

Touch A Truck Event



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Thank you to all the organizations and CTC staff volunteers who made our Touch A Truck event so successful. And many thanks to the kids and families for coming and enjoying the fun!



Organizations: Peters Township School District(bus), Peters Township Public Works, Peters Township Fire Department, Peters Township Police Department, Washington County Ambulance and Chair, Estes Trucking (Terry Tennant), and Gobby Chiropractic. CTC staff: Marcie, Steve, Lisa H., Jenna B., Jen C., Jamie, Carley, Kara, Sara K., and Stacie.



Amazon Wish list

Washington Health System Foundation created an Amazon wish list account, on behalf of Children's Therapy Center, to help obtain new toys and supplies to use during therapy appointments. A donation from this list will directly benefit the children and families CTC serves. To donate, please scan this QR code and feel free to share with friends and family.



Thank you in advance for considering a donation.

CTC Superstars



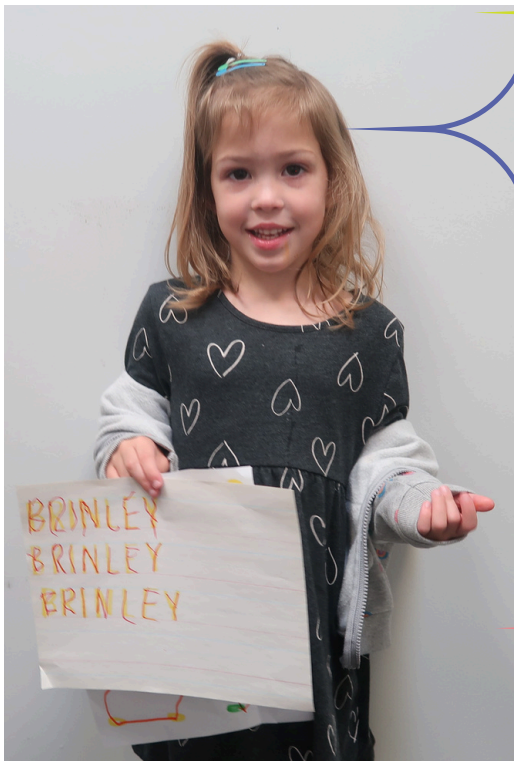
Ava

Ava is our PT star! She has been working very hard on land and in aquatic therapy. She is focusing on walking up and down stairs by herself, navigating uneven surfaces, and getting stronger. Now that Ava is walking, she is hard to keep up with! Ava has a big personality, is determined, and is a joy to work with.



Niko

Niko is a speech super star! Niko began speech therapy with just a few words (car, go, bye, more). Now, Niko is only studying his /r/ sound, and works hard during every session. It has been a joy to see his amazing progress. Niko loves anything related to sports and cars. He enjoys playing baseball and flag football. His family has been so supportive and wonderful with Niko's home practice. Congratulations on all your hard work! Miss Cathy is super proud of you!



Brinley

Brinley has been working so hard in OT over the past year. She's making circles, snipping with scissors, and imitating 3D block designs. Her grasp has improved and she's learning how to write her name. I am proud of her because she is such a hard worker, eager to learn, and always has a smile on her face. Another special thing about Brinley is that she recently celebrated a big milestone. She is now totally potty trained! Brinley's favorite things to do in OT are coloring and crafts. She has a lot of silly sayings and makes me laugh every week. One of my favorites is when she makes a comment and then says, "Silly goose!" Brinley is so much fun to work with, and makes my day a little brighter each week.

CTC Patient Portal

We recently conducted a brief satisfaction survey at our CTC locations to gain your insights on how we are providing care to your child and family. We've received consistent feedback from parents asking for the ability to review your child's progress and have access to reports. We are providing the following information on how you can have access to this information at any time via the patient portal. We hope you find this information helpful, and that it meets your needs to access to your child's therapy summaries.

HOW TO VIEW THERAPY REPORTS AND NOTES ON PORTAL

1. Log into the portal using the permanent password that you created during your initial login.
Website address: <https://washingtonhs.raintreeinc.com/dat/PatientDashboard/0>
 - a) If you have difficulties, please call our office at 724-942-6100 and ask for a temporary password to be re-sent to your email (note, this will likely drop into your spam folder)



2. Click "Records" from the options



*On Computer: located on left hand side
*On Cell Phone: scroll all the way down the bottom

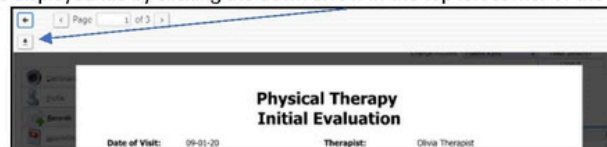
3. Click on "Visit Summaries"



4. (Optional) If you would like, you can set a date range to view the visit summaries (PDF files)



5. Open the visit by double-clicking on one you wish to view. The PDF will sometimes not download automatically, but you can save the displayed file by clicking the down arrow in the top left corner of the screen that pops up.



