

THERAPY NOOK

Fall Fun & Therapy Tricks

For child, family, therapist, and teacher



Welcome to *Therapy Nook*. **INC.**

In this issue, you will find great information on some TTTinc services, and how our summer camp changed one child and mother's summer. Also discussed is the importance of backpack awareness month along with some information on how to make your child's backpack safe. With the Autism Speaks Walk approaching in October, you can also find some information on how the TTTinc. Team is trying to make a difference. Don't forget to email any questions you may have for our therapists to info@tinytotstherapyinc.com

Backpack Awareness Month: How To Play It Safe By Tejal Parikh, OT

Back to School in September should also mean Backpack Awareness. According to the American Occupational Therapy Association, 55% of children carry a backpack that is heavier than they are supposed to. It is recommended that a full backpack should not weigh more than 15% of a child's weight. For example, if you child weighs 100lbs, the backpack should not weigh more than 15 pounds. Heavy backpacks or poorly worn backpacks can often cause back and neck strain, as well as, lead to poor posture. Problems such as spinal misalignment and muscle spasm can be longstanding and very comfortable for children to deal with. Ideally the best thing is NOT TO CARRY A HEAVY BAG, but if you must here are a few strategies to keep in mind when filling and wearing a backpack:

- Put heaviest items closest to the back portion of the backpack (closest to the child's back)
- Encourage your child to carry a item/book in his/her arms
- Consider using a backpack with wheels (rolling backpack)
- Two sided backpacks are best because they distribute weight more evenly between the two straps.
- If a backpack has a waist strap – USE IT for more stability (it's not just for decoration)
- The bottom of the backpack should not be more than 4 inches below the child's waist

For more help, contact an occupational therapist or check out the following website for further information and tips. <http://www.aota.org/DocumentVault/Backpack/44388.aspx>

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What's Coming Up!

- School Vacation Mini Camp Enrollment is going on NOW! Contact Maria at 908-380-7715 to register your child! Nov. 7th through 11th from 9am to 5pm!
- The Autism Speaks Walk is approaching quickly! To donate or join our team in the walk for a cure, contact us! 908-380-7715
- Don't forget to take a look at our Therapy Nook Catalog for great pediatric therapy equipment & products!

For more information, please visit our website at:

www.tinytotstherapyinc.com

Or, email our therapists at:

info@tinytotstherapyinc.com

*"Transforming Lives...
One Child & Family at a Time"*

A Spotlight On Our Services: School Vacation Mini Camps

The schedule and routine of school is important for our children, especially those with special needs. So what do we do to keep them on schedule when they have days off of school? Tiny Tots Therapy Inc. offers School Vacation Mini Camps at both clinic locations on days that school districts in Monmouth, Middlesex, and Union County have off. This camp not only helps your child stay on a timely schedule and routine, but they also get to interact with peers and work on their social skills. Camps are run by PT & OT and focus on fine & gross motor skills. Children will engage in a variety of activities, such as obstacle courses on our

new sensory gyms, to focus on physical fitness, fine motor development, teamwork, taking turns, and how to communicate appropriately between peers. They will also engage in arts & crafts, handwriting activities, and other fine motor activities. The camps run from 9am to 5pm on school vacation days in areas around our clinics with a variety of sessions available (AM/PM/Full Day). For more information on this opportunity for your child, please contact us at 908-380-7715 or email us at info@TINYTOTSTHERAPYINC.COM.

Confessions of a TTTinc Mom: By A Mother Who Saw A Difference, Lori Kletzkin-Freides

If the typical parent feels that choosing the right camp for their child is hard, try finding the right camp for a child with special needs. My son Zachary is a 5-year-old boy who is bright, inquisitive, friendly and has gross motor skill delays. The average camp can't provide him and most other special needs kids with the summer experience that not only is fun, but also serves a greater (therapeutic) purpose.

As *special* parents we endeavor to give our child every opportunity to succeed.

Tiny Tots is the provider for services in the East Brunswick, NJ public school system. When they opened an office in East Brunswick, NJ, I didn't give it a second thought until I saw an ad announcing 'Dr. Mike's Triple Play Summer Camp'. This was a no brainer. Zachary has demonstrated noticeable improvement in large part to the Tiny Tots PT and OT therapy provided to him in school. Dr Mike's was the summer experience I had wanted for him.

Zachary was thrilled to go to camp like other children. He not only played baseball, he swung on monkey bars, and he made crafts. He made summer friends. He hesitated a little here and there, but he always tried an activity and came home with a smile. These and other activities were designed and supervised by therapists who made having fun the focus. ...and summer fun is what it should be all about.

It was worth every penny!

Walk Now for Autism Speaks: A Successful TTTinc Event

With October quickly approaching, Tiny Tots Therapy Inc. decided that it was time to get a head start on fundraising for the Autism Speaks Walk which is held every October in North Central New Jersey. This past August, the TTTinc team got together a fundraising event that was a success. All of our friends, family, coworkers, and fellow professionals made this event the amazing night that it turned out to be. Roxana's Custom Cakes of New Jersey donated a custom cupcake and cake tower, which not only tasted amazing, but also helped remind everyone why we were all there. We also received 25 donations from local businesses in Westfield, Scotch Plains, Rumson, Holmdel, and Woodbridge, which were raffled off to raise more money. Together, we all raised \$2,000 to help find a cure for Autism. To join us in the walk for a cure and awareness, or to donate, please contact us at 908-380-7715 or email us at info@TINYTOTSTHERAPYINC.COM.

