

Check out our monthly newsletter below!

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April 2019

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

APRIL IS OT MONTH!



Living Life To Its Fullest™

For more information, visit www.AOTA.org

AUTISM AWARENESS MONTH!

Autism Speaks Walk

Saturday, April 27, 2019

Pasadena Rose Bowl

Click [here](#) to register!

Parent Education Program (PEP) Talks

PEP Talks:

Gross Motor Development At Home & In the Community

Tuesday, 04/23/19, at 11:00am

at our Washington Location

Wednesday, 04/24/19, at 9:15am

at our Centinela Location

Thursday, 04/25/19, at 9:15am

at our Gardena 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!

Dr. Bonnie Nakasuji and a team of therapists with USC OT students recently came back from her annual trip to Ghana to serve children with disabilities at a boarding school called Mephibosheth Training Center!







Staff Spotlight

Rachel



Rachel has been working at Therapy West, Inc. since October 2017. She graduated from the University of Virginia with a B.S. in Kinesiology before moving across the country to attend the University of Southern California. She received her Doctor of Physical Therapy degree in 2016 and decided she was here to stay on the West Coast. When she's not at Therapy West, Rachel likes to read, travel, and go rock climbing. Rachel and her fiancé are getting married in January 2020!

Community Events

Westside Regional Center

Training and Events



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

Upcoming Events:

Sensory Motor Development in Early Childhood

(Part 1/3 part Series)

April 2 - Tuesday; 9:00am - 1:00pm

Register [here!](#)

SIB Shop

April 13 - Saturday; 9:00am - 1:00pm

Conference room 4A

Social Emotional Development:

Strategies to Promote Success

(Part 2/3 part Series)

April 25 - Tuesday; 9:00am - 1:00pm

Register [here!](#)

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!

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



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!

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, APRIL 16TH, 2019
9:30AM - 11:30AM

2 LOCATIONS TO CHOOSE FROM:

1) CARSON PARK

(close to the Gardena location)
21411 S. Orrick Avenue
Carson, CA 90745

OR

2) VETERAN'S MEMORIAL PARK

(close to the Centinela
and Washington locations)
4117 Overland Avenue
Culver City, CA 90230

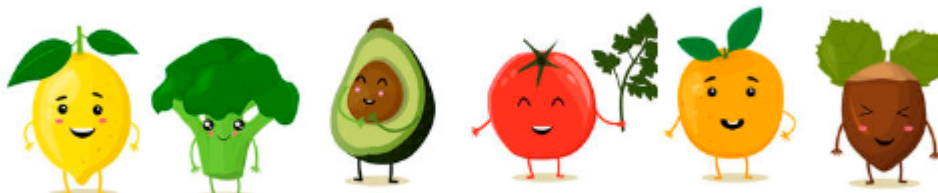
WE WILL MEET AT THE PLAYGROUND
FOR BOTH LOCATIONS

SIGN UP AT YOUR CLASSROOM!

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



APRIL gardening



Shape:
Oval

Color:
Green

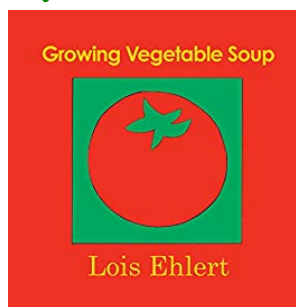
Concept:
In & Out



Book:

"Growing Vegetable Soup"

By Lois Ehlert



New Faces: We Welcome You!

Benjamin, Mia, Scarlett, & Yuvaan

Graduating: We Will Miss You!

Audrey, Christian, Gavin, Jessica, & Unique

Songs for April

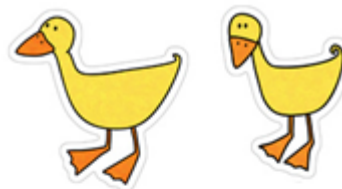
5 Little Ducks

5 little ducks went out one day,
Over the hill and far away.
Father duck said "quack quack quack quack,"
But only 4 little ducks came back.

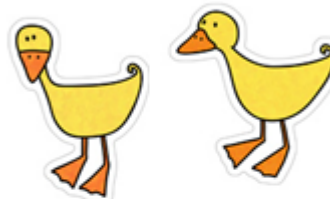
4 little ducks went out one day,
Over the hill and far away.
Father duck said "quack quack quack quack,"
But only 3 little ducks came back.

3 little ducks went out one day,
Over the hill and far away.

