



# MILESTONES

Learning Happens One Step At A Time

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## Change is in the Air

***"God grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference."***

***Reinhold Niebuhr***

You may be familiar with the well-loved prayer above. It is a prayer that we at All For Kids are embracing wholeheartedly by accepting that we cannot

change the dictates of the Department of Transportation. The DOT has officially notified us they they will acquire our property sometime between March and December of 2015. In the name of progress, our building is slated to be bulldozed, which pushes us into a change we did not request. Although we know change can be unpredictable and uncomfortable, we look to the bright future with hope, knowing and believing that change can yield something

better than we could ever imagine.

We are looking for properties with our realtor and anxiously waiting to see what opportunities arise. If you, our resourceful AFK family and friends, know of any great properties for sale (6000 to 8000 square feet, south-side or midtown preferred) or have any great contacts with contractors, then please pass on any ideas you'd like to share. We are always glad to hear from you! We are

extremely grateful for any and all support and prayers, and we appreciate your patience and flexibility as we continue to search for our future home.

***"The only way to make sense out of change is to plunge into it, move with it, and join the dance."***

***Alan Watts***

Here's to all of the new opportunities to plunge, move and dance in the coming months!

## MORE TO OFFER THAN EVER BEFORE

### Integrated Listening Systems (iLS)

All For Kids has recently acquired a new program called Integrated Listening Systems or iLS. This is a multi-sensory program for improving brain function. It is an enjoyable activity, or "exercise," which can be customized for all ages and skill levels for implementation in clinic, school or home. iLS clinic programs are typically 40 to 60 sixty minute sessions which can be completed during typical therapy sessions. The child wears a waist pack, which carries an iPod loaded with iLS treated music and headphones with a bone conductor to enable listening while moving. Visual tracking and balance games are combined with listening at the beginning of each hour with the remainder of the session consisting of other therapeutic activities.

iLS programs improve emotional regulation while training the brain to

process sensory information. With improved regulation and processing, the ability to focus, think, and engage in social situations also improves. iLS has a global effect on the brain and central nervous system. It influences the following systems and their function: auditory, visual, vestibular, balance and coordination, motor, cognitive (thinking and reasoning) and emotional.



### Adventures Aboard

A limited number of children will participate in a community-based social group for 5 weeks this summer to apply the concepts they learned throughout their previous Superflex social group or individual sessions. Speech and occupational therapy components will be applied as the kids follow a theme similar to the "Amazing Race" TV show to make their way through Kincaid Park trails. They will battle "unthinkables" (attitudes and behaviors that take the shape of characters and can take over everyone's brains to interfere with social thinking), accomplish challenges, and further develop their teamwork skills. The group takes place over two 5-week sessions on Wednesdays from 4:30-6:00 pm.



## Rock Climbing

Have you ever heard the terms jug, backstep, barndoor, and stem all used in the context of motor planning and proprioceptive input? What about match, step-through, or dyno? Well, believe it or not, when you combine rock climbing and therapy, such terms are commonplace.



All For Kids has been working with the Alaska Rock Gym for the last year and a half. From group to individual sessions, rock climbing provides an avenue for individually-paced physical, mental, and social challenges in a community environment. Rock climbing is great for increasing strength and range of motion, building confidence, providing controlled exposure to various vestibular inputs, and increasing environmental awareness. Children with developmental coordination disorders, autism, dyspraxia, social communication challenges and more have benefitted from rock climbing.

## FASD Diagnostics

All For Kids has a therapist on the Anchorage FASD Diagnostic Team. This team is a community collaboration which provides a high quality diagnosis for individuals who have a history of prenatal alcohol exposure. The evaluations provide a "road map" of how prenatal exposure has impacted the individual. Every person who has had prenatal alcohol exposure has a different presentation because the dose of alcohol, timing of drinking during pregnancy, and genetics of the mother and baby all interact to create an environment that is unique for each individual.

## Superflex

Adaptation and flexibility are necessary for every day experiences. Adapting to the environment regardless of context makes for an ever-learning social thinker. Developing these skills starts at a young age. But what happens when these skills are not taught in school? What if your child is not wired to innately understand social cues and rules? To be socially appropriate, he or she must understand what is expected and then respond positively when the unexpected occurs. The complexities of social thinking are unending!

At All For Kids social groups, kids learn to think about others through the use of the Superflex Curriculum and core social thinking concepts developed by Michelle Garcia-Winner and Social Thinking ([www.socialthinking.com](http://www.socialthinking.com)). The



curriculum uses a cartoon character, super-hero theme to bring children through different scenarios that involve using their brains and controlling their bodies to think of others as well as thinking through situational problems they may encounter in their daily lives. This curriculum is highly adaptable to fit with a family's personal values and beliefs. We make it a point at All For Kids to involve the family as much as possible through home programming and weekly session reports to encourage carry-over and generalization of the concepts.

