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Located at:

11460 West Washington Boulevard, Los Angeles, CA 90066

18333 South Main Street, Gardena, CA 90248

310.337.7115





Sign up for our newsletter

[Here](#)





COVID-19 REPORTING FORM

DEAR PARENTS;
IN ORDER TO DECREASE THE TRANSMISSION OF
COVID 19, WE HAVE DEVELOPED A FORM FOR
EASE OF COMMUNICATION ABOUT EXPOSURE TO
THE VIRUS. HERE IS THE LINK FOR YOU TO
COMMUNICATE DIRECTLY WITH US WHEN YOU OR
YOUR CHILDREN HAVE TESTED POSITIVE TO
COVID 19. THANK YOU FOR YOUR COOPERATION
WITH THIS MATTER.

PLEASE VISIT THE LINK BELOW



COVID REPORTING LINK

Therapy West Cancellation Policy

Regional Centers, School District, and Easter Seals:

- Clients must maintain 80% attendance.
- 2 no-shows will result in immediate removal from schedule.

Insurances:

- Clients must maintain 80% attendance.
- 2 no-shows results in immediate removal from schedule.
- Cancellations made more than 24 hours in advanced are not subject to a fee.
- 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 within less than 24 hours.

TWISPP SICK POLICY

For the health and safety of you, your child, and all our families, we ask that you please keep your child home if they exhibit any symptoms of being ill including:

- Fever
- Wheezing or shortness of breath
- Hard cough
- Runny nose with yellow/green mucus
- Diarrhea or vomiting
- Redness or discharge in eyes (conjunctivitis)
- Sore throat or swollen glands
- Undiagnosed rashes
- Open sores
- Head lice and/or nits (must be completely cleared)

They can return when they are well and/or have a note from their pediatrician stating they are not contagious (For example, they do not have COVID, a respiratory virus, flu, rash, head lice, etc.)

If your child is positive with COVID (symptomatic or asymptomatic), they can return:

- After 5 days of isolation (the first day of symptoms is day "0"),
- PLUS fever free without fever reducing medication for at least 24 hours
- PLUS a negative COVID antigen test on day 6. They will have to be able to wear a well-fitting mask before, during, and after therapy when around others.
- If the COVID test on day 6 is positive, they must remain at home until they have completed 10 days of isolation.

If you will be keeping your child home from TWISPP, please make sure to let us know by calling and leaving a voicemail (310-337-7115 ext.361) OR by emailing us (twispp@therapywest.org) by 8:00am the morning of.

Thank you for your cooperation in keeping everyone safe and healthy!

When your child is no longer sick, we are happy to provide make up classes for the days they missed. Just ask your TWISPP teacher if there is space.

MONTHLY OT/PT/ST TIPS!!!

Occupational therapy tip!

WHAT IS OCCUPATIONAL THERAPY?!

Occupational therapists support children who have delays in the areas of fine motor skills, sensory processing, oral motor skills etc. that impact their functioning in their daily activities. The goal is to improve their participation and independence in the areas of play and daily activities that may have been impacted by a variety of diagnoses such as developmental delays, Downs syndrome, autism spectrum disorder, ADHD, feeding disorders, cerebral palsy, hemiplegia etc.

Some things that OTs work on:

- Fine motor skill development for grasping and manipulation
- Oral motor skills and picky eating
- Sensory sensitivities and delayed registration of sensory input
- Calming and self-regulation skills
- Dressing, bathing and grooming activities
- Engagement in play

physical therapy tip!

LET'S STAY ACTIVE!

With the weather warming 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
- Bone strengthening activities that involve weight bearing.

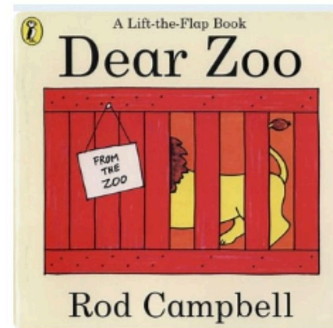
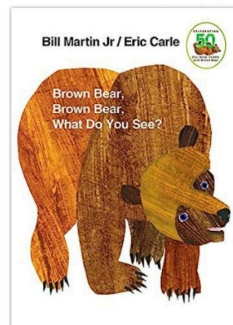
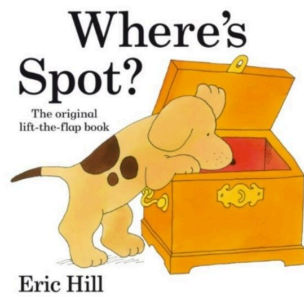
Examples of such activities include: running, animal walking, climbing, and jumping!



