

## **NEWS FROM OT4KIDS!**

### **WELCOME TO THE NEW YEAR 2016!**

It's hard to believe that another year has passed and we are already well into the New Year! We are excited to continue to be a part of your child's success through treatment and collaboration with you.

### **A NEW BORN!**

We are very excited to announce that Sarah Malik OT Reg. (Ont.) gave birth to a beautiful daughter on November 27<sup>th</sup>, 2015. Both Mom and baby daughter are doing well. Congratulations to Sarah and her husband! We look forward to Sarah's return to OT4KIDS once her maternity leave is completed.



### **COFFEE/TEA TIME:**

We invite all of our parents and caregivers to enjoy a cup of coffee or tea while you wait for your child during their treatment or assessment session. A Tassimo Machine is set up with instructions in our lunch room. Choose your favourite selection, relax and enjoy on us! Milk and sugar are also available.



### **TREATMENT VISITS:**

Just a friendly reminder that payment for invoices are due on the date of your treatment or consultation visit. Payment can be made via cash or cheque to your therapist or our office manager. A paid receipt will be provided to you.

### **REQUESTS FOR VISITS/MEETINGS:**

Our team has received a number of requests to attend treatment, consultation or case conference visits outside of the OT4KIDS clinic. In order to cover travel costs for our clinicians please be advised that an additional .50 per km will be added to the regular invoice fee for these circumstances.

### **INCOME TAX RECEIPTS:**

If you require a print out of your child's treatment/assessment visits for 2015 please contact our office manager and she will be happy to mail those out to you or have those ready for you at your next visit.

### FEELING ILL?

With cold and flu season all of our families that 24 for all cancellations. This will these appointments to avoid a cancellation fee for the direct e-mail with your clinician/therapist or by office contact @ (905) 687-9176. Please feel free to leave a message after hours.



underway, we would like to remind hours advance notice is required allow our clinicians time to offer families who are waiting as well as visit. Cancellations can be made via

### THOUGHTS OF WARMER WEATHER!

Your OT4KIDS Team is looking toward summer! Please keep your eyes posted in early April for our 2016 Summer Programs. Several of our families have requested a Cursive Writing Summer Program. We will proceed to offer this program pending sufficient registrations.



### YOUR TEAM CONTINUING THEIR EDUCATION:

Our clinicians participated in a 4 week webinar series from the Sensory Processing Foundation Network. This was a great opportunity to sharpen our skills in the areas of relationships, sensory processing and self-regulation and to hear the newest advances in research and evidenced based practices. Natasha Durdan, Alanna Kerr and Sarah Malik will also be participating in the Neuro-Developmental Training in March 2016. We are very thankful to have such committed staff and wish them great success with this highly demanding learning opportunity.

### NOTES FROM THE DESK OF PATTI MCGILLIVRAY:

The ability to self-regulate is an important life skill that affects all areas of function. At OT4KIDS, we have been actively involved in supporting you in developing your child's ability to regulate. We have also been an integral part in promoting the understanding of self-regulation within Niagara and across Ontario.

We are very excited to share with you some new resources that will help you better understand your child's behavior and how to support your child through the distress. Supporting your child through **mutual regulation** gives him/her the skills to eventually do it alone!

Check out “**The Whole Brain Child**” by Daniel Siegel and Tina Payne Bryson. It offers great practical strategies that honour the importance of loving, supportive relationships!!

One of my favourite leaders in brain development is Dr. Bruce Perry. Check out his most recent post explaining “The 6 Core Strengths” [www.youtube.com/watch?v=skaYWKC6iD4](http://www.youtube.com/watch?v=skaYWKC6iD4). This helps us understand the importance of attachment and relationships in developing regulation, and how all of these skills build upon each other to help the child regulate physically, emotionally, socially and morally.

And last but not least, check out the new **Zones of Regulation App**. Upgraded features include voice output, ability to take pictures to create your own tool box, and a way of tracking your zones throughout the day. We will definitely be using the new Zones of Regulation within our therapy sessions!