

Check out our monthly newsletter below!

[View this email in your browser](#)



# August 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

### Parent Education Program (PEP) Talks

# Help!

## I Have a Lot of Feelings! - Social Emotional Support for You and Your Child

**Wednesday, 08/14, 9:15am**  
at our Centinela Location

**Thursday 08/15, 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.

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## 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.

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# Therapy West, Inc. News!



In July, Therapy West hosted a ten-day course for 26 Spanish speaking expert therapists from Latin America who learned about our intervention programs. The instructors included Juliana Gutierrez, Dominique Kiefer, Gustavo Reinoso, and Erna Blanche. More than 20 children received free services during this time.



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Janet Gunter, OTD, OTR/L is teaching the Sensory Integration Evaluation and Sensory Integration Treatment courses in Cebu, Phillipines, from August 4-9, 2019.

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## Staff Spotlight

# Joyce



Joyce was born and raised in Taipei, Taiwan and moved to Los Angeles, California in 2014 to pursue her doctorate degree in Occupational Therapy at University of Southern California. She joined Therapy West right when she started school and this is her 5th year being in this big happy family! She dreams to open her mobile boba truck in one of the Therapy West's parking lots one day. In her spare time, she enjoys fitness training and working out, so if she's not at work or home, you'll find her in the gym!

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## Community Events

### Westside Regional Center

Training and Events



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

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!

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**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!

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## 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



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## 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!

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## TWISPP & TWO Steps

### 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.

### 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.

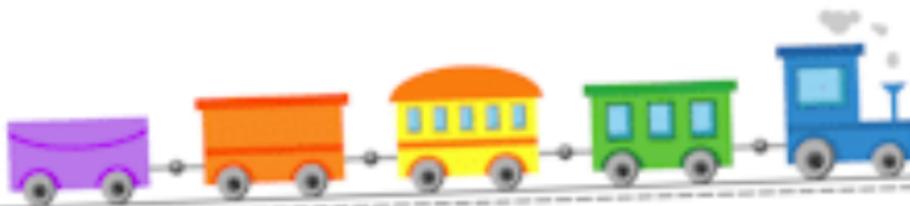
You can always ask us how many make-up days you have available.

You can also request a Natural Environment visit in exchange for a make-up session.

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

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**We had so much fun on  
our field trip to Travel  
Town this past month!**



**Upcoming Events**



PLEASE JOIN US FOR A TWISPP FIELD TRIP TO THE

# Beach



Tuesday, August 20th, 2019

9:30am-11:30am



2 LOCATIONS TO CHOOSE FROM:

## 1. Mother's Beach

4101 ADMIRALTY WAY, MARINA DEL REY

(PLEASE NOTE THE LOT HAS A PARKING FEE OF \$6 PER CAR.  
SOME STREET PARKING IS AVAILABLE. CLOSEST PARKING  
LOT IS SOUTH OF ADMIRALTY ON VIA MARINA)  
(CLOSER TO OUR CENTINELA AND WASHINGTON PLACE LOCATIONS)

OR

## 2. Cabrillo Beach

3720 STEPHEN M WHITE DRIVE, SAN PEDRO

(PLEASE NOTE THE LOT HAS A PARKING FEE OF \$2 PER CAR.  
SOME STREET PARKING IS AVAILABLE)  
(CLOSER TO OUR GARDENA LOCATION)

PLEASE BRING SUNSCREEN AND BEACH TOYS! IF YOU PLAN  
ON HAVING YOUR CHILD PLAY IN THE WATER, PLEASE BRING  
A TOWEL/CHANGE OF CLOTHES. STAFF MAY WADE IN THE  
WATER BUT WILL NOT SWIM.

WE WILL MEET AT THE PLAYGROUND ON THE SAND  
FOR BOTH BEACHES.