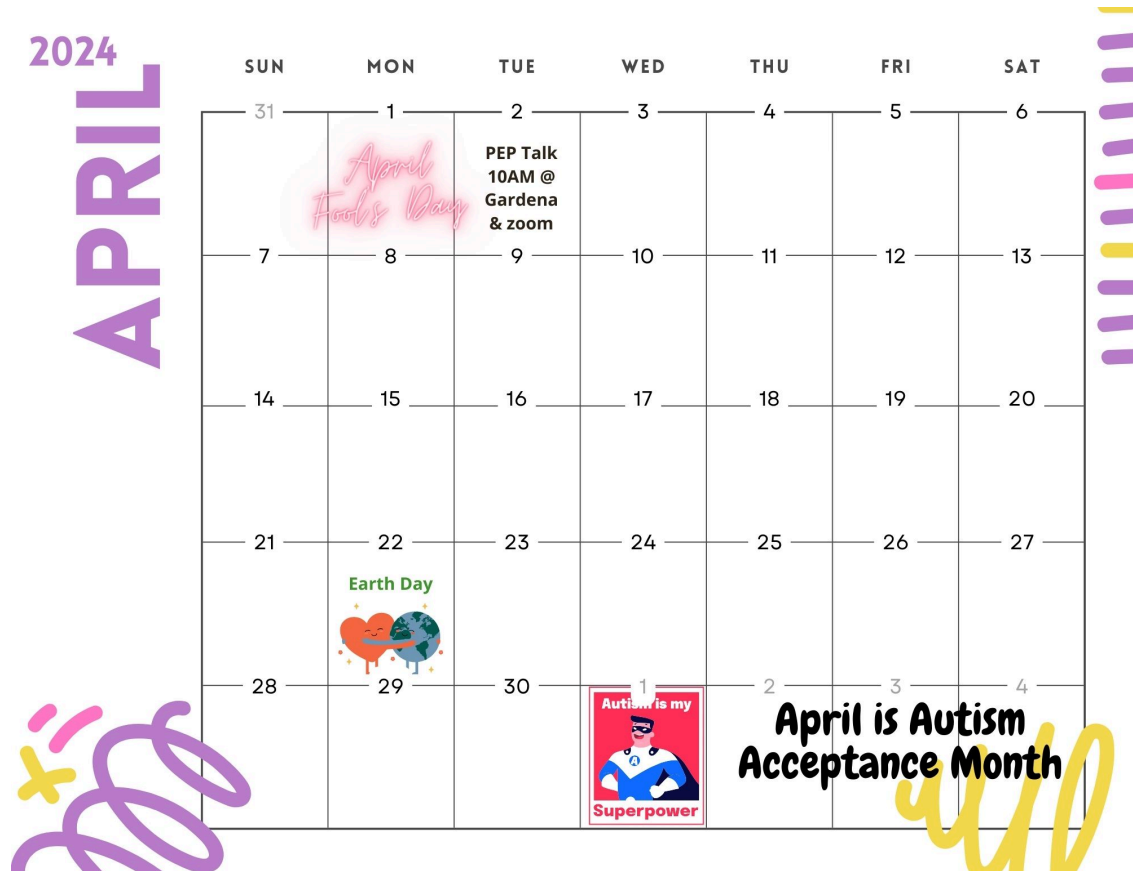
speech therapy tip!

HOW TO USE BOOKS

- If you're child can't sit for a book
 - DO NOT read it word for word
 - INSTEAD label ONE word/environmental noise on the page
 - PAUSE & WAIT!!
 - Repeat
- if you're child can sit for a book
 - You could read the sentence but keep it short (2-4 words)
 - read the same book all week
 - towards the end of the week- as you're reading start the sentence and then give your child the opportunity to finish the sentence



CALENDAR OF EVENTS



TWISPP MONTHLY THEME



MONTHLY THEME

THEME:
Gardening

CONCEPT:
In & Out

COLORS:
Green

SHAPE:
Oval

BOOKS OF THE MONTH

"Growing Vegetable Soup"

SONGS OF THE MONTH

"5 Little Ducks," "5 Green and Speckled Frogs," "Baby Bumble Bee," "Little Bunny Foo Foo," "Itsy Bitsy Spider"

BAYLEY CHILD UPDATES

As you know we complete developmental assessments for your child to track progress and see where needs are. Please contact your Teachers to set-up a time with a Therapist to discuss your child.



PEP TALKS

Establishing Daily Routines

Come learn more about strategies to help your child!

