

Check out our monthly newsletter below!

[View this email in your browser](#)



A Friendly Place to Play and Grow

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

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

Upcoming Events



Parent Education Program (PEP) Talks

PEP Talks:

What's Next? The Basics of the IEP Transition

Come learn more about the process for your child to transition services from the Regional Center to the School District.

Tuesday, 01/15/19 at 9:10am

at our Gardena Location

Thursday, 01/17/19 at 9:10am

at our Centinela 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!

**Congrats to Dustin and his wife on the
birth of their baby girl, Lyla!**
December 9th, 2018



Staff Spotlight

Elise



Elise worked for the NHS (National Health Service) for 5 years and then decided to travel. Elise moved to California in 2006 with the intention to stay for 2 years, however, she has not left yet! Elise since completed her M.A.Ed. in Special Education and splits her time between the Therapy West family and her job as an Educational Consultant for Severe Special Needs in a local Non-Public School. Although Elise has settled in Los Angeles, she enjoys travels in and out of the US. You will often find her at the beach, or setting off with her hiking boots on a camping trip. In her spare time Elise enjoys volunteering and organizing community events with her Church. However, she is always willing to stop for a cup of tea and a chit chat!

Community Events

Westside Regional Center

Training and Events

Where: Westside Regional Center
5901 Green Valley Circle # 320
Culver City, CA 90230



Upcoming Events:**Self Determination Task Force**

January 8 - Tuesday; 6:00pm-8:00pm

Danneker Boardroom, 3rd Floor

SIB Shop

January 12 - Saturday; 9:00am-1:00pm

Conference Room 4D

Managing Self-Harm (2 part workshop series)

January 22 - Tuesday; 10:00am-12:00pm

Danneker Boardroom, 3rd Floor

These are Westside Regional Center sponsored events for parents and professionals within the community. The bulletin is published bi-monthly.

Click [here](#) 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 fourth 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!

CRAFTS for KIDS



TWISPP & TWO Steps

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!](#)

Upcoming Events

PLEASE JOIN US FOR A TWISPP AND TWO STEPS FIELD TRIP TO THE

Park!

TUESDAY, JANUARY 22ND, 2019

9:30AM - 11:00AM

2 LOCATIONS TO CHOOSE FROM:

1) VICTORIA COMMUNITY

REGIONAL PARK

(close to the Gardena location)

419 E. 192nd Street

Carson, CA 90746

OR

2) FOX HILLS PARK

(close to the Centinela
and Washington locations)

Green Valley Circle
& Buckingham Parkway
Culver City, CA 90230

WE WILL MEET AT THE PLAYGROUND
FOR BOTH LOCATIONS

SIGN UP AT YOUR CLASSROOM!

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



JANUARY day & night

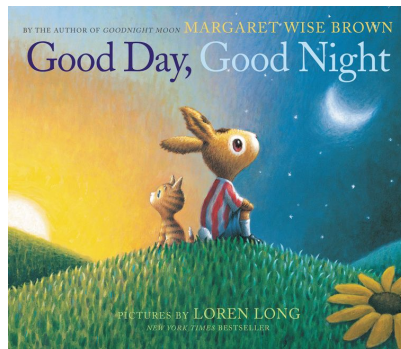
Shape:
Circle

Color:

Books:
"Good Day, Good Night"
by Margaret Wise Brown

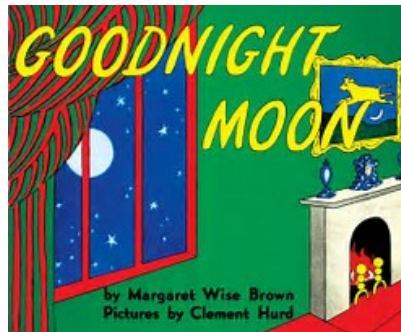
Black

Concept: Up & Down



"Goodnight Moon"

by Margaret Wise Brown



New Faces: We Welcome You!

Adrian, Amelia, Armeet, Audrey, Carlos, Jacob, Nathan, Nicco, Noah, Reagan, Unique, Violet, and Thomari

Graduating: We Will Miss You!

Alexander, Dylan, Jorge, Owen, Roman, Sarai, Shane, and Sarai

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.

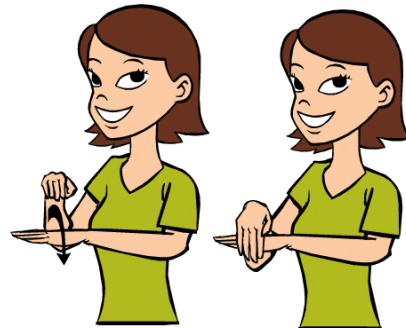
Out came the sun and dried up all the rain,
And the itsy bitsy spider went up the spout again.

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

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.

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 create cards with your child!



Sun and Moon Cards

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.



Hand-Print Cards

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 Vendedore.

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](#)

Locations:

11605 Washington Blvd, Los Angeles, CA 90066

6820 S. Centinela Ave. Culver City, CA 90230

18333 S. Main Street, Gardena, CA 90248

Want to change how you receive these emails?

You can [update your preferences](#) or [unsubscribe from this list](#)

This email was sent to aksoong@therapywest.org.

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

Therapy West · 8717 Venice Boulevard · Los Angeles, CA 90034 · USA

