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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

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connect with us

Click icon below



# Sign up for our newsletter

Here

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# Housekeeping

I T E M S

REMHINDER

**Please fill  
out your  
2026 Client  
Forms**

Link is below  
password: therapy

2026 Forms

# 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](mailto: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: 18 months- 3 years) 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](mailto:twispp@therapywest.org)

As always, thank you for all your referrals!



**Need Help**  
for Yourself or Your Child?

## Resources & Services

**Mondays & Weds (11:00am–7pm)**  
**Thursdays (10am – 1:00pm)**

**Therapy West, Inc. has a new MSW Intern**  
**Jennifer St. Jude (Ask Office Staff for Info.)**



- **Understanding Autism & DD/ID**
- **Benefits – Resources - Referrals**
- **Emotional or Behavioral Problems**
- **School Issues**
- **Insurance Problems**
- **Regional Center or SDP Info.**
- **Other Questions or Concerns**



**MONTHLY OT/PT/ST TIPS!!!**

# Occupational therapy tip!

👩🏻 Try These OT-Friendly Strategies at Home

☀️ DAY = MOVE & PLAY

Use during mornings and daytime routines:

Jump, climb, or dance and say: "It's daytime! Our bodies move and play."

Go outside and talk about the sun, light, and warmth

Use heavy work (pushing a laundry basket, carrying toys) and label it as daytime work

Key words to model: day, sun, light, awake, move, play

🌙 NIGHT = CALM & REST

Use during evening routines:

Dim the lights and say: "It's nighttime. Our bodies slow down."

Do calming sensory activities:

Deep pressure hugs

Lotion massage

Slow rocking

Pair pajamas, books, and bedtime with the word night

Key words to model: night, moon, dark, calm, sleep, bedtime

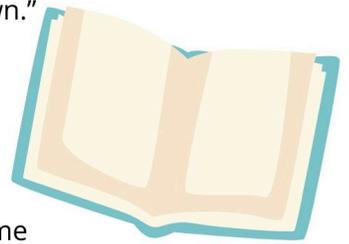
🔄 Use Routine + Repetition

Use the same words every day

Pair movement for day and calming input for night

Visuals, songs, and repetition help the concept stick

💡 OT Tip: When a child feels the difference between day and night in their body, understanding comes faster!



# Physical therapy tip!

☀️ Early Intervention PT Parent Tip: Teaching Day and Night Through Movement

Children learn best when concepts are paired with movement and body awareness. You can help your child understand day and night by connecting these words to how their body moves during daily routines.

## 👉 DAY = ACTIVE MOVEMENT

Use these ideas during morning and daytime routines:

Big movements: Jumping, climbing, running, crawling

Say: "It's daytime! Our bodies move and play."

### Strength activities:

Pushing a toy cart, pulling a wagon, carrying toys

Say: "We use our strong muscles during the day."

### Outdoor play:

Walking, playground time, riding toys

Talk about the sun, light, and being awake

Words to model: day, sun, light, awake, move, strong

## 🌙 NIGHT = SLOW & CALM MOVEMENT

Use these ideas during evening routines:

### Slow movements:

Gentle stretching, rocking, slow walking

Say: "It's nighttime. Our bodies slow down."

### Body awareness:

Gentle joint compressions, deep pressure (as appropriate)

Pair with dim lights and quiet voices

### Transition to rest:

Walking to the bedroom, climbing into bed, lying down

Words to model: night, moon, dark, slow, rest, sleep

## 🔄 Build Learning Through Routines

Use the same words every day

Pair fast/big movements with day and slow/quiet movements with night

Repetition helps your child understand both the concept and their body

💡 PT Tip: When children experience movement changes in their body, they better understand abstract concepts like day and night.



# Speech therapy tip!



## Teaching the Concepts Day and Night

Young children learn best through repetition and daily routines. You can help your child understand the concepts day and night by pairing words with activities they already know.

👨👩 How Parents Can Help at Home

🗣️ Talk About It

Day: "It's daytime. The sun is out. We play and eat during the day."

Night: "It's nighttime. The moon is out. We sleep at night."

👁️ Use What You See

Point out the sun, moon, and stars.

Look at pictures in books or draw a sun ☀️ and moon 🌙 together.

🔄 Pair With Routines

Use the words day and night during everyday activities.

Repeat often — learning concepts takes time!

❓ Ask Simple Questions

"Is it day or night?"

"Do we sleep at night or during the day?"

(Offer choices if your child needs help.)

💡 Tip: Celebrate small successes and keep learning fun!