Tuesday, 04/03, 11:15am
at our Washington Location
& via zoom



IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE GIVE US A CALL AT (310) 337-7115 EXT. 166 OR EMAIL US AT TWISPP@THERAPYWEST.ORG

TWISPP PEP TALK SCHEDULE



The graphic is a monthly schedule for PEP Talk, set against a light brown, textured background. At the top, the text 'PEP Talk' is written in a large, elegant script. Below it, 'Monthly Schedule' is in a bold, sans-serif font, followed by 'First Tuesday of every month' in a smaller script. The schedule is organized into six rows, each representing a month from January to June. Each row has a brown rectangular box on the left containing the month's name. To the right of each box is a white rectangular box containing the session format and the topic. The topics are: 'Sensory strategies' for January, 'Integrating language into play' for February, 'GM development/safety' for March, 'Establishing daily routines (feeding, sleep..)' for April, 'Stepping stones for communication/Basic signing helps language' for May, and 'Summer activities for home' for June. The website 'Therapywest.org' is centered at the bottom of the graphic. Decorative elements include green leaf illustrations on the left and right sides and sunburst patterns in the top corners.

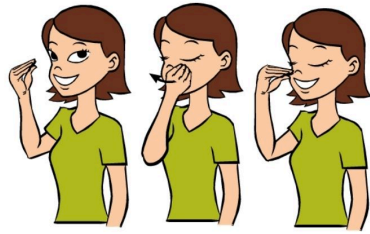
PEP Talk
Monthly Schedule
First Tuesday of every month

January	GN in person-WN zoom Sensory strategies
February	WN in person-GN zoom Integrating language into play
March	GN in person-WN zoom GM development/safety
April	WN in person-GN zoom Establishing daily routines (feeding, sleep..)
May	GN in person-WN zoom Stepping stones for communication/Basic signing helps language
June	WN in person-GN zoom Summer activities for home

Therapywest.org

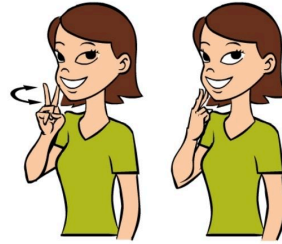
AMERICAN SIGN LANGUAGE

Learn Sign Language



"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 another. It is as if you are smelling that flower in one nostril, then in the other nostril..



"Vegetable"

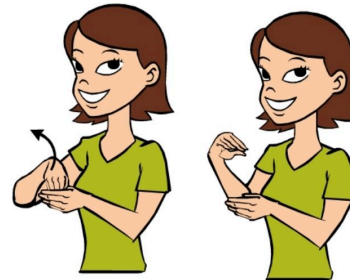
To sign vegetable, make your strong hand into a V shape with the middle finger and index finger. Put the index finger to the side of your lip. Perform the sign by twisting your V back and forth.

Learn Sign Language



"In"

The generic sign for in is signed by making your non-dominant hand into a cup shape. Then dominant hand with fingers touching, and place them inside the cup.



"Out"

Out begins by making you non-dominant hand into a cup. Then start with your dominant hand, fingers touching and inside the cup. Make the sign by moving your dominant hand fingers from the starting position outside the cup.

MEET OUR STAFF

SARAH

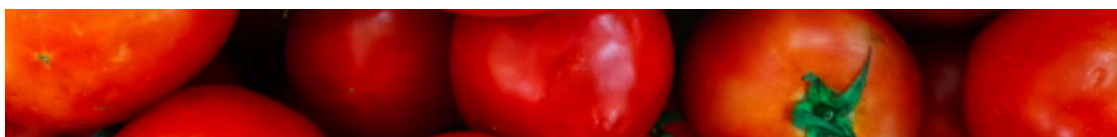


My name is Sarah and I've been working as an occupational therapist at Therapy West since November 2023. In my free time, I love to rock climb, run, and hang out with the kids I babysit. But of course, my favorite thing to do is play with our TWISPP kids! You can find me at the Washington location.

COMMUNITY EVENTS



PARTICIPATING LOCATIONS



Tomatomania

📍 Underwood Family Farm



Fri, Apr 5 - 7

9:00am - 5:00pm

Free

[WEBSITE](#)

FULL DESCRIPTION

The world's largest traveling seedling show is coming back to Underwood Family Farm's Moorpark and Somis Farm Centers. Tomatomania will pop up bringing specialty and obscure tomato plant varieties including cherry, grape and heirloom. Not only will there be an abundance of unique tomato plants available, but normal everyday garden varieties as well. There is no admission or ticket required to attend.

While at the farm, make sure to stop by the Animal Center and visit the Farm Market for fresh produce.



