
When I see the snowfall,
Hear me shout,
"All you children please come out!"



December Signs



"Clothes"

To sign **clothes**, take both hands and touch your thumbs on your shoulder as you brush your hands down the chest. The sign looks like your are brushing off your clothes.

"Snow"

To sign **snow**, your fingers flutter down as if they were snow flakes drifting down from the sky. Take both of hands and extend and spread your fingers. Start high and bring the hands slowly down while fluttering your fingers up and down. The sign for snow, is similar to the sign for rain, the only difference being the fluttering of the fingers.

[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.

Balloon and Bubble Playtime!

Play and promote ball skills, hand-eye coordination, gross motor play and active play - blow up balloons or blow bubbles and have some fun!

- Emphasize when balloon or bubbles go "up" and when they come "down"
- Pop bubbles with finger tips, clap hands, or stomp on them with feet
- Mix bubble solution with some safe food coloring and blow bubbles over butcher paper or large white paper and have them pop it or blow over the paper to make bubble art (you can put the paper on the wall, floor, or table)
 - Hit balloon back and forth like balloon volleyball with hands
- Put some tape on walls at different heights taller than the child (masking tape or tape that is safe for paint) and hit or toss balloons up to make them stick to the wall
- Use a soft foam noodle (swimming noodles are safe and fun) and try to knock balloons down from the wall that were stuck on or hit back and forth

Homemade Bubble Recipe

Ingredients-

- 1 1/2 teaspoons of sugar
- 1/2 cup dish soap
- 1 1/2 cup water

Mixing spoon/stick to stir solution

Contain to mix everything in

Food Coloring* (optional)

Directions-

1. Mix everything together and stir
 2. Store in container and seal it with lid when not in use
- * Make sure to



Monthly Speech and Language Tip from Katie

It's that time of year! With so much to celebrate and be thankful for, parties to attend, and family gatherings to prepare for, the hustle and bustle of the holiday season can provide a unique opportunity for speech and language development. Holidays are about listening to joyous music, lively conversations and spending time with family and friends.

Encourage your child to be the Holiday Host and greet visitors and take their coats. This will boost your child's confidence while giving him or her a chance to talk face to face in a quiet setting. It is also important to keep in mind that the holiday season can provide a disruption to your day to day routine. In order to prepare for the changes to the routine, creating a visual schedule, or social story can provide your child a helpful way to prepare.

Talking with your children while looking at pictures can help them prepare and understand what the holiday season will look like and what changes they can expect. Another way to facilitate language during the holidays are as simple as taking part in festive activities. Decorating a tree, lighting a menorah, driving through your neighborhood and looking at holiday lights, are all great traditions that provide ample opportunity for language growth. Being away from school and therapy during the holidays can be stressful, but a visual schedule will help mentally prepare your child for what comes next during the holidays!

Monthly PT Tip from Anne

As the holidays are fast approaching, below are a list of gift ideas that encourage physical activity in children and adolescents:

- Small trampoline
- Hula hoop
- Small cones/goals
- Jump rope
- Yoga mat
- Exercise/Therapy ball
- Board/Card games
- Small ball set (basketball, soccer, baseball, football, etc.)
- Ride on toys, tricycles, and bicycles (Don't forget safety equipment)
- Fitness games for Wii/Xbox (EA Sports Active, KidFit Island Resort, Dance Central, etc.)
- Signing up for lessons is always a good idea as well (swimming, dance, gymnastics, etc.)



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 Vendored.

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:

11605 Washington Place, Los Angeles, CA 90066
6820 S. Centinela Ave. Culver City, CA 90230
18333 S. Main Street, Gardena, CA 90248

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