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Located at:

11460 West Washington Boulevard, Los Angeles, CA 90066

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310.337.7115



Email



Website



Instagram



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Here



2026

SEPTEMBER

★ Congratulations

to our newest
Doctors of Occupational Therapy



We are so proud to celebrate the successful completion of their Doctoral Capstone Projects and Experiences. We are incredibly grateful for the dedication, compassion, and commitment they have shown to our clients and families throughout their time with us. We wish them continued success and all the best as they begin this exciting next chapter in their careers!





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!](#)



THERAPY WEST, INC.

**THERAPY WEST, INC.,
NOW ACCEPTS SELF-
DETERMINATION
FUNDING FROM THE
REGIONAL CENTERS.
IT CAN BE USED FOR
GROUPS SUCH AS
THE SOCIAL GROUPS
AND THE SATURDAY
CAMP**

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

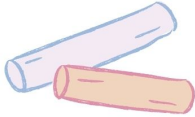
As always, thank you for all your referrals!

MONTHLY OT/PT/ST TIPS!!!

occupational therapy tip!

*Remember to make it a fun experience for the child and supervise all activities for safety.

September is back to school month! It's a great time to support your child's fine motor, visual motor skills which are important for school tasks such as handwriting! See below for some fun back to school activity suggestions to help children build their fine motor skills for handwriting



FOR TODDLERS:

Work on pre-writing skills such as grasping small objects, use small broken crayons to color to encourage development of using a more refined grasp on objects, draw and scribble on large surfaces such as butcher paper, chalk on the sidewalk to work on strengthening their upper extremity muscles as these are also important if development and support of more refined skills at the hand



FOR SCHOOL AGED KIDS:

Practice writing or drawing in different ways without using a pencil! Draw in the sand with a stick or finger, make letters and shapes out of different media (e.g., playdoh, popsicle sticks, wikki stix), make a 'clay tray' and draw on it (flatten clay in a baking sheet or pie tin until about 1/2 " to 1 " thick)

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?

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

speech therapy tip!

DIRTY CLOTES, CLEAN CLOTHES

communication opportunities



WHOSE CLOTHES IS IT?

Incorporate pronouns and people concepts such as mine, yours, Mom's, Dad's, brothers, sisters, etc. when sorting laundry into piles

WHERE DOES THE CLOTHING GO?

Create the opportunity to talk about clothing and body parts they go on. such as- "socks go on your feet"

CONCEPTS

- pronouns
- colors
- sizes
- right/left
- same/different
- body parts

CALENDAR OF EVENTS



TWISPP MONTHLY THEME

September 2026

THIS MONTH

THEME:
ALL ABOUT ME

CONCEPT:
BODY PARTS

COLORS:
PURPLE

SHAPE:
OVAL

BOOKS OF THE MONTH

"From Head to Toe"
by Michael Rosen

SONGS OF THE MONTH

"Head, Shoulders, Knees, and Toes"

"Hokey Pokey"

"Put Your Finger On Your Nose"

PEP TALKS

CHECK IN WITH YOUR TEACHER TO
SIGN UP



if you cannot attend in person- a zoom link
will be provided for your convenience.
Please inquire with your teacher.

REMINDER:

TWISPP IS CLOSED ON
MONDAY, 09/07/2026

IN OBSERVANCE OF
LABOR DAY

If your child is schedule this day,
please talk with your TWISPP
teacher to reschedule to another
day (if space is available).

If you have any questions or
concerns, please give us a call at
(310) 337-7115 ext. 361 or email us at
twispp@therapywest.org

AMERICAN SIGN LANGUAGE

Learn Sign Language



"Feet"

To do the baby sign for Feet, Point with
the index of dominant hand in the
direction of the feet.



"Nose"

To do the baby sign for nose, point to the nose
with index of dominant hand.



MEET OUR STAFF

MIKE

Mike earned his B.S. in Neuroscience from UCLA in 2020, where he developed a love for research in neuroscience and particularly related to neurodevelopmental differences. He recently completed his M.S. in Occupational Therapy at California State University, Dominguez Hills. His passion for working with children and families extends beyond occupational therapy through his involvement in church community, where he walks with families affected by a variety of impairments to promote inclusion and full participation. He similarly values relationships, evidence-based practice, and family-centered care in his work at Therapy West. Outside of work, Mike is a lifelong Dodgers fan and loves spending time outdoors on walks with his wife, toddler, and newborn twins.



COMMUNITY EVENTS



PARTICIPATING LOCATIONS



Westside Events Here!!



South Bay Events Here!!



South LA Events Here!!

The logo for Regal's My Way Matinee. It features the Regal logo (a red 'R' in a circle) and the word "REGAL" in red. Below it, the words "my way" are in a playful, colorful font, and "matinee" is in a larger, colorful font. A tagline reads "a sensory friendly place where I can be ME!". At the bottom, it says "Free to move & 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

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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