**2024
Cherry Blossom
Festival**

A Celebration of Japanese Culture
Food • Vendors • Performances

April 13
Saturday
3pm - 8pm

Plaza West Covina
112 Plaza Dr
West Covina, CA 91790

ESGVJCC

PLAZA
WEST COVINA

FOR MORE INFORMATION OR QUESTIONS, CONTACT EVENTS COORDINATOR
DAI DAVILA AT DDAVILA@ESGVJCC.ORG OR CALL (826) 960-2566

West Covina Cherry Blossom Festival

📍 Plaza West Covina



Sat, Apr 13

3:00pm - 8:00pm

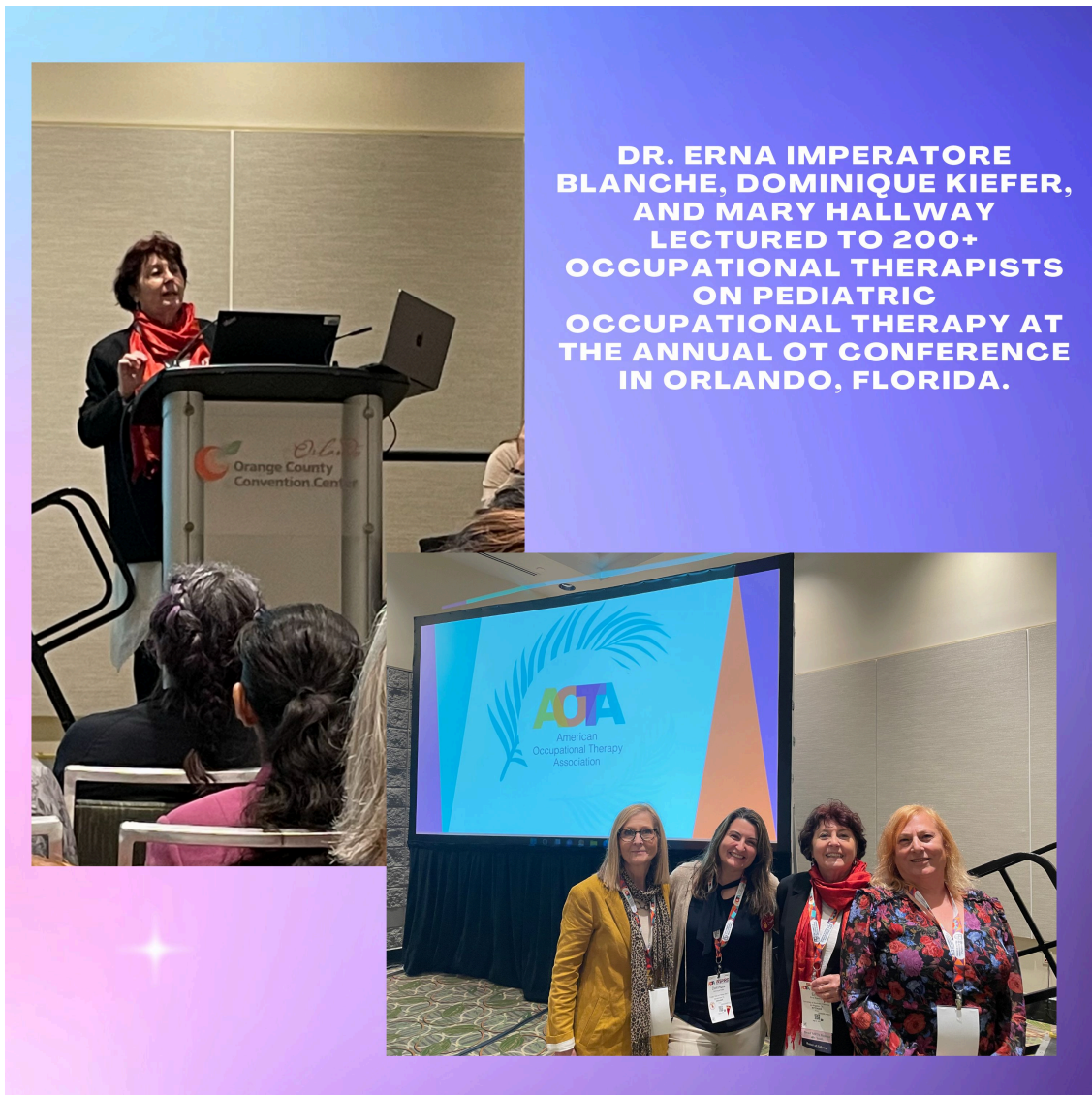
Free

[GET TICKETS](#)

[WEBSITE](#)

THERAPY WESTERS SPREADING THE WORD...





**DR. ERNA IMPERATORE
BLANCHE, DOMINIQUE KIEFER,
AND MARY HALLWAY
LECTURED TO 200+
OCCUPATIONAL THERAPISTS
ON PEDIATRIC
OCCUPATIONAL THERAPY AT
THE ANNUAL OT CONFERENCE
IN ORLANDO, FLORIDA.**

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