

Check out our monthly newsletter below!

[View this email in your browser](#)



# FEBRUARY

## **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**



PLEASE JOIN US FOR OUR

# Spring Festival

BOUNCE HOUSE, CRAFTS, FOOD, AND MORE!

**Saturday, February 29th, 2020**  
**10:00am - 12:00pm**

AT OUR WASHINGTON PLACE LOCATION  
11605 WASHINGTON PLACE, LOS ANGELES, CA 90066

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

TALK IS FROM 9:00AM-10:00AM  
ENJOY THE FESTIVAL AFTER!

BRING YOUR FAVORITE SPRING DISH FOR THE POTLUCK.  
SIGN-UPS IN THE TWISPP ROOM AND LOBBY.  
OR RSVP AT 310-337-7115 EXT 166

**Parent Education Program (PEP) Talks**

# TALKING WITH TOYS AND BOOKS

COME LEARN HOW TO ENGAGE YOUR CHILD  
WITH TOYS AND BOOKS!

Tuesday, February 18th at 11:00am  
AT OUR GARDENA LOCATION

Monday, February 24th at 9:15am  
AT OUR CENTINELA LOCATION

Tuesday, February 25th at 11:00am  
AT 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.

---

## Housekeeping Items



# *Therapy West Cancellation Policy*

## Regional Center, School District & Easter Seals:

- i. Clients must maintain 80% attendance.
- ii. 2 no-shows results in immediate removal from schedule.

## Insurances:

- i. Clients must maintain 80% attendance.
- ii. 2 no-shows results in immediate removal from schedule.
- iii. Cancellations more than 24 hours in advance are not subject to a fee.
- iv. Clients are allowed 3 cancellations per calendar year that are given with less than 24-hour notice. Starting on the 4th cancellation, the client will be charged a \$75 fee per session when cancelled with less than 24 hours.

## *Please complete our new 2020 forms!*

**All clients must complete 2020 forms  
for their child to be seen.**

**If the forms are not completed, please  
arrive 15 minutes early to fill out the  
forms in the office. Thank you!**

**Therapy West, Inc. News!**



Bonnie Nakasuji and Rachel Buckner are getting ready for their trip to Ghana to work with children with disabilities in a boarding school called Mephibosheth Training Center. This year, 18 OT students from USC are on the team as well as 11 therapy volunteers (mostly occupational therapists and physical therapists).

---



Welcome Angela!  
Our first occupational  
therapy assistant!

Welcome Kyna!  
Our new TWISPP teacher at  
our Centinela Location!

Welcome Creig and Kiana!  
Our OTD residents!

---

## Staff Spotlight

# Esmeralda

Esme was born and raised in Los Angeles California. She currently attends CSUDH and is pursuing her bachelor's degree in sociology, she will be graduating next Spring. Esme plans to pursue her master's degree in Social Work. When she is not at Therapy West or in school she loves traveling, spending time with family and friends and playing with her dog Coco.



---

## Community Events



Take a Minute...

## Relationships **MATTER!**

YOU are the most important person in your child's life! That is why the relationships between you and your child is an important focus of early intervention.

Spanish TAM video: <https://vimeo.com/190307886>

English TAM video: <https://vimeo.com/172965709>

---

## Westside Regional Center

### Training and Events



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

#### Upcoming Events:

##### SIB Shop

February 8th - Saturday; 9:00am-1:00pm  
Danneker Boardroom, 3rd Floor

##### Let's Talk Self-Advocacy

February 18th - Tuesday; 3:00pm-4:00pm  
Conference Room 4E

##### West L.A. CHADD

February 18th - Tuesday; 6:30pm-9:00am

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 & TWO STEPS

# Valentine's Day Potluck Brunch

FRIDAY, FEBRUARY 14TH, 2020  
11:00AM IN YOUR TWISPP CLASSROOM

If your child is scheduled this day, they will start twispp at 9am and families are welcome to join at 11am!  
If your child is not normally scheduled, we would love to have you join at 11am!

Sign up to bring your favorite potluck dish at your TWISPP classroom!

If you have any questions, please ask your TWISPP teacher or call us at 310-337-7115 ext. 166.