**SIGN-UP AT YOUR CLASSROOM!**

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

## AUGUST o u t d o o r s



Shape:  
**Diamond**

Book:  
**"We're Going On a Bear  
Hunt"**

**Color:**  
**Green**

By: Michael Rosen

*We're Going on a Bear Hunt*

Michael Rosen Helen Oxenbury

**Concept:**  
**Under and Over**



**OVER**



**UNDER**



**New Faces: We Welcome You!**  
Caroline, Dante, Elijah, Franklin, Jordan, Iker, and Zan

**Graduating: We Will Miss You!**  
Benjamin, Edgar, Elena, Gabriel, Joshua, Leonardo, Mateo,  
Thomari, and Violet

## Songs for August

### 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

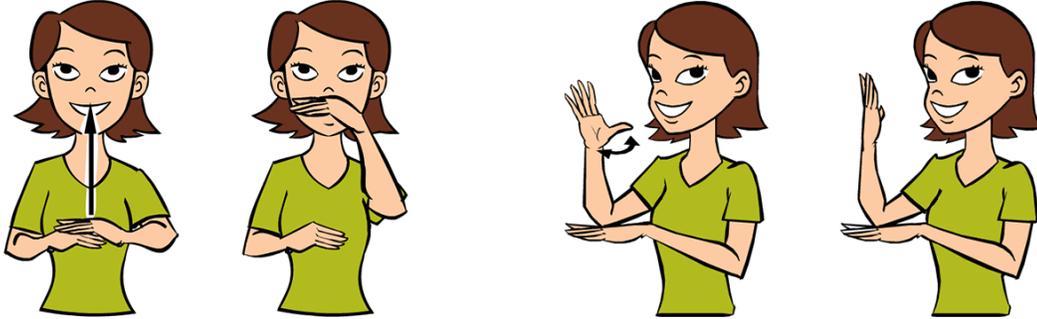


### Mr. Sun

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

# August Signs

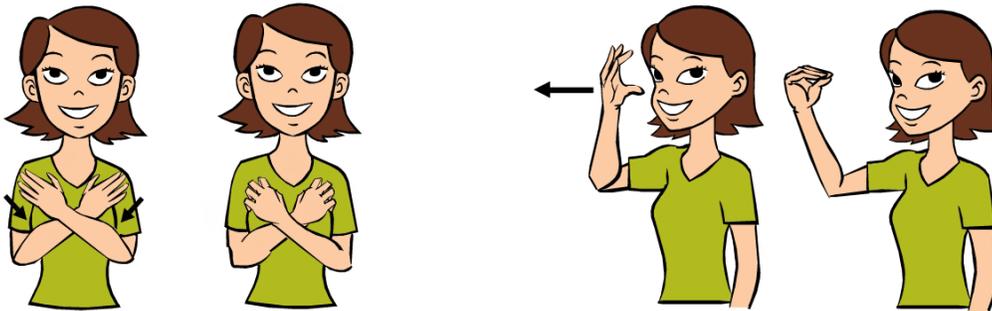


## "Over"

To do the baby sign for *over*, your dominant hand starts with palm looking down in a flat position above non dominant hand which should be waist-high in the same position. Dominant hand goes up to the area below the nose.

## "Tree"

The sign for *tree* looks like a tree waving above the ground. To make the *tree* sign, take your weak hand and extend it flat across your body to make the ground. Then take your strong hand and stand it up at right angles, with your fingers extended and shaking them back and forth.



## "Bear"

The sign for *bear* is done by crossing your arms over your chest and clawing your chest twice. The sign *ends* with the fingers in the claw shape.

## "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.



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## Monthly Speech and Language Tip From Jodi

# Bombarding with Questions?

## **PART 1) WHY not to:**

- \* Do not ask a question if they do not have a choice. When it is time to go to the car, instead of asking "Do you want to go to the car?" you can say "Time to go to the car."
- \* We want to teach a child the power of language. To get the initial "buy in" a child needs to be successful and listened to
- \* Allow for a child TIME to come up with their own ideas, instead of asking them back to back questions.
  - \* Can create a habit of not responding if a child is constantly asked questions they do not understand or can not yet answer
- \* Questions should initially be thoughtfully and selectively chosen, in order to increase responses and accuracy in those responses.

## **PART 2) WHAT to do instead:**

- \* Comment: Instead of asking "Are you cooking?" say "You are cooking hot potatoes!"
- \* Imitate: WAIT to see what you child does, then imitate their gesture, sound, or word, therefore reinforcing their communication and acknowledging you have heard what they said.
- \* Interpret: In other words, say what they would if they could. Replacing a grunt and a grab with a "more juice"
- \* Expand: Take what your child said and add to it, "more" becomes "more dad", "up" becomes "pick me up"
  - \* Play: Instead of asking a child what they are doing while pushing a train, join in and play "choo choo", "I'm pushing the train fast"
- \* Familiar line and song completion activities "Ready set...." your child says "GO". "Twinkle Twinkle little...." your child says "star"

## **PART 3) WHAT TYPE of questions to ask when asking:**

- \* Consider the appropriateness of question being asked; is their context, familiar age appropriate vocabulary/concepts, routine/familiar
  - \* Yes and No question come in THREE!
    1. to accept or reject an item "Do you want the milk?"
    2. to confirm or deny a concrete statement "Is this a cow?" while showing a puzzle piece of a pig
    3. to confirm or deny an abstract statement "Did dad wake you up today?" when out of context and referring to something now in sight.
- \* Give choices! Now you can elicit language, expand language, and give more control to a child.
- \* Try asking more concrete "Who, what where" questions first, before moving to more abstract and harder "Why, when, how" questions

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## 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.veryspecialcamps.com/California/Special-Needs-Summer-Camps.shtml>

Ability First, Camp Paivika: <https://www.abilityfirst.org/camp-paivika/>

#### **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/>

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## 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

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[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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