



Winter & Spring 2017

Leaps & Bounds Insider

What makes a successful communicator?

We often think of social skills as simply the ability to have a conversation with others. If we break down the skills that the most successful communicators have, we can recognize that there is a lot more to socializing than just having a conversation. For example, good communication is having the ability to keep your body within the group along with keeping up with the conversation. Successful communicators also have to recognize if the conversation is going well or not by observing non-verbal communication and cues that the other person is providing them. Here are several other "hidden" skills for being a successful communicator:

- Body awareness
- Teamwork
- Problem solving
- Time management and organization
- Maintaining a topic
- Confidence



New!

Leaps and Bounds announces our new Social Skills Assessment Tool

Are you wondering at what age level your child's social skills are?

Leaps and Bounds has created a new way to evaluate social skills. This tool will help better identify areas of concern, target goals, and best of all, illustrate progress. Sign up today for a free consultation.

If you have concerns, check out the variety of groups that we are offering *January 23rd- May 13th*.

Please call for pricing and scheduling information. Some groups may be covered by health insurance. An intake assessment will be required if your child is not already attending Leaps and Bounds.

Your child will be placed in a group that is determined to best meet his therapeutic goals and needs. Group sizes are limited.



Find us on **facebook**



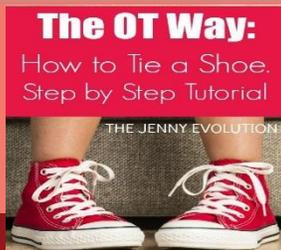
We are excited to announce our NEW...

Leaps and Bounds Feeding Clinic

Does your child have a limited diet of 20 foods or less? Are you concerned that your child is not getting the nutrition she needs?

Our approach to feeding and oral motor skills is an intensive and comprehensive program that allows the therapist to work closely with your family. Our goal is to help mealtime be a more positive experience for your family and help your child get the nutrition she needs. If you would like more information, please call our office to schedule a FREE consultation. You are also invited to attend our FREE Parent Seminar:

**The Leaps and Bounds Approach to Feeding
Thursday, March 2nd at 7:30 PM**



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Social Skills Groups

Buddy Builders

(Ages 3-5 years)

This group will give your child the opportunity to interact and play with peers. Therapists will utilize modeling and positive behavior strategies to encourage interactions. This group will provide the structure appropriate for this age to enhance predictability and engagement.

ABCs to Social Skills

(Ages 6-8 years)

In this group, children participate in instruction of social skills and are provided with opportunities to practice their skills in fun, play-based activities. Goals include increasing your child's confidence to initiate interactions, listening skills, and understanding social cues.

Building Friendships Out & About

(Ages 8-12 years)

This group will give your child the opportunity to build confidence, develop age-appropriate social skills, and establish positive friendships with peers. Children will participate in activities that promote communication, taking directions from peers, and negotiation both in a structured setting and in community-based settings.

Girlfriend Group

(Ages 7-12 years)

This group will help girls connect and establish positive friendships with peers. The group will foster self-confidence, communication, conflict resolution, and other issues that directly affect young girls.

Boys Will Be Boys Club

(Ages 11-15 years)

This group will help boys connect and establish positive friendships with each other. The group will foster appropriate behaviors, self-confidence, and communication. Conflict resolution will also be addressed throughout the group.

Skill Building Groups

ABCs and 123s Pre-Writing

(Ages 3-4 years)

This group is for children who are starting to become interested in letters and numbers. The group will focus on pre-writing skills along with developing age appropriate grasps and identifying letters and numbers.

Beginner Handwriting

(Ages 4-6 years)

This group is for children who are learning to recognize and write all the letters of the alphabet along with numbers 1-10. The group will teach your child efficient letter formation and will facilitate appropriate pencil grasp.

Advanced Handwriting

(Ages 5-7 years)

This group is for children who can form all of their letters and numbers. These children are working on writing words, adhering to the line, appropriate spacing, and the size of their letters.



Executive Functioning

(Ages 10-12 years)

Executive function is a set of skills that allows us as adults to get to work on time, meal plan, and schedule our busy lives. The skills we use to accomplish these things begin developing in the early childhood years. If your child struggles with planning activities, figuring out where to start when cleaning his room, or forgets what homework is due, then your child may be having difficulty with executive functioning skills.

