

# Teamwork Therapies NEWSLETTER

August 2025

Issue No.47



## August at Teamwork Therapies: Back-to-School & End-of-Summer Fun!

As we step into August, we're savoring the final weeks of summer while helping our families prepare for a smooth and successful transition back to school.

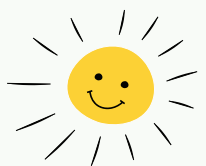
Whether your child is working on building routines, strengthening communication, or refining motor skills, our team is here to support every step of the journey.

This month is a great time to celebrate progress and set intentions for the school year ahead. Let's make the most of these last sunny days together!



**Reminders:**  
Sign-up for 1:1  
yoga sessions  
designed  
specifically for  
your child!

**Offered weekly  
on Friday's**



*happy birthday*

**Nicole Romero 8/8  
Lollbej Jauregui 8/16**



## BUDDING LEARNERS CORNER

This month at Budding Learners, we're setting sail and blasting off! Our preschoolers will become brave pirates exploring the seas and curious astronauts soaring through space. It will be a month full of adventure, imagination, and discovery!

### TIPS FROM THE TEAM!

#### PREPARE KIDDOS FOR GOING BACK-TO-SCHOOL: "CHANGE-UPS"

As students head back to the classroom, our Occupational Therapy team recommends incorporating "**Change-Ups**" throughout the day to support focus and readiness to learn.

These quick movement-breaks provide vital proprioceptive and vestibular input, helping kids reset and refocus. Try simple activities like:

- Stretching to the ceiling
- Doing three quick jumps
- Clapping thighs
- Giving a firm self-hug
- Pound feet on floor 5 times
- Heavy stomps march
- Stand up/sit down, 3 times
- Stand up, do 3 quick jumps.



Mix and match at least three movements, these can be done seated or standing and adapted for any setting.

A little movement goes a long way!

## ILLNESS PREVENTION POLICY

In order to keep our clinicians, teachers and families safe, we ask you to practice caution and let us know if you or someone in your household is experiencing fever, cough, runny noses, vomiting or any other symptoms of illness. Please cancel your session within 24HR notice and schedule a make-up session!