

Check out our monthly newsletter below!

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July 2018

A Friendly Place to Play and Grow

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

Upcoming Events

Therapy West will be closed on
Wednesday, July 4th, 2018

Have a safe and happy 4th of July!





Summer Luau!

Saturday, July 14th, 2018 10:00am-12:00pm

at our Centinela Location: 6820 S. Centinela Ave, Culver City CA 90230

Bounce House, Crafts, and Face Painting!

Join us for a free parent talk at 9:00am:

"DIY Summer Activities for Home to Encourage Developmental Skills"

Come learn and discuss some new summer activities you and your child can play together and how to use these different activities to encourage and support their developmental skills!

Enjoy the festival after!

Bring your favorite spring dish for the potluck - sign-ups in the TWISPP room and Lobby

[Click to schedule make-up for OT/PT/ST!](#)

Parent Education Program (PEP) Talks

PEP Talks:

DIY Summer Activities for Home to Encourage Developmental Skills

Come learn and discuss some new summer activities you and your child can play together with and how to use these different activities to encourage and support their developmental skills!

Saturday, July 14, 2018 9:00am at our Centinela location (join the Summer Luau after!)

Saturday, July 14, 2018 9:00am at our Gardena Location (join the Summer Luau after!)

How Basic Signing can Help with Language Development

Learn how to use basic signs to help with your child's communication and language skills. Discussion of strategies on how to use signing as well as how signing can help with communication and language skills.

August 1, 2018 Wednesday 11am @ our Gardena Location

August 2, 2018 THursday @ 9:10am @ our Washington Location

All our PEP talks are free and open to our Therapy West families. Parents and caregivers are welcome to sign up for talks at any 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.

Therapy West, Inc. News!



During the month of May/June, Erna Blanche, one of the founders and owner, presented in the World Federation of Occupational Therapy Congress in South

Africa and then trained occupational therapists in Greece, France, and India.

Congratulations
to Christina on her marriage!
We can't wait to see the photos!



Staff Spotlight

Jessica Perez is part of the office staff at Therapy West, Inc. She grew up in Los Angeles, California and attended Palisades Charter High School. From there, she transferred to Santa Monica College and then graduated from California State University Northridge. Although she is allergic, she has 5 fluffy and adorable cats. She enjoys hiking and loves any kind of food.

Community Events

Improv Summer Camp

Open for Child of all Abilities

When: The month of July

Where: Culver City

Cost: \$250/wk or \$800 for all 4 weeks

Age: 5-9



This camp focuses on improv games played everyday which help build social skills and friendships. Each week has an extra enrichment in addition to water play and free play:

07/09/18 - 07/13/18: Yoga Enrichment

07/16/18 - 07/20/18: Art Enrichment

07/23/18 - 07/27/18: Sensory Enrichment

07/30/18 - 08/03/18: Music Enrichment

Click [here](https://mailchi.mp/cb183966c779/therapy-west-july-2018-newsletter?e=49e5e69eb1) for more information!



Sensory Sensitive Sundays at Chuck E. Cheese's!

When: First Sunday of every month,
9:00am-11:00am

Where: Participating Locations

Chuck E. Cheese's is proud to support families who have children with autism and special needs. The Sensory Sensitive Sundays experience includes less crowding and noise, dimmed lighting, show and music turned off or down, limited appearance by Chuck E., and food and games!

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

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!





Sensory Friendly Films!

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

Where: Participating AMC locations

Cost: Ticket prices vary depending on location

Click [here](#) for more information!

Free Crafts for Kids

When: Every Saturday 11am-3pm

Where: [A Lakeshore store near you!](#)

Ages: 3 and up

West LA, Newton, New Hyde Park, and East Brunswick locations also have crafts available every Sunday 11am-3pm

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

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

Environment visit in exchange for a make-up session.

importance of the family by offering parent training and parent participation in their child's program.

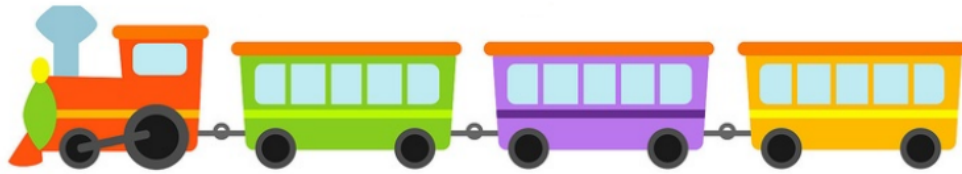
Click here to schedule TWISPP make-up now!

