

EARLY INTERVENTION THERAPY PROGRAM

FAMILY NEWSLETTER



FALL IS HERE AND BRINGING CHANGES ALL AROUND US. AT THIS TIME OF YEAR, YOU CAN HELP YOUR CHILD'S DEVELOPMENT BY:

- TALKING ABOUT THE NEW WEATHER AND EXPLAIN WHAT THEY NEED AND WHY: "IT'S WINDY OUTSIDE - WE NEED OUR COATS TO STAY WARM", "IT'S RAINING OUTSIDE - WE NEED OUR BOOTS AND AN UMBRELLA TO STAY DRY".
- COLLECTING SOME LEAVES INTO A PILE AND SHOW YOUR CHILD HOW TO JUMP INTO THEM! YOU CAN EXPERIMENT WITH JUMPING WITH TWO FEET OR HOPPING IN ON ONE FOOT.
- COLLECTING A FEW OF THE LEAVES AND PINE CONES YOU FIND OUTSIDE AND USE THEM IN CRAFTS AT HOME. CHILDREN WILL HAVE FUN USING MARKERS AND CRAYONS TO TRACE AROUND THE DIFFERENT SHAPES, OR USING GLUE TO STICK THEM ONTO PAPER.
- SHOWING YOUR CHILD ALL THE NEW COLOURS OUTSIDE! GET DOWN TO THEIR LEVEL AND TALK ABOUT RED, YELLOW AND ORANGE LEAVES, THE BROWN PINE CONES, THE BLACK MUD, THE GREY SKY AND MORE!



PARK & PLAYGROUND SPOTLIGHT

ELKS PARK AT 2370 SHAUGNESSY STREET, PORT COQUITLAM



PLAY GROUND - a perfect playground for kids of all ages

ADJACENT DONAD WALKWAY - A scenic path between Wilson and Welcher Avenue features gardens and easy walk for your little ones

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

Climbing ladders and stairs builds coordination and strength

EARLY INTERVENTION THERAPY PROGRAM SERVICES

WHO?

• Early Intervention Therapy 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.

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, childcare and local preschools.

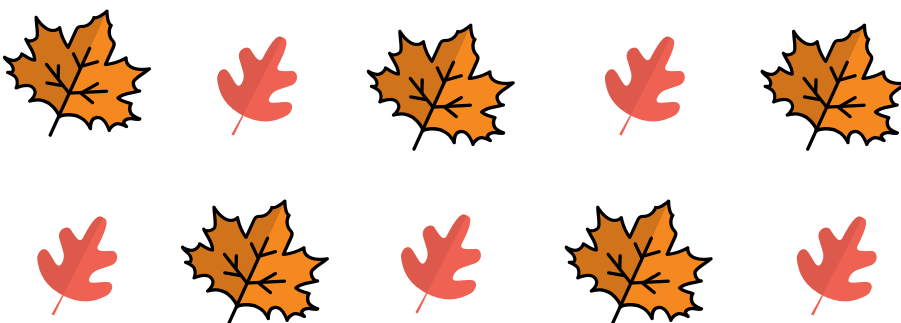
WHAT?

• **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!



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 (Coquitlam, Port Coquitlam, Port Moody, Belcarra and Anmore) and 604-521-8078 (New Westminster). 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 Zahra Lalani, Program Supervisor at 604-529-5114 or Zahra.Lalani@sharesociety.ca

Q: How do I teach my child to put on his or her own jacket?

A: Learning to get dressed can be a difficult task for many children. As a parent you want to teach new skills that will help your child build independence and move forward in his or her development.

Teaching your child to put on a jacket can be achieved in a step by step process:

1. Break down the task into smaller steps:

- Take jacket off the hook.
- Hold jacket with left hand.
- Slip right arm up through right arm hole.
- Pull jacket up onto right shoulder.
- Reach left arm behind your back.
- Push left arm through the left arm hole.
- Place both hands on the collar and pull forward to adjust the jacket.
- Zip up the jacket.

2. Teach the new skill:

Start by providing hand-over-hand assistance with each step to get your child familiar with this routine. Gradually, provide less assistance, as he or she masters each step

3. Give reinforcement:

Reinforcement is anything that motivates or encourages a child. It is important to motivate and reward your child who is learning a new skill. It helps them to stay on track and understand what is required or expected of them. By rewarding your child for approximating or getting increasingly closer to the steps that we want to see in the end we can shape his her behaviour.