This group will introduce organizational strategies and teach your child how to come up with strategies on his own to be successful with activities such as homework and chores.



Speech & Language Groups

Baby Sign and Play

(Ages 12- 18 months)

This speech/language group is designed to introduce your child to the fun of signing and new vocabulary words. New themes will be introduced each week. Signs help children build their vocabulary, learn to express their wants and needs, and make requests! Cue cards will be provided for home practice.

Toddler Talk Time

(Ages 18 months- 3 years)

This is a speech/language group to help children who are not yet talking or who need a boost in their vocabulary. The speech therapist will encourage the child to use language to engage in songs, art, sensory activities, stories, imaginative play, creative snacks, and theme-based games! A group setting can be a great way to facilitate socialization. Peer models can also facilitate language development.

Speech Buddies

This is a speech group to help children practice their articulation skills with peers who have similar goals. When children have similar goals, they have fun using their skills during games and conversations together. The speech therapist will facilitate conversations and give cues/models of speech sounds as needed. Kids will become more spontaneous, begin to self-correct, and enjoy being successful while building friendships.

Speech & Language Tips for toddler communication:

- Break down directions into smaller steps.
- Speak in complete, grammatical sentences to your child.
- Repeat your child's sentence and add to it to make it complete.
- Teach your child signs. This does not impede his/her ability to communicate verbally, but stimulates vocabulary.
- Set up situations to encourage your child to communicate (e.g. set something out of reach).

If you have any concerns, contact Leaps and Bounds to set up a free consultation.

STAT

40-50% of "late talkers" do not catch up on their own and will require speech-language therapy. The earlier the intervention the better.

STAT

One study found that a weekly yoga group resulted in improved behavior in kids with ADHD after just 6 weeks of participation. These positive behaviors were maintained throughout 1 full year.



Why does yoga and occupational therapy go hand-in-hand?

Yoga practice improves:

- Respiration
- Motor planning skills
- Proprioceptive awareness
- Balance
- Low muscle tone
- Emotional regulation

New!

Yoga and Self-Regulation (Ages 6-8 years)

This group is designed for children who struggle with anxiety, attention, and motor coordination and will promote increased confidence, coping strategies, and postural control.

Children will learn yoga poses and breath work to improve self-regulation to help reduce stress by calming the parasympathetic nervous system.

Free Parent Seminars

- **Is It Sensory? Unraveling the Mysteries of Problem Behaviors**
Thursday, January 12th at 7:30 PM
- **Executive Functioning**
Thursday, February 2nd at 7:30 PM
- **The Leaps and Bounds Approach to Feeding**
Thursday, March 2nd at 7:30 PM

Mom's Morning Out

(Ages 2-5 years)

Have your little one join us for a morning of fun, filled with movement, creative play, social skills, and fine motor activities. A snack will also be provided.

- **Winter Wonderland**
January 23rd 9:00-10:30 a.m.
- **Clovers and Leprechauns**
February 27th 9:00-10:30 a.m.
- **Little Heroes**
March 27th 9:00-10:30 a.m.
- **Garden Play**
April 24th 9:00-10:30 a.m.
- **Let's Get Messy**
May 22nd 9:00-10:30 a.m.

One Day Fun Days

(Ages 5-12 years)

Sign your child up for a fun day filled with a variety of movement activities and crafts at Leaps and Bounds. A snack will be provided.

- **We Heart Sensory Play!**
February 4th 12:30- 3:30 p.m.
- **Hop into Spring**
March 11th 12:30-3:30 p.m.
- **Ninja Warrior**
April 29th 12:30-3:30 p.m.
- **All Things Messy**
May 20th 12:30-3:30 p.m.



Learning Enrichment Camp

The Superhero in All of Us

March 20th-24th

(Ages 5-12 years)

Leaps and Bounds is excited to announce our new all-day Spring program. This group will run Monday through Friday from 9 a.m. – 3 p.m.

This camp will be tailored to your child's individual learning needs. Activities will be interactive and playful while still centered on academics.

Areas addressed throughout the week:

- Learning Enrichment Opportunities in:
Math, Science, Art, Reading, Social Studies, & Writing
- Sensory Play
- Problem Solving
- Social Skills