TWISPP Upcoming Events

For Gardena TWISPP families, there will be a special Summer Luau at our Gardena Location. In addition, there will also be the parent talk, "DIY Summer Activities for Home to Encourage Development Skills" at 9:00am.



Sign up at the Gardena TWISPP parent board!



PLEASE JOIN US FOR A TWISPP FIELD TRIP TO

Travel Town

WEDNESDAY, JULY 25, 2018

10:00AM - 12:00PM

5200 ZOO DR, LOS ANGELES, CA 90027

ADMISSION AND PARKING ARE FREE!
WE WILL BE MEETING ON THE SIDEWALK IN THE
PARKING LOT.

SIGN UP AT YOUR TWISPP CLASSROOM!

SIBLINGS ARE WELCOME! ALL CHILDREN MUST BE
ACCOMPANIED BY AN ADULT.

** please note: we will be lining up together to go on the miniature train ride. If you plan to ride the train, the train fare is \$2.25 per person (for groups of 20 or more. Regular price is \$2.75 per person.) Please give your train fare to your TWISPP teacher prior to the field trip day.

JULY things that go



This month we will be learning about things that go!
We will learn about objects that "go" including cars, trucks, boats, bicycles, airplanes, and more! We will match the vehicles with their environment - boats in the water, airplanes in the sky, and cars on the road. We will also explore the concept of stop and go!

Book:

Color: Red, White, and Blue

"How Will We Get to the

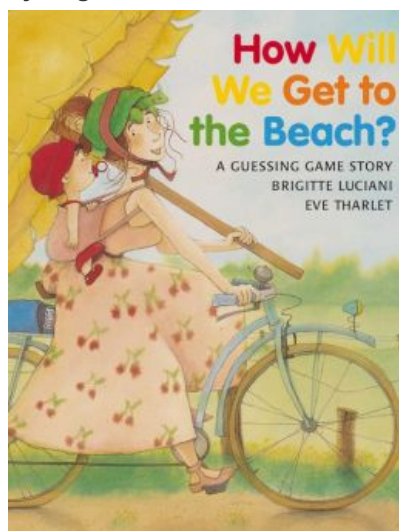
Shape: **Star**

Concept: **Stop and Go**



Beach?"

by Brigitte Luciani



New Faces: We Welcome You!

Andy, Dei, Joshua, Mateo, Ryan, Shane, and Yosi

Graduating: We Will Miss You!

Adan, Charles, Chase, Fanase, Deliza, Dylan, Mariano, Mirsa, Shiloh,

Songs for July



Hurry, Hurry, Drive the Fire Truck

Hurry, hurry, drive the fire truck
Hurry, hurry, drive the fire truck
Hurry, hurry, drive the fire truck
Ding, ding, ding, ding, ding!

Hurry, hurry, turn the corner
Hurry, hurry, turn the corner
Hurry, hurry, turn the corner
Ding, ding, ding, ding, ding!



Row, Row, Row Your Boat

Row, row, row your boat
Gently down the stream,
Merrily, merrily, merrily, merrily
Life is but a dream

Row, row, row your boat
Gently down the river,
If the river gets you wet
Don't forget to shiver

Hurry, hurry, climb the ladder
 Hurry, hurry, climb the ladder
 Hurry, hurry, climb the ladder
 Ding, ding, ding, ding, ding!

Hurry, hurry, squirt the water
 Hurry, hurry, squirt the water
 Hurry, hurry, squirt the water
 Ding, ding, ding, ding, ding

Slowly, slowly, back to the station
 Slowly, slowly, back to the station
 Slowly, slowly, back to the station
 Ding, ding, ding, ding, ding!

Row, row, row your boat
 Gently to the shore,
 If you see a lyin' bear
 Don't forget to roar

Row, row, row your boat
 Gently down the stream,
 If you see a crocodile,
 Don't forget to scream!

