

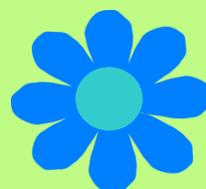
# Early Intervention Therapy Program

## Family Newsletter



## SPRING & SUMMER 2017

*Spring is here, and Summer is on its way!!!*

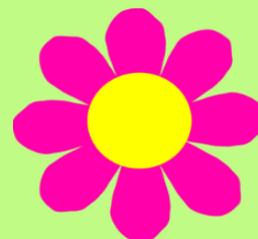


It is a great time to get outside and enjoy all of the sights and sounds of spring and summer. You can help your child's development by trying the following on a fun walk around your neighbourhood:



Point out all the natural sights, sounds and smells for your child. You can tell your child "I hear the birds – they're noisy!", "I see a red flower!", "I see a little butterfly". When you talk about what you see and hear, you are helping to teach your child new words and ideas.

Go on a dig! Let your child dig in the dirt using a shovel, spoon or even their hands! This helps to build up the strength and coordination in their muscles and also lets them learn about how the dirt can feel wet, squishy, dry or crumbly.



Get moving! Show your child how to hop like a bunny rabbit, wiggle like a worm or crawl on all fours like a bear. For children who aren't yet walking, they can wiggle their fingers like a butterfly and reach up to the sky like a sunflower. Helping your child to move their body in different ways supports their motor development.

1 Fun Activities

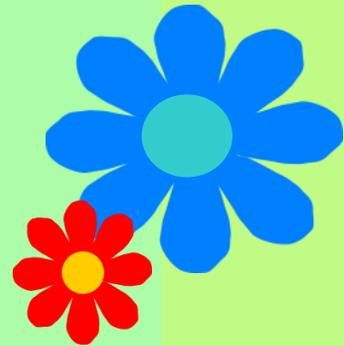
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## Park & Playground Spotlight



### Como Lake Park @ 700 Gatsensbury Street, Coquitlam

**PLAYGROUND** – Offers a fully fenced playground with structures, swings and imagination galore for kids of all ages.

**1 KM MULTI-USE DIRT TRAIL** – Walk around the lake on the dirt trail. There are lots of perfect stops for nature watching, picnics and play.

**Walking** on the various surfaces throughout the park and playground challenges balance.

**Climbing** ladders and stairs builds coordination and strength.

## Story Corner

*Books are a great way for children to develop their language skills and learn new words!*

*Try reading these fun Spring and Summer books together:*



***Mud Puddle*** by Robert Munsch

***Split! Splat!*** By Amy Gibson

***The Very Hungry Caterpillar*** by Eric Carle

***Should I Share My Ice Cream?*** By Mo Willems

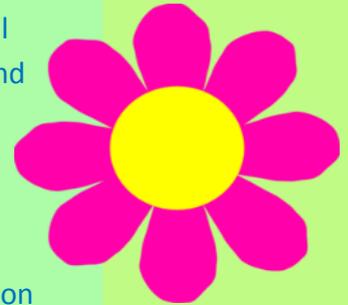
*You can talk about concepts like **wet** and **dry**, **clean** and **dirty** or **sad** and **happy**.*

*You can repeat fun action words like jump, splash, stomp and dig.*

# Early Intervention Program Services

## WHO?

Early Intervention services include Speech Language Pathologists (SLP), Occupational Therapists (OT) and Physical Therapists (PT). We work with children, their families and other service providers to help children participate in everyday activities.

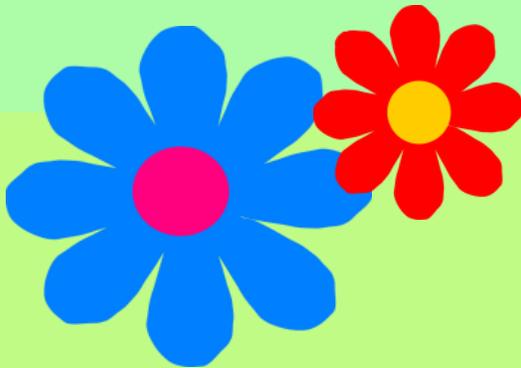


## WHAT?

- **Speech Language Pathologists (SLP)** assess speech, language and social interaction and play skills of infants and young children. We provide support your child to communicate and interact with the world around them!
- **Occupational Therapists (OT)** assess and provide support to help children participate in everyday activities appropriate for their age and abilities. We look at sensory processing, fine motor and self-care tasks such as dressing, feeding and toileting. We support your child to become independent in everyday tasks!
- **Physical Therapists (PT)** assess and help children improve strength, balance and coordination, and prescribe mobility equipment and braces as needed. We support your child to get moving and exploring their world!

## WHERE?

We provide services at our SHARE office (at 25 King Edward, suite 200) and in our community. Depending on the needs of your family, we also provide services at home, daycare and local preschools.



## Frequently Asked Questions

**Q:** *Who do I call with questions about the Early Intervention Therapy Program?*

**A:** To refer your child to the Early Intervention Therapy Program please contact our central intake at 604-525-8242. Parents can refer directly and no doctor's referral is required.

If you have questions about your child's current services, we suggest you contact your occupational therapist, physiotherapist or speech language pathologist directly. They can be reached by calling our main office at 604-540-9161.

For all other questions, concerns or feedback, please contact Claire MacLean, Director of Programs and Services at 604-529-5133 or [Claire.MacLean@sharesociety.ca](mailto:Claire.MacLean@sharesociety.ca)

**Q:** *My child uses both his hands equally. Is he ambidexterous or should I be concerned? He is going to Kindergarten in the fall.*

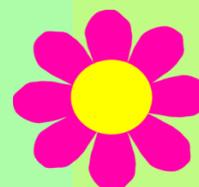
**A:** Approximately one percent of the population is ambidexterous, where they are adapted to using either their right or left hand equally. Children in the early years often switch between using their right or left hand until handedness is established. As a child enters school-age, handedness is typically developed which allows the child to more efficiently do everyday tasks. When a child does not have clear handedness, the brain has to spend extra energy determining which side of the body to use in everyday tasks.

Below are some everyday suggestions to establish handedness:

- Play: Crafts, puzzles, sand play, playdoh
- Self-care: Dressing (buttons, holding clothing, jewelry), hygiene (holding soap, toothbrush, combing hair, eating ( holding utensils, bringing food to mouth, opening containers)
- Preschool: Using crayons, scissors, building materials, writing instruments, erasers

**Q:** *What is sensory processing?*

**A:** Sensory processing is simply how we take in our world through our senses. Some children are more sensitive to their surroundings while other children need more sensory information to register what is happening in their world. Children often have a combination of sensory preferences. Frequently children on the Autistic spectrum or those that have anxiety are more prone to having sensory processing issues, but anyone can have these struggles.



# Your Child's Team



We are excited to work with you and your child!

Our team members are:

## In New Westminster:

- Occupational Therapist
  - Fiona Lewis
- Physiotherapist
  - Khang Nguyen
- Speech Language Pathologist
  - Priscilla Ally

Director of Programs  
& Services:  
Claire MacLean,  
604.529.5133



## In the Tri Cities:

- Occupational Therapists:
  - Zahra Lalani
  - Angela Giraud
  - Hannah Melnychuk
- Physiotherapists:
  - Hannah Castro-Llego
  - Andrea Hersog
  - Khang Nguyen
  - Sharon Farquharson
- Speech Language Pathologists:
  - Leanne Twaddle
  - Holly Plunkett
  - Lindsay Coombe
  - Keeley Griffith
  - Tricia Korner