6. Log off patient portal



New Staff Members

CTC's New Occupational Therapists



Welcome Miss Jessica

Jessica is a licensed occupational therapist. She received her master's degree from Duquesne University. Jessica previously worked for a school district providing therapy services. She will be working full time as an OT at CTC and is excited to work with the children and families. In her spare time, Jessica enjoys listening to music, reading, dancing, exercising, and spending time with family and friends. Please join us in welcoming Jessica to our CTC team!



Welcome Miss Abigail

Abbie is a licensed occupational therapist who recently moved back home to the Pittsburgh area from Ohio, where she lived for 10 years. She previously worked at Dayton Children's Hospital for two years following the completion of her education. She received her doctorate in occupational therapy from Kettering College and earned her bachelors degree in exercise physiology from Ohio University. Following her doctoral experience in Kenya, she became passionate about traveling and volunteering with communities throughout Kenya through a non-profit called Therapy Across Borders. They provide care and support to families and children with disabilities. In her free time, she enjoys cooking, hiking with her dog, fly fishing, and reading. She is excited to join the team at CTC and to work with the amazing children and families!

WELCOME

Parent Support

Join us for a monthly discussion on topics that relate to you and your child.
Any Questions? Contact Jenna Baer, Family Resource Coordinator
(724) 942-6145 or jbaer@whs.org



YOU ARE INVITED

 **Parent/Caregiver support group**
Children's Therapy Center
McMurray location

Tuesday, Nov. 19
7 p.m.



Physical Therapy

What is Hypermobility?

by Miss Carley, DPT

Hypermobility is the ability of a joint to move beyond its normal range of motion. The phrases “loose joints” or “double jointed” are terms that you may have heard to describe hypermobility. Thick bands of tissue called ligaments help hold our joints together and keep them from moving too much or too far. With children that are hypermobile, these ligaments are loose or weak which can lead to future troubles if not addressed. Issues can include arthritis, dislocated joints, sprains, and strains to name a few. Being hypermobile is not always considered to be a problem unless it is causing your child pain or you have noticed a change in their overall function.

What are the symptoms?

Symptoms can range from recurrent pains at the end of the day or throughout the night in knees, feet, or ankles. Other things you may notice are frequent tripping or falling, an abnormal walking pattern, flat feet, or possible delayed gross motor skills.

How can physical therapy help?

1. **Strengthening.** The stronger you are the more muscles can help project joints.
2. **Encourage proper posture and positioning** when sitting or doing activities.
3. Recommending **proper footwear** or **supportive inserts/orthotics** to help relieve pain.
4. **Patient education** on way to to prevent hyperextension of joints.
5. **Gentle exercise** to minimize pain, prevent injury, and stabilize joint function.



How do I know if my baby is hypermobile?

Naturally, babies and children are usually more flexible than adults. There are some items to consider if you feel as if your child may be hypermobile:

- “W sitting”, sometimes your baby may appear floppy or weak
- May be late learning how to sit
- Sits with a rounded back
- May butt or bum scoot rather than crawl

What would a physical therapy treatment sessions include?

- Exercises that improve balance and coordination
- Reduce pain and stabilize joints
- Customized footwear and bracing
- Learn ways to safely participate in sports activities
- Posture instruction
- Aquatic therapy
- Coping strategies for fatigue
- Options for maintaining and active lifestyle safely

Speech Therapy

What is Childhood Apraxia of Speech?

by Miss Linzee, SLP Student Spring 2024

Childhood apraxia of speech (CAS) is when the child's message cannot get through correctly. The child's muscles are not weak, but they are not able to move their lips, tongue, or other structures needed to create the proper sounds. The child has a difficult time getting the message in their brain to come out of their mouth in a way that others can understand.

What causes CAS?

For most children the cause of CAS is unknown. However, in some cases CAS can result due to a stroke, a traumatic brain injury, a genetic disorder, or syndrome. It is estimated that CAS occurs in 1 to 2 children out of every 1,000 children. The frequency of CAS appears to be greater in male children than in females.

What are a few signs of CAS?

- The child has difficulty imitating speech sounds.
- There are inconsistent errors in their speech.
- The child has inappropriate prosody (patterns of emphasizing sounds and intonation).

How does a child get diagnosed with CAS?

A speech language pathologist (SLP) will check a child's ability to produce consonants and vowels. The SLP will also look at nonspeech skills such as blowing, smiling, rounding lips, and the child's ability to move their mouth. Two other observations the SLP will make are how the child pauses and changes the pitch of their voice and if they can understand what the child is trying to say.

What treatment can my child with CAS receive?

- Enrolling in speech therapy to address the motor planning part of speech production
- Learning alternative means of communication like using a speech generating device
- Practice repetitive language exercises outside of the therapy setting

How can I support my child?

