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Therapy West, Inc. & pLAy Studio

Located at:

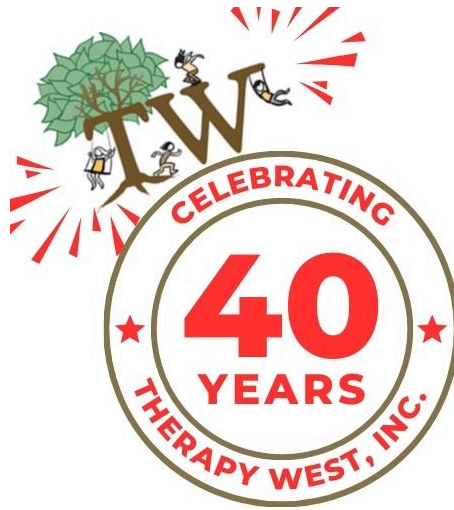
11460 West Washington Boulevard, Los Angeles, CA 90066
18333 South Main Street, Gardena, CA 90248
310.337.7115



Sign up for our newsletter

[Here](#)





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.



Client Review

We value your feedback and are eager to hear from you. Whether you have suggestions for improvement or want to share positive experiences, please click on the link below to provide your input regarding Therapy West staff or therapists. Your opinions are important to us.

[Leave a review here!](#)

Now Enrolling!

We have immediate availability in our center based program (TWISPP) at both of our locations!

GARDENA
(vendor code HW0528)
Monday - Friday
9:00am-11:45am
LOS ANGELES
(vendor code H19268)
Monday-Friday
9:00am-11:45am



If you have any questions or would like to send referrals, please call us at 310-337-7115 ext. 166 or email us at twispp@therapywest.org

As always, thank you for all your referrals!

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, Down's 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!

WHY YOU SHOULDN'T 'W' SIT



What is 'W' sitting?

- When a child sits on the floor with their bottom between their feet with their knees bent and hips turned in
- See picture to the left

Why is 'W' sitting bad?

- Limits active trunk control and development of the trunk/core musculature required for independent sitting.
- Can lead to tightness and contractures of the hamstrings, heel cords and internal rotators of the hip which can affect their balance, coordination, and development of motor skills
- Decreases the amount of trunk rotation and their ability to cross midline
- Can lead to knee pain and injuries during adolescence and on into adulthood
- Can limit active participation in activities as mobility is limited

Why do children 'W' sit?

It gives the child a wide base of support to compensate for:

- Low muscle tone
- Hypermobile joints
- Poor sitting balance
- Poor trunk control/strength/endurance



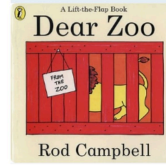
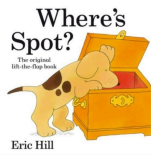
What are alternative positions?

- Taller sitting (aka 'Criss Cross Applesauce')
- Bench sitting (sitting on a chair, yoga block, etc.

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

March 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
	4 PEP TALK OWN GN-ZOOM					
10 St. Patrick's Day						

TWISPP MONTHLY THEME








THIS MONTH...

THEME: ANIMALS
CONCEPT: FAST & SLOW
COLOR: BROWN
SHAPE: SQUARE

BOOKS OF THE MONTH

"Peek-a-Zoo"
by Marie Torres Cimarusti

"Peek-a-Moo"
by Marie Torres Cimarusti

SONGS OF THE MONTH

"5 Little Monkeys"
"Little Green Frog"
"Old MacDonald"
"5 Green and Speckled Frogs"

SPRING FESTIVAL
JOIN US!!

Please check in with your teachers at your locations for day and time to be announced.

BOUNCE HOUSE, POTLUCK, GAMES, CRAFTS & A SPECIAL TALK TO BE ANNOUNCED
SIGN UP WITH YOUR TEACHERS!!



ST. PATTY'S DAY

is on
Monday,
March 17th, 2025!

Don't forget to wear something green on Monday 3/17!

PEP TALKS

March 4TH, 2024
Presented by: Lizzy Mayes in person at WW and via zoom

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE GIVE US A CALL AT: (361) 337-7213 ext. 361 OR EMAIL US AT twispp@therapyswest.org

AMERICAN SIGN LANGUAGE

Learn Sign Language



"Monkey"

The sign for "monkey" is pretty easy to do - just move like one!

1. Bend both elbows in to your sides, fingertips down near your waist and curled slightly like monkey paws.
2. Pull your hands up to your armpits and back down a few times.

