

Wee Speech /Timber Ridge News

April 2011

Construction is finished!

Please ask your therapist for a tour of the new space!

Spring Break

Please let your therapist know of any schedule changes during this spring break season.

April is OT Month

Check out Timber Ridge Pediatric Therapy, LLC on Facebook

Summer?

It may be 30 degrees out but summer is just around the corner. Please talk with your therapist about summer scheduling needs.

Reminder

Copays are due at the time of service unless a credit card is on file. Thank you.

Julie Levin , Laura Drower
Wee Speech, P.C.

April Birthdays!

| | |
|-----------|------|
| Roy B. | 4/2 |
| Yahu M. | 4/8 |
| Andrew S. | 4/9 |
| Adam M. | 4/17 |
| Luca O. | 4/21 |
| Benny L. | 4/23 |
| Elijah A. | 4/23 |
| Luca J. | 4/27 |



Web Site

Guess How Many?

Avi M. is the winner of our March Guess How Many? Congratulations Avi! Each month we fill our Guess How Many Jar with some fun items and children are encouraged to fill out a slip with their guess (**Don't forget your last name or initial.**). The envelope for guesses is on the bulletin board in the Clinic waiting room. The drawing is at the end of the month and a special prize awaits the winner!! Good Luck!!

<http://hp2010.nhlbihin.net/healthyeating/default.aspx>

National Heart Lung and Blood Institute has put together a recipe book to encourage healthy eating. **Deliciously Healthy Family Meals** is available on line or call 301 592-8573 to get a free copy of the book.

Therapist Corner

TROUBLE WITH TRANSITIONS

Or

“MY CHILD WONT LISTEN”

by, Laura Goltz, OTR/L
Timber Ridge Pediatric Therapy, LLC

Do you have trouble leaving therapy?
Leaving school?
Getting out the door in the morning?
Try these fool-proof techniques!

Give a warning

A couple minutes before the transition happens, warn your child.

EXAMPLE: “In two minutes we will get ready to leave for school”

Verbally prepare them

What is the plan?

What are your expectations?

What are the steps they need to do?

Explain them clearly.

Go over them again if needed.

Have your child repeat them back to you to make sure he knows what is expected.

EXAMPLE: “Now we need to get ready for school. You have three minutes to get your coat and shoes on, take your backpack, and walk out the door. Again- coat, shoes, backpack, out the door. What are you going to do? You tell me.”

Use a timer

Let your child see or hold the timer

Let them see how long they have left or how long they have to do something.

Use the timer as a reminder of how much time is left rather than nagging them.

Got an iphone? Download the app: “The Time Timer”. It’s a great visual timer for kids.

EXAMPLE:” The timer is set for three minutes. I will put it by the door so you see how long you have to do ‘coat, shoes, backpack, out.’”

Reward for a good outcome

Start a listening chart. Give a smiley face for the expected behavior or transition. Five smiley faces get a prize.

Or: keep a basket of little prizes in the car or by the door. Let your child choose a little prize for the expected behavior or transition.

Think about scheduling a “parenting consultation” with Timber Ridge Pediatric Therapy to problem solve more specifically about your child/family.