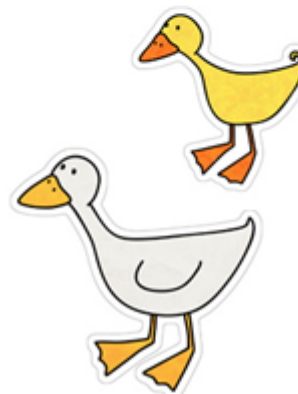
Father duck said "quack quack quack quack,"
But only 2 little ducks came back.



2 little ducks went out one day,
Over the hill and far away.
Father duck said "quack quack quack quack,"
But only 1 little ducks came back.



1 little ducks went out one day,
Over the hill and far away.
Father duck said "quack quack quack quack,"
But none of the 5 little ducks came back.



Oh father duck went out one day,
Over the hill and far away.
Father duck said "quack quack quack quack,"
And all of the 5 little ducks came back.

Little Green Frog



"mm AAH!", went the little green frog one day.
"mm AAH!", went the little green frog.
"mm AAH!", went the little green frog one day,
And the little green frog went,
"mm AH mm AH mm AH AH!"

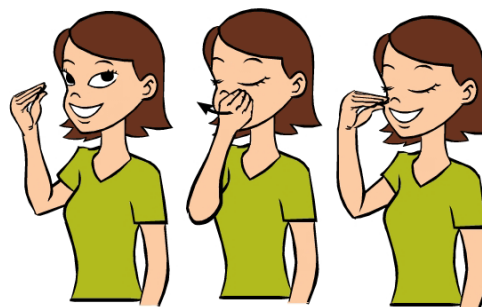
But the other little frogs went,
"(clap) La di da di da."
(clap) La di da di da. (clap) La di da di da."
The other little frogs went,
"(clap) La di da di da!",
But the little green frog went,
"mm AH mm AH mm AH AH!"

April Signs



"Vegetable"

To sign *vegetable*, make your strong hand into a V shape with the middle finger and index finger. Put the index finger to the side of your lip and twist back and forth.



"Flower"

To make the sign for *flower*, hold your fingers and thumb together, as if you were pinching the stem of a flower. Now move your pinched fingers from one nostril to the other, as if you are smelling a flower

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

Monthly OT Tip From Sophia



Continue spring fun with these activities!

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

1. Crumple Paper Basketball

- play indoors or outdoors

Materials: newspaper or scratch paper, and a bucket or basket

* Crumple up paper and toss them into a bucket/basket.

* Change where, how far, or how close the bucket is and emphasis when the paper goes "in" or "out."

2. Plant a Seed

Materials: pots, shovels, soil, seeds, water

* Go outside and engage in tactile play with soil and dirt to put into the pots. Scoop out soil with hands and/or shovels to fill pots and press the seeds in.

* Fill up watering can, cup, or pitcher to water the seeds. Plant small pots and give them out as Spring Time gifts to family and friends!

3. Fun with Food

- Edible Dirt and Worms!

Materials: oreo cookies (or dark cookies/biscuits), bowl (try see through), spoon/spatula, gummy worms, and chocolate pudding

- * Put cookies in a bag or in the bowl and mash them until crumbled (can use hands to squish bag or use spoon/spatula).
- * Add chocolate pudding and crushed cookies in bowl and stir together.
- * Place gummy worms on top.
- * Have fun, play, and eat!

Monthly Speech and Language Tip From Suzan

What can I do to encourage more language and better speech?

In early elementary grades (K-2)

- Talk with your child frequently
- Read a variety of books; read often and talk with your child about the story
 - Help your child focus on sound patterns of words such as those found in rhyming games
 - Have your child retell stories and talk about events of the day
- Talk with your child during daily activities; give directions for your child to follow (e.g., making cookies)
- Talk about how things are alike and different

In later elementary grades (3-5)

- Continue to encourage reading; find reading material that is of interest to your child
- Encourage your child to form opinions about what he or she hears or reads and relate what is read to experiences
- Help your child make connections between what is read and heard at school, at home, and in other daily activities
- Talk aloud as you help your child understand and solve problems encountered in reading material

Help your child recognize spelling patterns, such as beginnings and endings of words (e.g., *pre-* or *-ment*)

Encourage your child to write letters, keep a diary, or write stories



Source:

<http://www.asha.org/public/speech/development/suggestions/>

Monthly Parent Tip from Anne



Bubble Play!

Gross motor activities can be worked on both indoors and outdoors and bubbles are a fun and inexpensive way to work on strength, balance and coordination. For example, you can have your child stomp them, reach up on their tip toes and pop them, stand on one leg and pop them with their toes, and chase them!

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

[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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