Check out our monthly newsletter below!

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

Happy Thanksgiving!

Therapy West will be closed on

Thursday, November 28th, 2019
and Friday, November 29th, 2019
(we will be open on Saturday, November 30th, 2019!)

Please check with your therapist regarding therapy on Veteran’s Day (Monday, 11/11)

TWISPP & TWO Steps will be closed on Veteran’s Day (Monday 11/11)
Parent Education Program (PEP) Talks

No PEP Talks scheduled for this month.

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.

Staff Spotlight
Mel(issa) was born and raised in Los Angeles, first joining the Therapy West, Inc. team as a group leader for our Summerfun Day Camp, where she first discovered the field of occupational therapy. She stayed on staff as a teacher in our early intervention TWISPP program and, after attending USC for her graduate studies, Mel returned to TW, working in her dream profession. When she’s not playing with kids in the therapy gym, she enjoys winning at board/card games and trivia, serving with her church’s young adult group and worship team, and facetime (visiting with her nephew and his parents!), who live in Japan.

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!
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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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!

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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

**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
of the family by offering parent training and parent participation in their child’s program.

Environment visit in exchange for a make-up session.

Click here to schedule TWISPP make-up now!

Upcoming Events

JOIN US FOR OUR

THANKSGIVING FEAST!

WEDNESDAY, NOVEMBER 20, 2019
11:00AM IN YOUR TWISPP CLASSROOM

Bring your favorite fall potluck dish to share!

KIDS WILL START TWISPP AT NORMAL TIME (9AM) AND FAMILIES ARE WELCOME TO JOIN AT 11AM!

SIGN UP AT YOUR TWISPP CLASSROOM!

IF YOU HAVE ANY QUESTIONS, PLEASE ASK YOUR TEACHER
Circle

Concept: Empty and Full

Red

Books: "The Very Hungry Caterpillar"
By: Eric Carle

New Faces: We Welcome You!
Alysha, Erik, Joaquin, Jayton, and Zion

Graduating: We Will Miss You!
Donovan, Malcolm, Mikell, and Miles

Songs for November

Thank You Song
(Sung to: Twinkle, Twinkle, Little Star)
Thank you for the sun so bright,
Thank you for the moon at night.
Thank you for my family,
Thanks for friends who play with me.
Thank you for everything I see,
I am thankful, yes siree!

Autumn Leaves
(Sung to: London Bridge is Falling Down)
Autumn leaves are falling down,
falling down,
falling down.
Autumn leaves are falling down,
Red, yellow, orange and brown

Apples and Bananas
I like to eat, eat, eat apples and bananas
I like to eat, eat, eat apples and bananas
Ted the Turkey
(Sung to: I'm a Little Teapot)
I'm a little turkey, my name is Ted.
Here are my feathers, here is my head.
Gobble, gobble, gobble is what I say.
Gobble, gobble, gobble, it's Thanksgiving Day!

I like to ate, ate, ate ay-ples and ba-nay-nays
I like to ate, ate ay-ples and ba-nay-nays

I like to eat, eat, eat ee-ples and bee-nee-nees
I like to eat, eat ee-ples and bee-nee-nees

I like to ite, ite, ite i-ples and by-ny-nys
I like to ite, ite, ite i-ples and by-ny-nys

I like to ote, ote, ote oh-ples and bo-no-nos
I like to ote, ote, ote oh-ples and bo-no-nos

I like to oot, oot, oot oo-ples and boo-noo-noos
I like to oot, oot oo-ples and boo-noo-noos

November Signs

"Fruit"
Start with an open hand, with your index finger touching your thumb (as if daintily holding a tea cup). Hold your index finger and thumb by the side of your lips, while moving the rest of your hand backwards and forwards.

"Hungry"
Take your hand and make it into a c-shape with your palm facing your body. Start with your hand around your neck and move it down. The sign is a lot like food going down into your stomach.
"All Done"
Start with palms facing in, then turn the hands so that they are facing out.

"Thirsty"
Extend your index finger and move it down from your chin to your tummy. It is like you are tracing the path of the water going down into your stomach.

Monthly OT Tip From Sophia

Loose Leaf Hunt!

Go outdoors, to the park, yard, or sidewalk and go on a loose leaf hunt! Find fallen leaves of different shapes, sizes, and colors. Put them in a bag and when you've collected enough...

- Sorting Game - Play a sorting game by sorting according to size, shape, and color. Make a Card - Glue one or a couple of leaves onto the front of a blank card as a design. Do this by pressing the leaf flat against the paper and using a paintbrush or fingers to spread the glue over it and onto the card. Write a friend, teacher, or family member!

- I Spy - Lay out all the leaves on the floor and play an I SPY game. For example, "I spy a leaf bigger than your hand" or "I spy a leaf that is green/yellow/brown." You can even play and jump on the ones you spy!

- Make a Leaf Crown - Cut a strip of paper that fits around your child's head and have them decorate the paper (with stickers, paint, crayons) and glue on the leaves. Staple the ends of the paper together to make a crown.
Fun with Food!

Pumpkins are still in season!
Make some Baked Pumpkin Seeds!

Ingredients: Medium sized pumpkin, olive oil/cooking spray, salt

1. Choose a medium sized pumpkin of your choice, preheat oven to 350 degrees
2. Pull out pumpkin guts and seeds together into a bowl, if child is sensitive to the wet/sticky texture, have child use a large spoon to help scoop it out
3. Separate the seeds from stringy core
4. Wash seeds and let dry on paper towel for a few minutes
5. Line baking sheet with foil and spray with cooking oil
6. Spread seeds on sheet and lightly coat with oil and salt to taste
7. Bake about 10-20 minutes or until slightly browned and crisp, cool and enjoy!

Monthly Speech and Language Tip From Jodi

Food Glorious Food!

1. How to create MORE communication opportunities during every meal.
   - Cut into pieces VS. whole sandwich
   - Several berries at a time VS. bowl of berries
   - Fill bottle quarter way (request to re-fill) VS. filling the bottle all at once.

2. Placing food IN sight yet OUT of reach.
   Encouraging them to go through YOU in order to get what they want.

3. HOW can our child DO something to GET something. Instead of grunting or grabbing, a child can: point and extend their hand to receive, use a sign, use a word approximation.
Monthly PT Tip from Anne

With the holidays coming up it is important to keep your kids active. The CDC recommends that kids engage in 60 minutes of physical activity a day and most of the physical activity should be moderate to vigorous.

What types of physical activity should kids engage in? Kids should engage in aerobic activities that raise the heart rate and breathing rate, muscle strengthening activities that involve resistance, and bone strengthening activities that involve weight bearing. Examples of such activities include: running, animal walks, climbing and jumping.

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