4. Generalize the new skill:

You will want your child to know that this new skill can be applied in many places, with many people, and under many conditions. You can do this by:

- Using similar but different jackets to teach the same skills (e.g., winter jacket, spring jacket, cardigan).
- Teaching the skill in several different locations around the child care centre and at home (e.g., add a jacket or cardigan to the dramatic centre as part of the dress-up clothing).



FREQUENTLY ASKED QUESTIONS

Q: When can I expect my child to use the slide and the swing on the playground?

A: Developmental Progression of Playground Skills

Swinging

6 - 23 months - swings with full bucket seats

3 - 4.5 years - lifts themselves onto the swing

- coordinates balance with the movement of legs and arms to maintain momentum after a start push
- developing the ability to start the swinging motion independently

Climbing

15 - 17 months - climbs up and down 4 stairs holding hand, rail or wall both feet on step

24 months - walks upstairs without support

27 -35 months - walks downstairs without support

34 -36 months - climbs jungle gyms and ladders

4 - 5 years - judges well in placing feet on climbing structures

Using a Slide

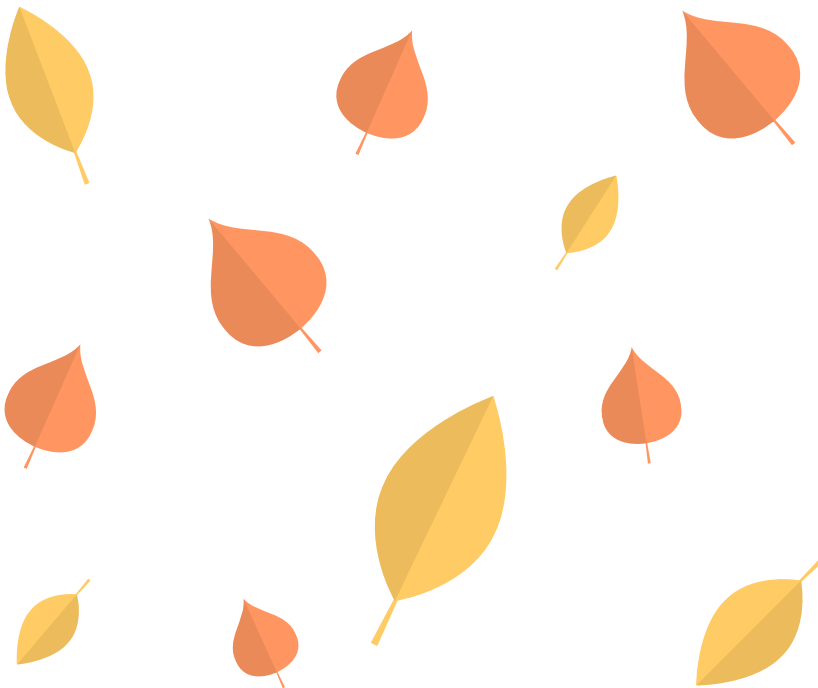
23 - 26 months - goes up and down a small slide without assistance

2 - 4 years - goes down straight slides with a slope of 30 degrees or less

- goes down a spiral slide with one 360 degree turn or less
- balance and body control progressing

5 years - uses straight slides with a steeper slope

- uses spiral slides with more than a 360 degree turn



STORY CORNER

Try reading these fun Fall books together:

- Kitten's Autumn – Eugenie Fernandes
- How Do You Know It's Halloween? – Dian Curtis Regan
- Pumpkin Trouble – Jan Thomas
- Happy Halloween, Little Critter! – Mercer Mayer

You can talk about concepts like...

- Fall colours: red, yellow, orange, brown
- Fall foods: corn, turkey, ham, apple, pumpkin, pumpkin pie
- Fall clothing: scarf, hat, jacket, overalls, boots

You can repeat fun action words like...

- Jump:
 - o Let's jump in the leaves!
 - o Can you jump in that puddle?
 - o Look at me jumping!
- Roll:
 - o Can you roll the pumpkin down the path?
 - o Roll down the hill!
 - o Watch me rolling the pie dough.



WE'D LOVE YOUR FEEDBACK!

Please let us know what you think of the newsletter and of your family's services. Your feedback is important to us – we are committed to always improving our services to meet the needs of families in our community.

Please let us know what you think!
<https://www.surveymonkey.com/r/HQJM2XG>