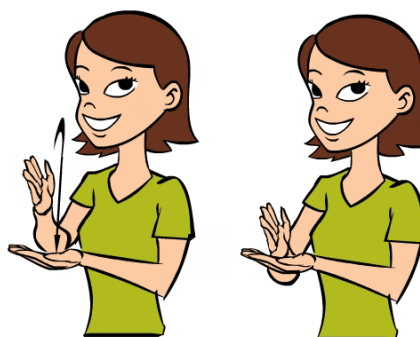
Row, row, row your submarine
 Gently down the stream,
 Merrily, merrily, merrily, merrily
 Life is but a dream

July Signs



"Go"

To sign "go," start with your arms bent up toward you and pointing with your index fingers. Then straighten your arms and continue to point using your index fingers.



"Stop"

To sign "stop," your non-dominant hand is placed flat with palm up and our dominant hand hits the flat side of the non-dominant hand with hand extended, fingers together and palm visible.

[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.

Take advantage of the summer sun to play outdoors or stay cool indoors. It's a great time to be active and visit many different fun community summer events. Or work on some fine motor skills and tactile play with the activity below!

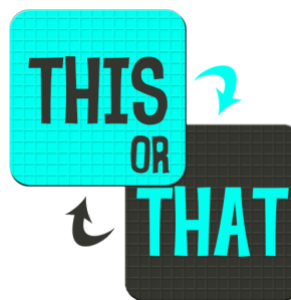
Shaving Cream/Soap Foam

- play on the walls and windows, table tops, or even in the bathtub!
- draw silly pictures in the foam
- give cars, dolls, and other toys a bath
- make hand prints or finger prints!

Montly Speech and Language Tip From Suzan

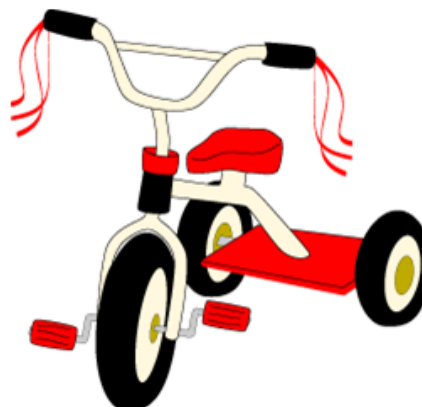
This or That

Create an opportunity where your child initiates and expresses what he or she wants on your terms by limiting choices to two options. For example: "Do you want *milk* or *juice*?" By doing so, you will help minimize daily conflicts. Giving choices also helps decrease tantrums by reducing power struggles and improves decision-making skills.



*****Book recommendation** for this topic: "This or That"
by Wendy Kronick and Susan Beauchene***

Monthly PT Tip from Anne



Riding a tricycle is a great way to work on your child's strength, coordination, balance and motor planning but there a few things to consider.

Before purchasing a tricycle:

- Set a budget (leaving room for safety accessories including a helmet and possible adaptation)
 - Keep your child's age and size in mind as they make different sizes of tricycles
 - Consider the safety record
- Consider the amount of assembly required

Ensuring the Perfect Fit:

- Child should be sitting upright, not slouching
- Their elbows should have a slight bend when their hands are resting on the handlebars
 - Make sure their knees never lock out when pedaling
- Knees should be hip width apart when pedaling (don't let knees fall out to the side)
- Toes should be pointed forward when on the pedals

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

Continuing Education Courses

Therapeutic Taping for Improved Alignment and Neuromuscular Re-Education

Friday, August 3rd, 2018 - Saturday, August 4th, 2018

18333 S. Main Street, Gardena, CA 90248

**Instructors: Audrey Yasukawa, MOT, Certified Kinesio Taping Instructor
& Patricia Martin, PT, Certified Kinesio Taping Instructor**

This course will focus on use of static and dynamic taping techniques to facilitate improved alignment and muscle re-education for function. Developmental biomechanics in relation to treatment will be reviewed. Tapes and interventions used include: Leukotape, Kinesio Tape®, velcro patches with elastic straps, Fabrifoam wraps, Thera Togs™, SPIOs and DMO compression orthotics.

[Download the brochure](#) for more information and a registration application, or use the online registration form [here](#).

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

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Locations:

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

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