"Bear"

1. Cross your arms and touch your hands to shoulders (left hand to right shoulder, right hand to left shoulder)
2. Keep fingers open, palms down, so they look a little like claws.
3. Scratch your shoulders with your bear claw!
4. The sign ends with fingers in a claw shape.

Learn Sign Language



"Fast"

Fast looks like you are putting away a pair of six-shooters in a cowboy movie. You start with your hands in a fist with the index and thumbs extended. Your start with hands in front of your body and pull back toward your torso with your index fingers curling inward at the same time.



"Slow"

We sign slow by placing our non-dominant arm in front of us with palm down then moving our dominant hand slowly and gently from the tip of our non-dominant all the way to the bend of our arm.

MEET OUR STAFF



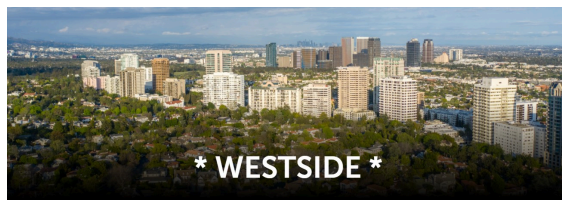
DOMINIQUE BLANCHE KIEFER IS A CO-OWNER OF THERAPY WEST, INC IN LOS ANGELES, CA AND THERAPY WEST 2, LLC IN ORLANDO, FL. SHE GRADUATED WITH A BACHELOR OF SCIENCE IN ENGINEERING FROM BROWN UNIVERSITY AND ALSO HOLDS A MASTERS AND DOCTORATE DEGREE FROM THE USC CHAN DIVISION OF OCCUPATIONAL SCIENCE AND OCCUPATIONAL THERAPY. SHE HAS BEEN A CLINICIAN FOR OVER 20 YEARS, PROVIDING TREATMENT TO CHILDREN IN THE SCHOOL, HOME AND CLINIC SETTING. SHE LECTURES EXTENSIVELY IN SPANISH AND ENGLISH AND HAS CO-AUTHORED SEVERAL PUBLICATIONS. SHE IS RECOGNIZED AS AN EXPERT IN THE ASSESSMENT AND TREATMENT OF SENSORY PROCESSING AND SENSORY INTEGRATION FROM BOTH A SCHOOL-BASED AND CLINIC-BASED PERSPECTIVE. SHE WAS ONE OF THE ORIGINAL AUTHORS/DIRECTORS OF THE VIDEO "A. JEAN AYRES: THE PIONEER BEHIND SENSORY INTEGRATION" AND HER INTERESTS CONTINUE TO FOCUS ON SENSORY INTEGRATION, SENSORY PROCESSING AND THE DEVELOPMENT OF ASSESSMENT TOOLS.

TWISPP EVENTS

COMMUNITY EVENTS



PARTICIPATING LOCATIONS



* WESTSIDE *


Westside Events Here!!



South Bay Events Here!!



South LA Events Here!!

 <p>REGAL my way matinee a sensory friendly place where I can be ME! Free to move & talk • Lower sound • Brighter lights</p>	<p>Sensory-Friendly Movies</p> <p>Regal's My Way Matinee gives everyone the opportunity to experience a movie with the lights turned up and the volume turned down. This becomes a safe space where our guests are free to express themselves by singing, crying, dancing, walking around, talking or shouting while enjoying Hollywood's latest films!</p> <p>These showings will be the first show of the day on select Saturdays each month at participating locations.</p>
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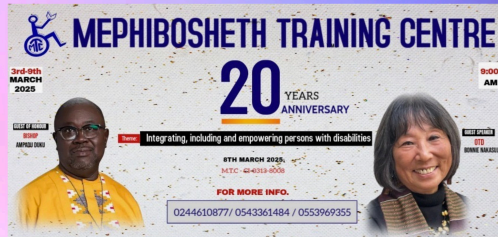
Showings here





DOMINIQUE KIEFER, ERNA BLANCHE AND GUSTAVO REINOSO TAUGHT A ONE DAY WORKSHOP TO LAUSD THERAPISTS ON THE USE OF THE STRUCTURED OBSERVATIONS OF SENSORY INTEGRATION (SOSI) ON FEBRUARY 11.

BONNIE NAKASUJI WILL BE SPEAKING AT THE 20 YEAR ANNIVERSARY CELEBRATION OF MEPHIBOSHETH TRAINING CENTER (BOARDING SCHOOL IN GHANA FOR KIDS WITH DISABILITIES) ABOUT THE SCHOOL'S COLLABORATION WITH OT AND USC



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Our mailing address is:
11460 West Washington Blvd., Los Angeles, CA 90066*

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