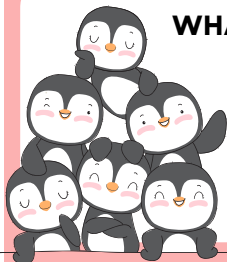




hands at home

February 2025

Quality Time



WHAT: uninterrupted and focused play/conversation one-on-one time

HOW: create special moments together, plan activities, involve them in your daily routine

DO: eliminate distractions while you are together!

5 Love Languages

Did you know there are five common ways that we give and receive love? The 5 Love Languages is one way describing this. What do you think is yours and your child's? See below to help we form stronger and better connections with our children!

Physical Touch

WHAT: non-verbal communication, use of body language and touch

HOW: special handshake, tickles, extra hugs, hand holding

DO: offer opportunities for your child to initiate touch, utilize sensory toys, avoid "don't touch me"



Words of Affirmation

WHAT: positive praise, encouragement, and active listening

HOW: special notes, positive affirmations, praise for efforts

DO: manage tone of voice, don't use words of criticism

What's Happening?



Groundhog Day on 2/02/2025



Valentine's Day on 02/14/2025



Random Acts of Kindness Day on
02/17/2024



WMEE Baby Fair 02/22/2025

Receiving Gifts



WHAT: giving someone a "gift" or gesture (note, present, treat, etc.)

HOW: favorite snack after school, special trip on the weekend

DO: avoid forgetting special occasions, celebrate child's achievement with a small gift.



Acts of Service

WHAT: doing or helping someone else

HOW: make their favorite meal, allowing them to help in the kitchen, and helping with a chore

DO: avoid "I don't need your help", not following through with completing a task





hands at home

February 2025



I LOVE YOU A "HOLE" BUNCH!

Materials

- This piece of paper, colored paper, hole puncher, glue

Instructions

- Use the hole puncher to punch holes into your colored paper
- Glue punched out portion in the center of the two hands to make a heart.

Craft provided by: gluedtomycraftsblog.com

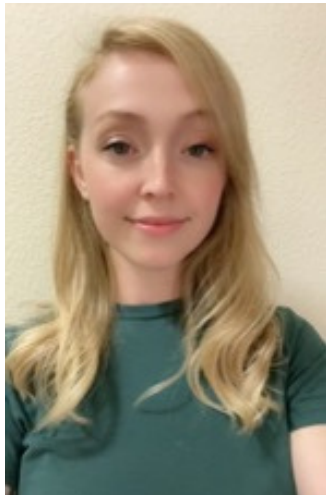
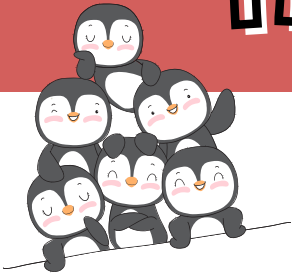
Connection to Occupational and Speech Therapy

- Increases fine motor and visual motor skills by squeezing the hole puncher and placing the small pieces within the heart pattern.
- Increases color recognition by verbalizing the color of bead being placed.
- Increase communication by practicing to say the phrase listed at the bottom.

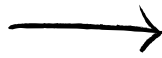


hands at home

February 2025



Alexis, Speech-Language Pathologist Assistant



What is your favorite therapy toy/activity right now?

My favorite activity to engage with during therapy is the play kitchen in my room. I can use it for a variety of goals such as following directions, comparing and contrasting, requesting, commenting, refusing, describing objects, and answering questions.

What new therapy topic/technique have you been learning about?

I have been learning more about pediatric dysphagia and gestalt language processing.

What is your favorite snack?

Dried cherries

If you were an animal, which would you be and why?

If I was an animal, it would be an otter because they are known for their kindness and I think they are adorable!!

What is your favorite thing about Hand in Hand?

My favorite thing about Hand in Hand is that we are a team across the disciplines. We all work well together and communicate about shared clients to help them to our best ability. Hand in Hand is very supportive and has made it a pleasure to work at for the past 3 years.

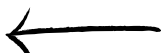


What is your favorite thing about Hand in Hand?
I love how HIH is always willing to add new ideas to their clinic and have therapists explore their passions. HIH allows therapists to grow their skills and clients to benefit from the continual growth mindset of the company.

What do you love most about working in the pediatric population?
The smile a child has when they accomplish something challenging. With knowing how hard they have worked to overcome a challenging task, and then seeing that big smile...it's the best feeling! I love when a child feels proud of their accomplishments and can see how strong they are.

Have you taken any special training that parents/families could/should ask you about?
I am a certified 'Therapy Dog Team Handler' through Alliance of Therapy Dogs (ATD), where I work to provide therapy services alongside my best friend (Fynn). Fynn and I enjoy traveling to the Fort Wayne airport, clinics and nursing homes to provide therapy and smiles to those around us.

What is your favorite therapy toy/activity right now?
Anything sensory! If there is a way to incorporate sensory input into an activity, whether it is sensory bins, deep pressure, swinging, or obstacle courses, I find a way. I believe providing sensory input allows a child to become more engaged and regulated throughout an activity, increasing their ability to learn new skills and retain information.



Marie, Occupational Therapist & Fynn