## FEBRUARY feelings

**Shape:**

**Books:**

**Heart**

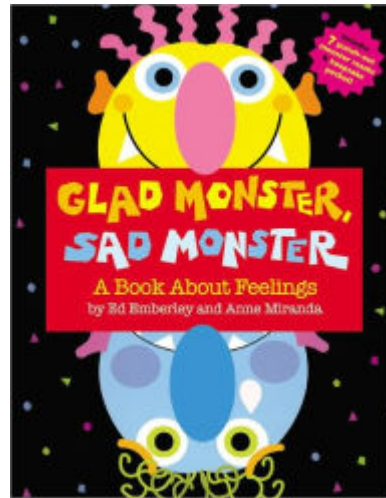
**Color:  
Pink**

**Concept:  
Yes and No**



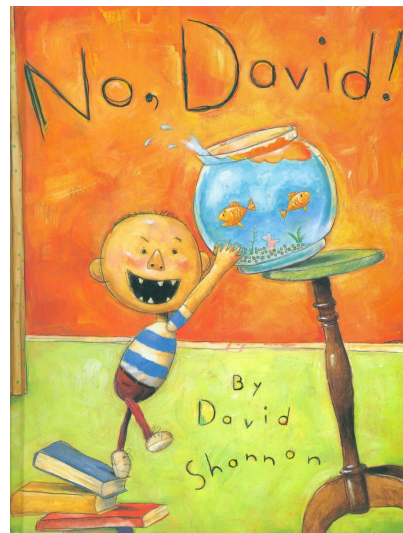
## "Glad Monster, Sad Monster"

by Ed Emberley



## "No, David!"

by David Shannon



**New Faces: We Welcome You!**  
Alisha, Dash, Isaac, Jack, and Katarina,

**Graduating: We Will Miss You!**  
Adrian, Cristian, Jayden, Jayla, John, Jordan, Kendall, Noah,  
Sebastian, Zion, and Zayne

# Songs for February

## I LOVE YOU (BARNEY)



I love you  
You love me  
We're a happy family  
With a great big hug  
And a kiss from me to you  
Won't you say you love me too

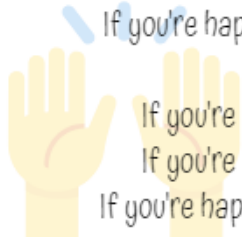


I love you  
You love me  
We're best friends like friends should be  
With a great big hug  
And a kiss from me to you  
Won't you say you love me too

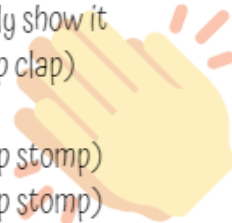
## IF YOU'RE HAPPY AND YOU KNOW IT

If you're happy and you know it, clap your hands (clap clap)  
If you're happy and you know it, clap your hands (clap clap)  
If you're happy and you know it, then your face will surely show it  
If you're happy and you know it, clap your hands. (clap clap)

If you're happy and you know it, stomp your feet (stomp stomp)  
If you're happy and you know it, stomp your feet (stomp stomp)  
If you're happy and you know it, then your face will surely show it  
If you're happy and you know it, stomp your feet. (stomp stomp)



If you're happy and you know it, shout "Hurray!" (hoo-ray!)  
If you're happy and you know it, shout "Hurray!" (hoo-ray!)  
If you're happy and you know it, then your face will surely show it  
If you're happy and you know it, shout "Hurray!" (hoo-ray!)



# February Signs





### "Happy"

To sign *happy*, take your extended hand and brush it in little circles up your chest a couple of times.



### "Sad"

The *sad* sign looks like you are making tears fall down your face. Take both hands with fingers outstretched, and pull them from above your eyes down to about chest level. With emotional signs such as *sad*, you should make facial expressions that match the sign. Make a droopy face with downcast eyes while you make the *sad* sign.

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

---

## Monthly OT Tip From Sophia



# Flower Fun!

- Flower Bracelet: put masking tape sticky side up on child's wrist and go out together picking different flowers to stick onto the bracelet.
- Watering Flowers: fill a watering can or container with water and have child help to water plants and flowers, focusing on pouring a little or a lot.
- Planting: get shovels to dig together in soil to plant a seed, allowing child to explore texture of the soil and hiding seeds inside.
- Valentine Cards: Pick a flower or get a picture of one to paint on a card like a stencil using paint.

---

Montly Speech and Language Tip From Jodi

## **Let's talk about time!**

We can associate routine, familiar, and repetitive tasks with the different times of the day. Build an understanding and bombard your child with information about; WHEN, WHY, HOW. These can be more abstract and difficult questions to answer later on. Build a solid foundation of their meaning now.

WHEN do you eat breakfast?

HOW do you brush your teeth?

WHY do you go to sleep?

---

## **Monthly PT Tip from Anne**

**BUBBLE PLAY:**

you can stomp them, reach up on tip toes and pop them, stand on one leg and pop them with your toes, and chase them!

**SCAVENGER HUNT:**

hide things around the house and incorporate steps/stairs, climbing on/off, over/under, walking around obstacles, stepping over obstacles, etc.

**TOSSING GAME:**

use household items such as a laundry basket to make the target and use balls, bean bags, or small stuffed animals to toss into the basket/bucket/etc. You can make it easier or harder by changing the distance of the target as well as the size of the target.

---

## 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](#)



*Copyright © 2016 Therapy West, Inc. All Rights Reserved.*

**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](#)