

Kid's Work offers Summer 2010 Play Groups!!

Summer is a special time for families and children to relax, play, and explore. Here at Kid's Work, we are offering a unique set of play groups to help children explore self-regulation and learn new skills in a play-based environment. The goals of OT groups focus on improving children's self-regulation.

1. Increase student's ability to regulate, and as a result interact more with (social skills, language, etc).
2. Allow parents to become more fluent in "adjusting" their child's "engine" so that it runs effectively. Help keep the child's sensory modulatory problems at a minimal level of interference.
3. Parents should see group time as using the OT therapies to help with social skills, with parent role to as a facilitator. Practicing turn-taking, social referencing, waiting in line, and learning new skills are all a part of this guided experience.
4. Groups should be challenging for your child in a positive way. Your child's tolerance and ability to focus should grow. The physical activity should be a great stress release.

Playgroups are divided into developmental age group ranges (3-5 years, 5-7 years & over 8 years old). Each group lasts 50 minutes, with the last 10 minute time period being spent on parent contact and reviewing individual questions. Groups occur over a 6 to 12 session period, with 2-4 children, two OT staff members and their parents in each time slot. Parents are requested to actively participate in each session, not just sit on the couch.

Each group may also include parent-focused sessions, which occur in the evenings. Evening sessions will be scheduled after the 1st group session. No children will be permitted to come to the parent sessions. In addition, each child attends at least one individual session at the Kid's Work session per month, which will be scheduled on Mondays.

Attendance policy: The most effective use of therapy sessions occurs when children attend regularly, and commit to being actively involved in a home program. However, due to the unpredictable nature of summer-time and the length of these session, please plan on attending at least 50% of all sessions.

Please complete the attendance calendar at the Kid's Work clinic, so that I know when you are away, or not able to attend sessions. As always, the 24 hours

advance cancellation notice is in effect. If you do not let me know of upcoming absences, you will be charged the "no show" fee of \$50.

Siblings: Kid's Work is now inviting siblings to participate in OT summer sessions. Due to over-whelming response, we welcome your other children to join the groups. Each sibling must have on file a Participation Release form, and have specific goals stated for the session. There is a \$10/hour per child charge for siblings to join in the group. The groups will have special activities focused on sibling rivalry, competition, and understanding your child's behavior.

Dates

Session 1: June 21- July 8, 2010: Twice weekly for three weeks.

Session 2: July 13-29, 2010: Twice weekly for three weeks.

OT groups are offered on Tuesdays and Thursdays at the Kid's Work clinic and area recreational parks.

Here are the times for your groups:

Social Learning Social Skills for 8-12 year olds: 9:00 - 9:50

Social Learning Social Skills for 5-7 year olds: 10:30- 11:20

Happy Handwriting: 1:00-1:50

Sensori-Motor Development for 3-5 year olds: 2:30-3:20

Please arrive 5 minutes early for groups, so that you can be ready to start on time. Groups will begin and end on time.

Note: Group curriculum may be altered based on the needs of the individual child.

Here's a description of our group opportunities:

Sensory Motor Development

This group uses sensory-based games and activities to develop successful play skills in children who struggle with the gross motor and motor planning aspects of group play. This group is offered for specific age groups (Ages 3-5 years, and 5-7 years old).

Happy Handwriting

This group uses FUN fine motor games, creative art projects, and home activities to help children develop necessary pre-writing skills and build a more positive attitude towards writing and fine motor tasks. Specific ability groups include children who are learning to print (ages 4-7 years) and cursive hand-writers (ages 8+ years). Topics include pre-handwriting readiness, hand-strengthening and proper letter formation.

How Does Your Engine Run?

This group aims to assist children to accurately identify and alter their activity and attention level using fun sensory-based activities. This group is intended for school-aged children with sensory regulation issues, ADD, ADHD, and autism spectrum disorder.

SuperFlex: Social Thinking

Children often have difficulty making and keeping friends. This group focuses on teaching flexible thinking and how to understand the social world. Based on the work of Michelle Garcia-Winner, the children will learn about SuperFlex and the team of Unthinkables to help us understand non-verbal communication and social skills. This group combines sensory integrative approach with social thinking in a play-based environment. This group will be offered for children 5- 7 years old, and 8-12 years old.