## CALENDAR OF EVENTS

2026

# January

Sun	Mon	Tue	Wed	Thu	Fri	Sat
28	29	30	31	1 	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19 TW Closed in Observance of MLK day	20	21	22	23	24
25	26	27	28	29	30	31

**TWISPP MONTHLY THEME**

# Happy New Year!

## PEP TALK:

### What do you want to learn more about??

Please let your teachers know :)

.....  
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.

## This Month

**THEME:**  
clothing

**CONCEPT:**  
on and off

**COLORS:**  
white

**SHAPE:**  
triangle

### BOOKS OF THE MONTH

"The Snowy Day"  
by Ezra Jack

"Maggie and Michael  
Get Dressed"  
by Denise Fleming

### SONGS OF THE MONTH

"I'm a Little Snowman"

"Winter Snow"

"Snowflakes, Snowflakes"

## TWISPP CLOSED ON:

**Thursday, 01/01/2026  
and  
Monday, 01/19/2026**

If your child is scheduled to come to class on one or more of these days, please talk with your teacher to reschedule your class.

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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](mailto:TWISPP@THERAPYWEST.ORG)

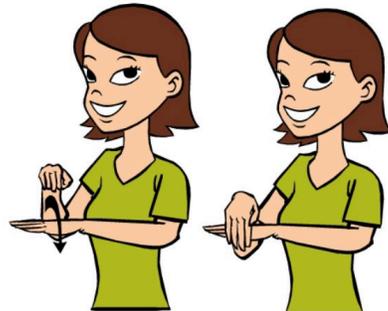
**AMERICAN SIGN LANGUAGE**

# Learn Sign Language



## "Day"

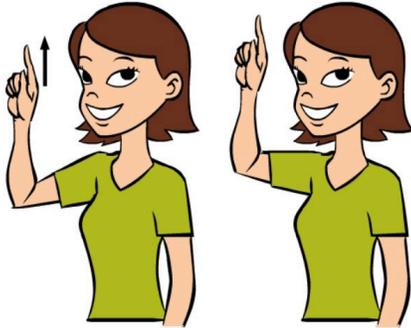
The sign for day uses both hands and arms. The pointer of your left arm connects to the right arm elbow. With your right pointer in the air, you will move the arm down.



## "Night"

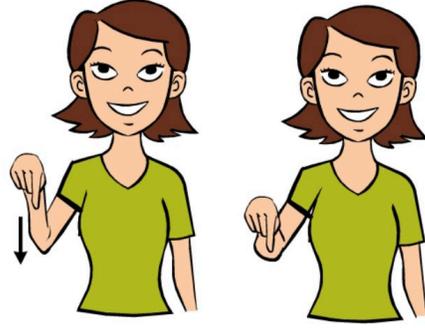
The sign for night is made by holding your nondominant arm horizontally, palm down, pointing to the side. (If you are right handed, that means your left arm would be pointing toward the right.) Put your dominant hand's wrist on the back of your nondominant hand, fingertips pointing down.

## Learn Sign Language



### "Up"

The sign for up is made by taking your index finger and aiming it skyward. Raise and lower your arm so it is like you are pointing up at the sky.



### "Down"

To sign down simply point your index down and move your hand in a downward motion.

**MEET OUR STAFF**

# ANDREA



Hi! My name is Andrea. I am one of the newly recent teacher aide's at TWISPP. Working with children is a great passion of mine, I am so excited to be here at Therapy West! I am in my last year at CSUN going after my undergrad degree in Psychology and my goal is to prioritize after my masters in MFT or Social Work. During my pastimes, I enjoy mindfulness yoga, exploring new shops like for coffee, window shopping, and looking for pottery classes. I also love food and my current interest is trying new cultural foods :). I look forward to my time here at Therapy West.

## COMMUNITY EVENTS



PARTICIPATING LOCATIONS



Westside Events Here!!



## \* SOUTH BAY \*

South Bay Events Here!!



## \* SOUTH LA \*

South LA Events Here!!

A promotional graphic for Regal's My Way Matinee. It features the Regal logo at the top, followed by the text 'my way matinee' in a playful, colorful font. Below that is the tagline 'a sensory friendly place where I can be ME!' and a list of features: 'Free to move &amp; talk • Lower sound • Brighter lights'.

### Sensory-Friendly Movies

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!

These showings will be the first show of the day on select Saturdays each month at participating locations.

Showings here

## COMMUNITY EVENTS

THE THERAPY WESTERS  
SPREADING THE  
WORD...



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

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