



In this issue:

- Inclement Weather and Rescheduling Appointments1
- New Staff.....1
- CTC Stars.....2
- Physical Therapy....3
- Occupational Therapy.....4
- Speech Therapy.....5-6
- Miss Sara's OT corner.....7
- CTC Information.....8

Inclement Weather and Rescheduling Appointments



With winter in full gear, a few parents called to ask if Children's Therapy Center remains open during snowrelated events. As a medical facility, we will remain open during our regularly scheduled hours regardless of weather conditions. We understand that in extreme weather situations appointment cancellations may occur. To ensure your child continues to make progress, please try to reschedule any cancelled appointments later in the week. The front office staff can assist you in finding a time that works with your family's schedule. Please be aware that any absences fall within our attendance policy. Rescheduling a cancelled appointment within the same week will remove the cancelled appointment from our attendance tracking system.



New Staff Member

[Amanda W.](#)
Administrative Associate

Amanda has a background in massage therapy and has several years of experience working in spas, chiropractic, and pediatric offices. In her spare time, Amanda enjoys reading, spending time with family, and listening to health and wellness podcasts while walking. Amanda and her husband have a cat, Noelle, and recently welcomed their newest fur baby, Winston, a golden retriever puppy!



CTC Superstars



Zane "Z.J."

Z.J. is this month's superstar! He has received OT services with Miss Melissa for 15 months. He also works with Miss Jessica. Z.J. has made great progress in his sensory regulation, attention to task, joint attention, fine motor skills, visual motor skills, self-care, and pre-school readiness abilities. Z.J. enjoys many therapeutic activities. He is able to label his shapes, colors, letters and numbers with his AAC device to show Miss Melissa and Miss Jessica all that he knows. His achievements are due to exceptional teamwork among his immediate family, extended family, and his therapists. Keep up the great work!



Aubrey

Aubrey is a speech super star! She has attended therapy for a year and has blown everyone away with how she's progressing. When Aubrey first started, she was very quiet, but now she does amazing using her voice, especially to say "hello," "no," or "that". Aubrey uses her talker, or AAC device, to talk about all her favorite things, such as body parts or holidays, especially Halloween. She's so polite and works hard to say "please" and "thank you" using her talker. It's been a joy to see her grow and start to play with her therapists more. Her family is very supportive and works hard with Aubrey to keep building her language at home. She always comes to therapy dressed her best and ready to go. Miss AT is really proud of you, keep up the stellar work!



Hope

Hope is our PT star! She works hard in therapy every week improving her leg strength, balance, and coordination. Hope has made great progress with walking independently, crossing obstacles, and navigating up and down stairs by herself. She is a social butterfly and loves visiting the front office staff to help out. Great job, Hope! We are all so proud of you.

Physical Therapy

A Strong Core is the Key to Development

By: Ms. Caroline PT, DPT, PCS

What are the core muscles?

Core muscles are a group of muscles throughout the middle portion of your body that help maintain positions and posture. These muscles include the lower back, shoulders, obliques, stomach muscles, gluteal muscles, pelvic floor, and hamstrings.

Core muscles are strengthened throughout your child's development. They are needed to roll, sit, crawl, stand, walk, and change positions. Core muscles help a person maintain their balance and use their extremities for tasks like brushing their teeth, catching or kicking, and putting on their socks.

A strong core is important because a weak one can lead to development delays.



What are signs of a weak core?

Your child may have a weak core if they frequently fidget, slump, or lean into objects or people while standing or sitting. They may also have difficulty balancing, trip and fall frequently, or have reduced coordination skills.

Core weakness may also be present if your child has difficulty picking up and manipulating small objects, writing letters and numbers with control and accuracy, cutting on a line with scissors, or self-dressing.

How can I help strengthen my child's core?

- Activities that incorporate pushing, pulling, climbing, lifting, and rolling all help develop a strong core. Only 5 to 10 minutes a day is needed.
- Try some yoga. Yoga is all about maintaining positions which is exactly what the core does. It also incorporates balance and coordination.
- Have your child open and close doors while you run errands. They will contract their core muscles while pushing or pulling on the door to help them maintain their balance.
- Crab walking: walk on your hands and feet forward, backward, and diagonal. See who can move the furthest.
- Encourage your child to play with toys in different positions. They can try tall kneeling, ½ kneeling, criss-cross sitting, hands and knees, and laying on their belly. For an added challenge, try tossing a beach ball that they can hit back to you while in these positions.
- Have your child help with errands by pushing/pulling a basket of clothes or toys.
- Create an obstacle course and have your child try to crawl or walk across blankets or pillows.
- Try swinging: Take turns pushing your child and then have them push you.