## Sensory Integration and Praxis Tests (SIPT)

The Sensory Integration and Praxis Tests, also known as the SIPT, is a collection of 17 tests that are designed to assess various aspects of sensory processing. The test is designed for use with children between the ages of 4 and 8 years, 11 months. The SIPT tests motor planning (praxis) components of the vestibular, proprioceptive, tactile, kinesthetic and visual systems. The SIPT is intended to be primarily a tool to diagnose sensory integration dysfunction and is used in combination with other testing and clinical observations to develop appropriate

treatment plans when indicated. The SIPT typically requires 2-3 hours to administer and is given in 2 sessions. Although the SIPT does not require the child to make verbal responses to the test items, it does require that the child be able to attend for a long period of time and to follow verbal instructions well. As a result, it may not be appropriate for use with all children with sensory integration and processing dysfunction.

Krystal, Marie L., Tracey, and Erin are certified to give the SIPT.

## Recess Group

All for Kids' physical therapists started a PT group for kids ages 10-14 years old last fall, and it met with such success that they added a group for 6-9 years old this summer. The group is a physical therapy sports participation group that has anywhere from 9-12 kids participating in each session. These groups provide your child with the opportunity to work on coordination and endurance needed for taking part in age

appropriate sport activities while also building team skills and working collaboratively with peers. Past activities have included everything from volleyball and ultimate Frisbee to team obstacle courses and 3-legged races. These group therapy sessions allow kids to play in a structured peer environment all while working on their therapy goals. It doesn't matter if they are inside one of the clinic gyms during the winter or meeting at a park during the glorious summer months, the kids have a great time!



# THIS APP'S FOR YOU

Many of you have tablets or other electronic devices for your own use. The truth is your children may use these devices more than you do. Why not have an app downloaded that can keep kiddos busy while teaching them something at the same time?

Here are a few of our favorite apps:



Endless Alphabet  
by Originator Inc.  
\$6.99



AnnoyingSounds  
by Dexati  
Free



Choiceworks  
by Bee Visual  
\$6.99



Wet-Dry-Try Suite  
by Handwriting Without  
Tears  
\$6.99



Spelling Test  
by Funflip Studios  
\$0.99



ABA Flash Cards &  
Games - Emotions  
By Innovative Mobile  
Apps  
Free



Speech with Milo:  
Sequencing  
By Doonan Speech  
Therapy  
\$2.99

## Sneaky Macaroni and Cheese

Serves 4

### Ingredients

- 1 1/2 cups elbow macaroni
- Nonstick cooking spray
- 1 tablespoon olive oil
- 1 tablespoon all-purpose flour
- 1/2 cup nonfat skim milk
- 1/2 cup cauliflower puree
- 1 1/2 cups shredded reduced-fat Cheddar cheese (about 8 ounces)
- 4 ounces (almost 1/4 cup) reduced-fat or nonfat cream cheese
- 1/2 teaspoon salt
- 1/8 teaspoon paprika
- 1/8 teaspoon pepper

### Directions

Bring a large pot of salted water to a boil, add the macaroni and cook according to package directions until al dente. Drain in a colander.

While the macaroni is cooking, coat a large saucepan with cooking spray and heat over medium heat. Add the oil, then the flour, and cook, stirring constantly, until the mixture resembles a thick paste but has not browned, (1 to 2 minutes).

Add the milk and cook, stirring every now and then, until the mixture begins to thicken, (3 to 4 minutes). Add the vegetable puree, Cheddar, cream cheese and seasonings, and stir until the cheese is melted and the sauce is smooth. Stir in the macaroni and serve warm.

### How to make your puree:

1. Wash and drain the cauliflower.
2. Cut off florets and discard core.
3. Steam for 8-10 min
4. In a food processor or blender, puree florets with a few teaspoons of water (if needed) for a smooth, creamy texture.

I purchase many pounds of cauliflower from the local farmer's market in the fall. Then make my puree and freeze 1 C portions of puree in Ziploc bags. By keeping the puree on hand, I can make Sneaky Mac and Cheese all winter long.  
(I quadruple this recipe for my family.)



Change is inevitable  
- except from a  
vending machine.

~Robert C. Gallagher



# Hello, Goodbye

Welcome  
Grayson Berg

Christin Border,  
COTA/L joined our  
OT team in April.  
Kate Ogilby, CCC-  
SLP will join our ST  
team in August.

We are sad to see  
Alyson and Katelyn  
leave the AFK family  
as they move on to  
new adventures and  
endeavors.



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