- Be patient. Allow your child to have plenty of time to try and say what they are wanting to say.
- Establish a topic. That way you both know what you are talking about.
- Ask your child yes or no questions to make sure you understood them correctly.

Please contact your SLP or the CTC speech department with any questions, at 724-942-6100.

Occupational Therapy

The Importance of Sleep for the Pediatric Population

by Miss Breanna, OTR/L

Adequate rest and sleep provides the foundation for children to actively engage and perform successfully in daily occupations. When lack of sleep occurs in children, overall executive functioning decreases and behaviors are seen to increase. So what can you do to ensure your child gets a good night's rest?

1. Adapt the Environment

- Use weighted blankets. Weighted blankets provide proprioceptive input which induces relaxation. The weight of the blanket is recommended at 10% of your child's body weight.
- Make sure the bedroom is cool. Cooler temperatures help aide children in falling asleep and staying asleep.
- Use sound machines. Sounds machines help block out external noise, reduce stress, and promote relaxation.
- Keep the bedroom dark. If necessary, you can use a night light, but overall light should be kept at minimal to promote sleep.

2. Establish a Bedtime Routine

Children should be kept on a consistent bedtime routine. This allows bedtime to be predictable and can overall help your child fall asleep faster. Visual schedules and timers are a great way to ensure consistency with bedtime.

3. Prepare for Bedtime

- Limit food and drinks before bedtime. Eating and drinking too much before bed can lead to difficulty falling asleep and may alter your child's sleep cycles.
- Avoid screen time prior to bedtime. This will allow your child to calm down for the night.



- Before bed, engage your child in a “wind down” program. A wind down program typically starts with the child taking a bath or shower before bed followed by engaging in a quiet activity like coloring, writing in a journal, reading or listening to a book. A wind down program allows a child's body to settle down and begin to relax.
- Make sure your child is getting enough physical activity throughout the day to increase their ability to fall and stay asleep. Involving children in sports is a great way to ensure this.

Source: American Academy of Pediatrics

How can occupational therapy help?

Your occupational therapist can provide you with skilled interventions that address your child's specific sleeping habits and bedtime routine. These interventions would be family-centered and focus on addressing the needs of the parents and the child.

Gronski, M. (2022). Evidence Connection—Occupational therapy interventions to support sleep in children from birth to age 5 years. *American Journal of Occupational Therapy*, 76, 7605390010. <https://doi.org/10.5014/ajot.2022.049552>

Miss Sara's OT Activity Corner

Fall into Fun

Fall is a wonderful time of year that includes cooler weather, changing leaves, and the anticipation of holidays to come. Here are a few activities you can do with your kids to celebrate fall and also promote their OT skills.

Activity 1: Corn painting- This fun activity addresses many OT areas including coloring or painting, grasping a writing tool, sensory input, and color recognition. Gather some paint, paint brushes, paper, and few ears of corn and let the painting begin.



Activity 2: Fall Tree- This fun craft can be two different activities. First, a scavenger hunt can be used to gather leaves, small sticks, and any other fun, fall items. The second activity is beginning the craft by gluing the sticks to paper and breaking up leaves and gluing to the paper to form a tree. This activity works on OT skills such as pincer grasp, bilateral coordination, and color ID.



Activity 3: Apple washing station- This fun engaging activity requires little setup and materials. All you need is a large bin filled with water, some sponges or brushes, and apples. Children work on skills such as bilateral coordination, sensory tactile input, and overall independence.



Activity 4: Pumpkin Spaghetti cutting- This unique activity is fun and addresses several OT areas. Cook some pasta, add food coloring, any color will do, get a pair of kid scissors, and let the fun begin. This activity works on bilateral coordination, color recognition, scissor skills, and sensory processing.



Children should be supervised when completing these activities for safety purposes.

Information

Freedom Transit



Families of CTC may be eligible for reimbursement of travel costs to the Children's Therapy Center. If your child receives Medical Assistance call 1-800-331-5058 to inquire whether you qualify for this service.

To view the reimbursement form:

https://www.freedom-transit.org/forms/MATP-Reimbursement-Form-5_26_16.pdf

Free Diapers, Pull-ups, and Wipes

Where: The Diaper Pantry Peters Creek Baptist Church, 6300 Library Road, South Park

When: Every 3rd Saturday of the month

Time: 9 a.m. to Noon.

Other Donations Provided: New and gently used baby/children's clothing, baby equipment, toys, etc.

Contact Information:

DIAPERPANTRY@PCBC.CHURCH and found on Facebook.



Follow us on social media
[facebook.com/UPMCwashington](https://www.facebook.com/UPMCwashington)

CTC is proud to partner with



United Way
of Washington County



Health Insurance

Reminder: If your child's health insurance has changed, please inform us.

UPMC WASHINGTON

CHILDREN'S THERAPY CENTER

Office locations:

1000 Waterdam Plaza Drive,
Suite 120
McMurray, PA 15317

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Washington, PA 15301