Occupational Therapy

Listening & the Benefits of Our Therapeutic Listening Program

By: Miss Kelsey, OTD OTR/L

Listening is a whole-brain, whole-body, experience that connects us to the world outside of ourselves. It is the most basic precursor to interaction, speaking, reading, and writing. It's also a process that involves detecting, organizing, and integrating sound for use with information from our other senses.



Listening can be broken down into several steps:

- Orienting to sound
- Locating sound
- Selecting sound
- Attending to sound
- Discriminating and interpreting sound

The most fundamental aspect of listening is engagement. Engagement is predicted on a baseline level of feeling safe and secure. Listening influences this state by helping us modulation incoming sensation and providing an understanding of the spatial context that surrounds us.

The Therapeutic Listening Program is an evidence-based auditory intervention program that is intended to support individuals who experience challenges with sensory processing dysfunction, listening, attention and communication.

Credit: Vital Links, 2023

How does the Therapeutic Listening Program work?

There are a series of CDs that are listened to, via headphones, that give the listener unique and precisely controlled sensory information. The music is electronically modified to highlight the parts of the sound spectrum that naturally trigger attention and active body movements and then synchronize it with the environment.

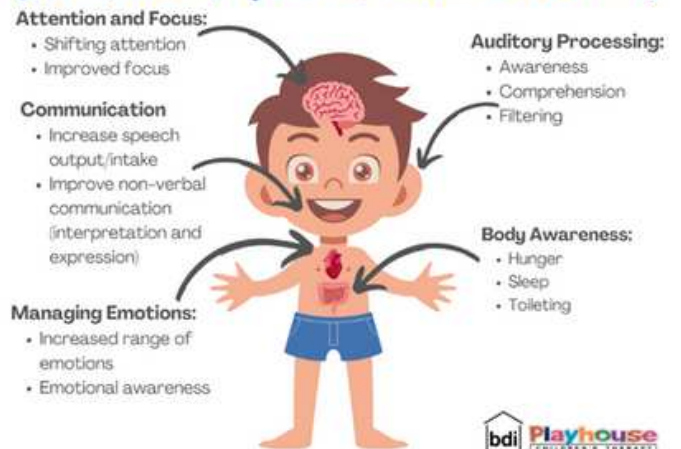


What can it help with?

- Poor attention
- Difficulties interacting with peers
- Challenges with transitions or changes in routines
- Challenges perceiving and/or navigating space
- Struggles with sleep, bowel & bladder control, and eating
- Poor timing and sequencing of motor skills
- Abnormal responses to varying sensory stimuli

If this is something that you think would be beneficial for your child, please talk to your child's occupational therapist for more information.

Benefits of Therapeutic Listening



Speech Therapy

Let's Read!!

By: Miss Sarah, MS, CCC/SLP

"A book is a gift you can open again and again!" (Garrison Keillor)

Reading to children is one of the best gifts you can give them to help with their language development. Reading with babies provides them with exposure to vocabulary, visual stimulability, tactile experiences, and social and emotional bonding with the reader. When you are reading to babies and toddlers you are providing them with vocabulary they may not hear in normal conversations. As kids get older, reading and interacting with books also provides opportunities to ask questions (what, where, when, why) as well as ways to tie in personal experiences throughout the reading experience. Books are also great for exposure to culture, emotions, feelings, and lifestyles.

We've included book recommendations and suggestions on how to incorporate reading into daily activities for each age group:

Infants: It's great to have a bin of books near where you sit with your baby the most. When you find yourself sitting and cuddling your baby, grab a board book

to read to your little one. It's recommended to start a bedtime habit of reading to your child, and to start that routine of reading at bedtime as early as you can. recommended books for this age include: "*Brown Bear, Brown Bear*" by Eric Carle, "*Moo, Baa, LaLaLa!*" by Sandra Boyton, "*first 100 words*" by Priddy Baby, "*That's not my...*" by Usborne books (this is a series and they are all great books!), and "*Peek a Baby*" by Karen Katz.

Toddlers: That same bin of books can now become a great resource for toddler exploration. Have the bin on the floor where they play, so your toddler can look the bin on their own. Don't worry that they are not "reading" the books to themselves. Let them explore the books and the pictures. Continue to find moments to read to them, especially at bedtime. The books you read to them as infants will start to turn into books that they will begin to read aloud to themselves. Recommended toddler books include: "*We're Going on a Bear Hunt*" by Michael Wayne Rosen, "*Knuffle Bunny*" by Mo Willems, "*All Better*" board and interactive book by Henning Lohlein, and "*Poke a Dot*" books. I also love getting an inexpensive 4x6 photo album from the to fill with pictures of family members and favorite items within the house. This gives your toddler their own personal first words book.

Speech Therapy

Let's Read!!

