

MILESTONES

All For Kids Pediatric Therapy, LLC

Volume 9, Issue 2

December 2016

ALL I WANT FOR CHRISTMAS:

Dear Santa,

The staff at All For Kids has been VERY good this year, as you know! Here's what each of us hope you bring us:

- ✂ Amy wants a tripod for her camera.
- ✂ Andrea wants a new car.
- ✂ Candice wants tickets to see the Backstreet Boys in concert.
- ✂ Caitlyn wants a trip to Tahiti.
- ✂ Carmen wants a 7-day Caribbean cruise.
- ✂ Christine wants an ant farm.
- ✂ Emilee wants the "Lord of the Rings Trilogy" movie set (extended edition).
- ✂ Erin C. wants a massage and a facial.
- ✂ Erin J. wants auto-start for her car.
- ✂ Ernestine wants a puppy.
- ✂ Jamie wants games that she can play with her family.
- ✂ Jessica wants a fenced yard for her dogs.

- ✂ Kalia wants a Go-Pro camera.
- ✂ Kirsten wants an insulated snow skirt.
- ✂ Krystal wants a remote start for her truck.
- ✂ Laura wants auto-start for her car.
- ✂ Lauren wants a fenced-in back yard.
- ✂ Leah wants to go to the Harry Potter theme park.
- ✂ Lindsey wants a king-size bed.
- ✂ Marie wants her house decorated & furnished.
- ✂ Melissa R. wants a trip to Hawaii.
- ✂ Melissa S. wants a milk steamer for making chai tea and hot cocoa.
- ✂ Sally wants a 1-month vacation to California.
- ✂ Sara wants at least 5 feet of snow.
- ✂ Tracey wants a keyless entry for her garage.
- ✂ Vonda Kay wants socks & a few gift cards.

Yours truly,

Erin Cowell & Tracey Keaton

OT Gift Ideas

Puzzles
Play Doh or Silly putty
Silly Pens
Dress Me Dolls
Nerf Guns
Turn taking games

PT Gift Ideas

A bicycle
A jump rope
A balance board
Nerf balls
A sled

ST Gift Ideas

Bubbles
A whistle
Fun straws, all shapes & sizes
Gum (for older kids)
Picture books
Turn-taking games
Audible story books

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Welcoming New Faces



Candice Yunis, CF-SLP, started in August as a new speech therapist. She is a born and raised Alaskan coming home to stay.



Caitlyn Stauffer, PT, DPT joined our physical therapy team in August. She is from the East Coast and is full of energy.



Erika Hutchins, OT moved in September all the way from Maine to join our team.



Annie Abinanti, CCC-SLP will cover Lauren and Leah while they are out on maternity leave January-April.



All For Kids is Growing!



We've been busy growing our AFK family as several staff members are expanding their own little families. We will have new babies for months, and who doesn't love babies?

Andrea had her son, Dominique, in September 2016! Lauren is due with her daughter at the end of December 2016! Leah is due with her second daughter in February 2017! Kirsten is having a mystery baby in May 2017!

All For Kids will be CLOSED December 26th — January 2nd for the Christmas Holiday.

What's with the timers?

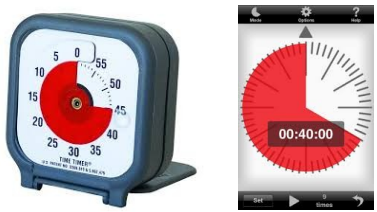


By: Kalia Cook, OTR/L

The holiday season is filled with new experiences and unexpected surprises. Many of us look forward to this season because it provides us with a break from the monotony of life, a breath from the predictable ins and outs of the grind. Many of us enjoy sharing a special meal and the opportunity to provide the gift of time and attention to friends and family we may not otherwise see. If you are a parent of a child that has difficulty understanding transitions or unexpected experiences, time might be something of which there is never enough, and it takes everything in you to not get strangled in the hands of it. You may even want to fast forward to January where you can be back to your normal routine with predictable happenings.

Unfortunately, the world will not let you.

Instead, you function in the extra chaos with whatever tools you may have to harness time. We are here to provide you with tools! One of the tools that therapists use on a regular basis is a timer. Time itself is an abstract concept: "Just a minute!" "This is your five minute warning." "It's time to clean up soon." Does your child understand that 5 minutes may not be 60 seconds repeated 5 times, but actually just until your adult conversation is over? A timer can be used in various ways to make such an abstract concept literal. Kids function well with literal, visual strategies.

The way time is measured may be different depending on how your child understands your expectations. We use numbered countdown timers, finger countdown timers, visual timers, Time Timers...the list goes on! Ask your therapist (especially the occupational therapists) about the timers outlined below and whether or not they would be helpful for structuring the days to come.

Timer Name	You could use this if...	This timer would not work well if...
Time Timer (also available as an app) 	<ul style="list-style-type: none"> -Your child understands a clock face and can attend to the timer clock face. -Your child can learn this cue: "More red, more play. All done red, all done play." -Your child attends to color and/or numbers. 	<ul style="list-style-type: none"> -Your child is never stationary. -Your child does not care about colors or numbers.
Visual Timer (fingers, white squares, dinosaurs, cars) 	<ul style="list-style-type: none"> -Your child has no understanding of numbers. -Your child has limited verbal abilities. -You need a timer everywhere you go. -Your child is a visual learner. 	<ul style="list-style-type: none"> -Your child does not attend to you visually. -The caregiver is unable to balance managing transitions and completing their task.
Countdown Timer 	<ul style="list-style-type: none"> -Your child knows their numbers. -Your child likes and understands that numbers go in an order. -Your child needs an auditory signal to indicate "Done". -You have easy access to a phone, watch, or kitchen timer. 	<ul style="list-style-type: none"> -Your child does not understand that a countdown leads to something. -Your child does not understand the function of numbers. -Our child is sensitive to a beeping noise.

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Wishing you the merriest of Christmases and
the happiest of holiday seasons!



Love the A.F.K. Staff