



ILESTONES

All For Kids Pediatric Therapy, LLC

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Some Answers, More Questions...

LETTER FROM THE OWNERS: Move Update

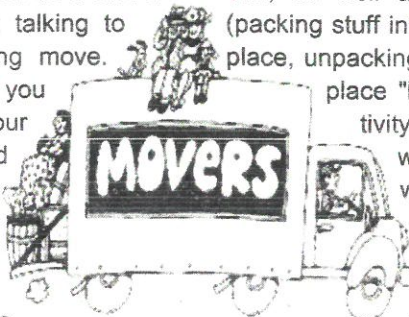
Last winter, we announced in our newsletter that the Department of Transportation (DOT) had notified us that they were going to acquire our current building, 8200 Homer Drive, for a road project they had planned. We settled in for some hard-hitting negotiations and came to an agreement this spring. We are mid-way through the closing process and expect to be "the previous owners" of our building in the next few weeks. In the meantime, we found and purchased a building that we believe will be a great fit for our needs. We are meeting with our architect, various engineers, contractors, etc. to create a floor plan that is functional, fun, and efficient. Shortly after all deals had been signed, sealed, and delivered, we heard that the DOT has actually cancelled the project! What?!?! God moves in mysterious ways!

There you have the answers to the some questions, such as "who" had a hand in our moving plans, "why" they wanted to move us, and "how" we have proceeded to respond to the situation. The "where" is 6927 Old Seward Highway, Suite 100 (our new location will be across the street from Kendall Toyota on the East side of Old Seward). The questions we will have to let you ponder are the "when" and "what." When are we moving? We don't have any estimates at this point. We could tell you our hopes and visions, but we have no solid timeline for moving, so we will just have to leave you in suspense just like we are. "What" is it going to look like at the new clinic? **[We can't wait to find out and share the new place with you!!]** Stay tuned for moving dates and possible opportunities to tour the new facility with your kiddo before the move!

Sincerely, Erin and Tracey

Tips from our Therapists to Prepare Kiddos for the Move

Let your kids know ahead of time so it isn't a surprise. Go ahead and start talking to your child about the upcoming move. Drive past the new building if you have time. You can have your child draw a picture of the old building and the new building to facilitate dialogue about the transition. Talk about what it takes to make a big move: packing, boxes, tape, trucks, etc., as well as the sequence of moving (packing stuff into boxes, taking it to the new place, unpacking the boxes, making the new place "home"). To grade-up the activity, have your child identify what he/she would like to play with in the new building. A big, new, different place is both exciting and frightening. However, we are all going through it together!



"I'm gonna be a good boy for Halloween."

"Do you know your husband?"

Therapist: "Absent is to gone as present is to..."
Kiddo: "Obama!"

"Beans make you fart a lot...like my Dad."

"Oh! Cheese and sprinkles!"

To an SLP: "You don't know language very well."

"Oh, I hurt my peanuts."

"Sigh" "Childhood is the life."

"Oh, I thought the little pool stayed warm because all the kids peed in it."

"Grandma's candle stick ornaments are NOT nunchuks."

"Happy people don't knock over tables."

"Turn your face around! I wanna see your smile."





Hippotherapy...let the horse be your guide

According to the American Hippotherapy Association, hippotherapy allows for multi-sensory input (visual, tactile, vestibular, proprioception, kinesthetic) and multi-dimensional movement. Thus, it is great for sensory processing and motor dysfunctions because it provides patients the opportunity to experience organized input. It is novel to kiddos and forces them to step outside their normal boundaries of stability. The hippotherapy environment is conducive to active problem solving because of the variability. For many kiddos it is motivating, challenging, and fun!

"She loves having the horse trot and it has helped her head and core control."

"It was an activity that she really looked forward to every week and she created a special bond with her horse."

"He finally connected with an animal and loved the outdoor experience."

"The horses have taught her to overcome fear and helped her learn how to talk."



"Riding horses is scary, but fun. It helps to build my core so it is easier to get up and move."

-David Milacek



FROM OUR THERAPISTS

"It's amazing and inspiring to see the communicative connections that horses can build with our clients, even those who don't have verbal words to express themselves. They can truly bring out the smile and engagement in almost any child!" -Leah M.S., CCC-SLP

"Working with horses and being outside is great for our children; they build strength and courage in ways that we cannot achieve in the clinic alone." -Krystal OTR/L

"I love that riding engages the kiddo's core and balance muscles. It's amazing the transformation that occurs from having to assist the child to balance while sitting on the horse to having the child play games while sitting or trotting without having any assistance in keeping themselves balanced. The bond between horse and child is a huge motivator for these kids to work hard." -Sara PT, DPT

"The horses impart such confidence and strength, and this gives our kids the ability to express themselves in new and incredible ways." -Katelyn M.S., CCC-SLP