Continued from page 3

Preschool: Your preschooler may start to have some favorite books that they have heard at school. It's great to add these to your library at home, as well. Favorite books become common requests for books at bedtime. Continuing to read to your child at bedtime helps provide a nice calm environment, and at this point, you have established a routine that will continue into elementary school. It's also a good idea at this age and moving forward, to take moments on various pages to ask questions or find a way to relate with something on the page to your child's interests (i.e. they love to dance, just like you). Books to consider adding to your preschooler's library include: *"The Very Hungry Caterpillar"* by Eric Carle, *"Pete the Cat: I Love My White Shoes"* by Eric Litwin, *"If You Give a Mouse a Cookie"* by Laura Numeroff, and *"The Good Egg"* by Jory John.

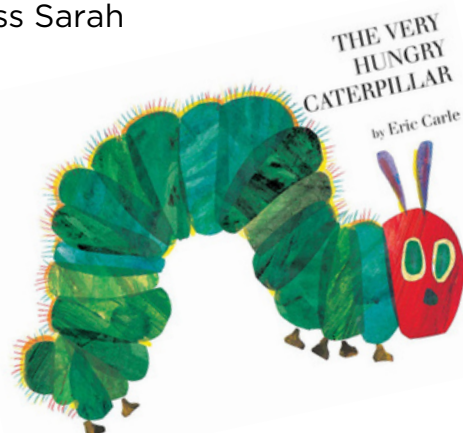
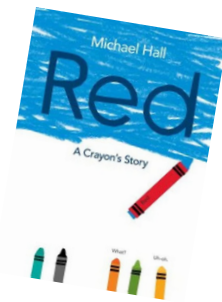
Early Elementary: All these years of reading have helped to turn your child into a reader themselves! Reading helps them develop something called phonemic awareness, which is the ability to identify and manipulate the individual sounds in spoken words. Your child is now working on sight words and sounding out words in school. Though they may not want to practice reading at home, it's a good idea to add this into your routine. Encourage them to begin reading a few words in the books you are reading aloud to them. Some great early reader books are *"Elephant and Piggie"* by Mo Willems, Bob books, Dr. Seuss books

and Pete the Cat books. I still love reading picture books to kids at this age. A few favorites are *"The Day the Crayons Quit"* by Drew Daywalt, *"Red: A Crayon's Story"* by Michael Hall, and *"Giraffes Can't Dance"* by Giles Andreae.

Elementary: Some kids will love to read and some will not, but continue to make reading a part of their bedtime routine. As your child gets older it's good to start reading chapter books to them. Recommended books you can read to your child, or if they're able to, they can read on their own include: *"Magic Treehouse Books"* by Mary Pope Osborne, *"Hey Jack"* and *"Billie B. Brown"* chapter books by Sally Rippin, *"Dog Man"* by Dav Pilker, *"Who Would Win"* series by Jerry Pallotta, and *"The Land of Stories"* by Chris Colfer.

If you see me in the office, let me know which books are your favorite kids book. I love adding books to my library in my therapy room.

~ Miss Sarah



Miss Sara's OT Activity Corner

Winter Fun!

With the cold weather upon us and the move to more indoor activities, here are a few activities you can do with your kids inside that also promote their OT skills.

Activity 1: Pretend snow play

Enjoy this simple and fun activity with just a few materials and little set up. Grab a bin, baking soda, and some toys. Put baking soda into the bin, add the toys, and let the creative play begin. This activity can work on a variety of skills including crossing midline, pincer grasp skills, and sensory processing.



Activity 2: Alphabet scoop

This fun and engaging activity requires very little prep time. Materials include plastic or foam letters, a large bin, a large spoon or tongs, and small bowls or containers. Fill the large bin with water, place the letters inside and use the spoon/tongs to retrieve the letters to place into the smaller bowls. This activity addresses letter recognition, utensil use, and can even help with crossing midline, upper body, and grip strength.



Activity 3: Magnetite bowling

Magnetiles are so versatile and this is one example of how to use them. Build them up or set up like bowling pins, grab a small ball and let the fun begin. Building and set up promotes visual perceptual and fine motor skills, and grabbing/rolling the ball addresses gross motor skills and coordination.



Activity 4: Toy sort

This fun activity incorporates many toys you may already at home. If you don't have toy cars like the ones pictured below, use other toys that can be sorted into groups. Make a line of tape (painters tape is ideal) and the categories for items that will be sorted. Even getting the kids involved with ripping the tape can help with their fine motor skills. This activity works on their cognitive skills, visual perpetual, and ocular motor skills, as well as fine motor and some upper body strength if done on their hands and knees.



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 Rd., 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.



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CTC is proud to partner with



United Way
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Health Insurance

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

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CHILDREN'S THERAPY

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