

SOUTH SHORE THERAPIES NEWSLETTER

Fall 2019

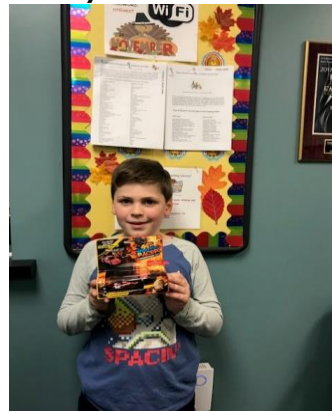
"Results that Make a Difference"

This is a special time of year, full of excitement and anticipation! It is also a time of gratitude and giving. With full hearts we are proud to announce our new Hingham Clinic opening in January 2020! The Weymouth clinic has served us well for 15 years, but we have outgrown it. To meet the needs of our clients and families, and continue to provide the best therapy available we are upgrading to a new state of the art facility. There are always a lot of great things, both big and small achievements occurring in our clinics, and for this we are ever grateful. Thank you to all the families and kids that have graced the halls of our Weymouth clinic. Howie and Stacey Szklut

We had a great response to our "Guess How Many Erasers are in the Jar" Contest and had 5 winners!

The prizes were Whistle Racers that encourage planning, oral motor strength, respiration, and visual tracking. By blowing into the whistle tube attachment you can make the cars zoom along the floor or table. They are available through Hearthsong.com.

Tyler Eisen



Aiden Platek



SST is excited to announce that our Weymouth office is relocating to a brand new clinic on the Hingham/S. Weymouth line!

Our new address will be: 60 Sharp Street, Hingham

Our anticipated opening date is: Tuesday, Jan 7, 2020!



Results that Make a Difference...

Important Dates:

December 25th – Christmas Day – SST will be closed

January 1st – New Year's Day – SST will be closed

January 20th – MLK Day – SST will be open

Halloween Fun at SST



Contributed by Julie Salters, MS, CF-SLP

Elf on the Shelf is a fun way to get kids in the holiday spirit! Kids love finding this sneaky little elf each morning in a new spot, but this can also double as a useful language activity! Elf on the Shelf is a great way to talk about location concepts (behind, in front, on top) and descriptive language (color, size, shape, number). For example, we could say that the elf is "behind the chair" or "on top of something that is blue and white". By asking your child "Where did you find the elf?" you encourage them to practice these description skills themselves. Asking a variety of WH questions and talking about the elf can be beneficial for kids of any age. Ask your children to explain WHere the elf is, along with WWhat he is doing and WWhy he might be doing it. Allowing appropriate response time, along with modeling of correct responses builds strong receptive and expressive language skills! Any of these ideas are fun and interactive ways to help your child learn and encourage holiday cheer for the whole family!



Snowman Wrapping Paper:

Dip thumb into white paint and press onto plain wrapping paper to create the snowman's body. Repeat this step to add the snowman's head and let it dry. Once the paint has dried, use markers to draw the snowman's eyes, buttons, scarf, and carrot nose. Using thick markers is a great way to promote a mature grasp for handwriting. Fun tip: encourage use of different medias besides fingers to create snowmen such as cotton balls or pom poms!



Forest Wrapping Paper:

Take a sponge and trace the outline of a tree onto it, then cut along the tracing to reveal a tree stamp. Press sponge into paint color of your choice and then stamp onto plain wrapping paper. Repeat steps as desired to create a fun forest on wrapping paper. Using scissors and squeezing paint onto a plate are great ways to promote fine motor strength. Fun tip: add glitter glue to make your trees pop!

Therapist profile: Heather Wolff

What is your role on the SST team?

I have a few roles here at SST. I am a Speech Language Pathologist and supervise the Weymouth team of Speech Language Pathologists. Also, I am part of the Intake Team and assist with the initial intake process for new clients. Here at SST, I have the opportunity to collaborate with other members of the SST team to consult with the Tomy company on their First Years product line, which taps into my experience with feeding therapy.

What is a fun fact about you?

About a year ago, my husband and I adopted our dog, Bentley. Bentley is a rescue from Tennessee and watching him grow and make himself at home has been a wonderful experience. During my free time, I enjoy taking Bentley on hikes and "dog dates" with our friends. I also enjoy cooking and traveling. One of my favorite places I traveled to was Japan for my brother and sister-in-law's wedding!

What is the best part about working at SST?

It's honestly hard to choose one thing! I love working in an environment that fosters collaboration and continuing education not only in my specific field, but also by learning from other professionals in the OT field. I love how everyone here works as a team, not just to support our staff, but also our families. SST is such a fun place to work and I truly enjoy coming to work each day, not just for the reasons mentioned above but for many, many more as well!



OT Games and Activity List

As the holiday and gift giving season approaches, take this opportunity to provide your child with a game or activity that will help them organize their body and develop skills! The following games have been selected from many, many more suggestions on our annual Games and Activity List, which is available in the waiting rooms and on our website.

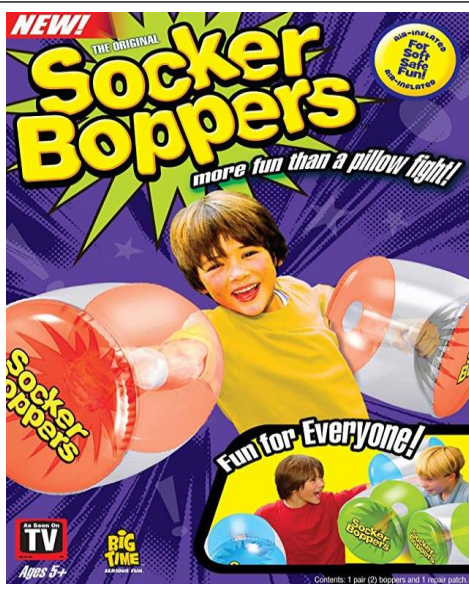
Games to Develop Coordination, Problem Solving, and Visual Perception

Poppa's Pizza Topples is a great game for younger kids (ages 3-7) to work on fine motor control, problem solving, turn taking, and force grading. After rolling the dice, the player selects a pizza topping to match the image on the dice and places it on the pizza. The goal is to be able to place it on the pizza without spilling any of the toppings. You can make the game more challenging by using tongs to pick up the pizza toppings.



Activities that Develop Eye-Hand Coordination and Visual-Spatial Planning

Bounce Off is a challenging game that works on eye-hand coordination, visual perceptual skills, and force grading. Players bounce their balls into the grid to recreate the pattern on the card.



Games for Sensory Motor Development and Coordination

Socker Boppers can provide organizing "heavy work" sensory input. These inflatable boxing gloves can be used with friends or with a power bag for safety and fun. This is a great way to get some good input and relieve frustrations. It can also be used to work on balance, bilateral coordination, and eye-hand coordination.

Activities to Support Fine Motor Development and Writing

Crayola Beginnings Color Me a Song is a fun way to work on pre-writing skills for younger children (ages 3-5). Your child can pick from different genres of music and different instruments to create original music with their scribbles. The music even changes based on the speed of your coloring! The activity also comes with triangular crayons to encourage an appropriate grasp.



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We would love ❤️ to hear feedback for additional resources, information, and advice parents and professionals would like to hear. We want to focus the newsletter toward the information you want to receive!

Contact [sstudley@southshoretherapies.com](mailto:ssstudley@southshoretherapies.com)
with recommendations