Independence Day Fun for Everyone



*"Life is like fireworks.
You can close your eyes
and be scared or open
them and enjoy the view!"*

Many of our kiddos find it difficult to enjoy the wonderment of the Independence Day fireworks display with their families. Whether your child has a sensitivity to loud noises or doesn't do well in large crowds, our therapists have a few suggestions. In preparation for fireworks, you can have your child watch videos of fireworks and gradually increase the volume on the TV or computer. It won't reach full firework volume, but it will help your child know what to expect. If this doesn't seem to ease the discomfort, watch the fireworks from a car where there is a little bit of a sound barrier. You can also try quiet fireworks like "snakes" or sparklers. If your child does well with the videos, head out to the fireworks display prepared. Bring a pair of gun range-worthy noise cancellation headphones or shooting ear plugs (can be purchased at stores like Cabela's or Sportsman's Warehouse). Range ear protection deadens the loud noises but also allows your child to hear your voice if you are close. For added comfort, you can wrap him/her up in a heavy blanket, yoga mat, or towel for proprioceptive and vestibular input.

AFK Buzz



AFK welcomed Melissa Sisk, M.A., CF-SLP from Enid, OK to the family in February. Seeing children reach a goal they have worked hard to achieve is her favorite part of the job. Melissa looks forward to creating new friendships and exploring the beautiful hikes of Alaska.

Say "Hello" to...

Alistair McCrann, PT,
DPT who will be with
us through the Fall.

Sally Sanchez, Front
Desk Receptionist,
who started in June.



Best of luck to...

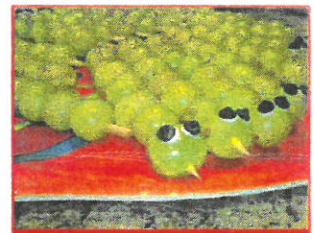
Caley, who moved to Texas
in March.

Robyn, who moved to Utah in
May.

Hope, who moved to Seward
in June.



We also welcomed Jessica Flanigan, OTR/L from Bloomington, IN to the AFK family in May. She loves getting to know clients and making personal connections to encourage therapeutic success. Jessica cannot wait to kayak and hike in this gloriously beautiful state.



Grape-a-pillars

A FUN SNACK THAT KIDS
CAN MAKE FOR
THEMSELVES!

What you need:

- grapes (or other round food item)
- wooden skewers
- chocolate chips
- bonding-sticky food (peanut butter, hummus, cheese-whiz, yogurt, etc.)

Remove the grapes from the vine. Wash the grapes thoroughly. Carefully and under adult supervision, slide the grapes onto the wooden skewers. For the eyes, stick the bottom of two chocolate chips into the bonding agent and put them on one of the end grapes.

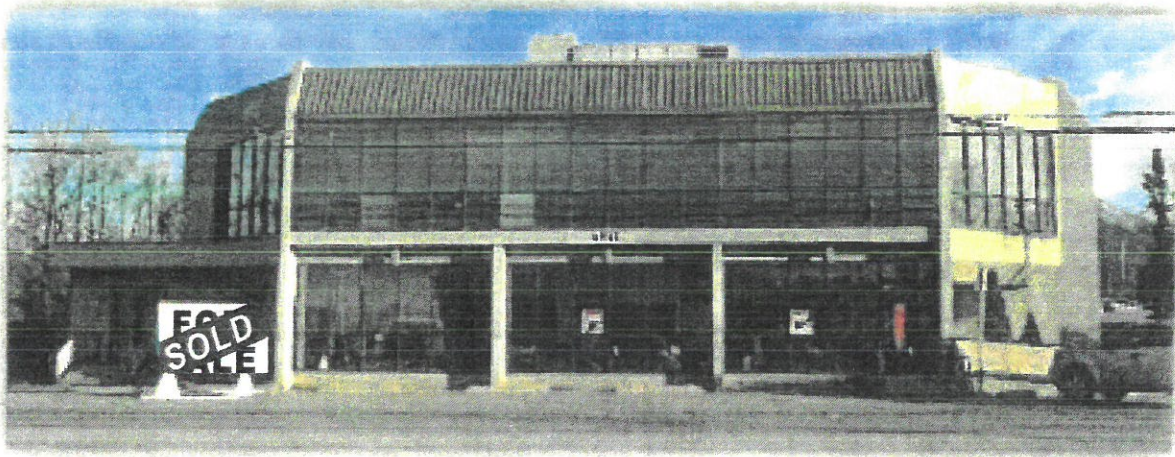
ENJOY YOUR YUMMY TREAT!



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ALL FOR KIDS' FUTURE HOME

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"If things start happening, don't worry, don't stew, just go right along and you'll start happening too."

-Dr. Seuss [Oh! the Places You'll Go!](#)
