

The All Bright Spotlight

All Bright Therapies

1957 W Dickens

Chicago IL 60614

312-848-6315/(fax) 312-275-8499

www.allbrighttherapies.com

The Makings of Happy Holidays

It's that time of year- bundling up, traveling, large family get-togethers, big meals of unfamiliar foods. That's right. Fall is coming to a close and the holiday season is officially upon us. Holidays are a time of celebration and family togetherness, but can be stressful to children, especially those who are very young. We have compiled some tips and strategies for a successful and enjoyable holiday season.

Preparing for a Holiday Event

- Read picture books about it- this will help children to understand what to expect
- Look at family photos from past year's celebrations
- Sings songs with your children in the month leading up to the event
- Discuss activities that might be a part of the celebration
- Think ahead about strong, unfamiliar smells associated with the holidays and introduce your child ahead of time- this may be potpourri or candles, holiday foods, or incense at a religious service

Staying in a New Place

- Try to stick closely to your child's sleep schedule- be sure to be mindful of time zones, and adjust nap and sleep schedule accordingly
- Keep your bedtime routine- pack comfort items for sleep, bring your bedtime books
- Comfort your child, but encourage them to sleep on their own if that's what they do at home
- Provide white noise or music to drown out unfamiliar sounds, or adults socializing during nap or bed times

Trying New and Different Foods

- Prepare your child for what it may smell like, taste like and look like. If possible, compare it to something your child has had in the past
- Try it at home first, if possible
- Use encouraging language, don't force your child to try anything
- Pack foods you know your child will eat
- Encourage your child to eat the new foods, and bring out the packed foods as a last resort
- Stick to regular mealtime routines as much as possible

Long Plane, Train, and Car Rides

- Plan ahead and pack activities to do while on the go- bring something new, or just out of the ordinary
- You won't hear us say this very often, but bring a small movie player to pass the time
- Pick things that your child can do independently- attach toys to your child's car seat with a ribbon if you know they might drop it
- Play I spy games out the window to your child's ability- label animals, colors and vehicles you see. Play category games or have your child read numbers and letters on license plates

Front Office Staff:

Nina Ortega, Office Assistant

Liz Skender, Office Assistant

Speech Therapists:

Amanda Albright, MS, CCC-SLP

Lauren Agruss, MA, CCC-SLP

Caitlin Bartley, MS, CF-SLP

Meghan Libkie, MS, CCC-SLP

Joni Prihoda, MS, CCC-SLP

Mary Ratliff, MA, CCC-SLP

Michael Upshaw, MS, CCC-SLP

Occupational Therapists:

Kaitlyn Davis, OTD, OTR/L

Alyssa Illian, MS, OTR/L

Anne Urban, MS, OTR/L

Lauren Vanderlist, MS, OTR/L

•All Bright Testimonials•

“He is now in preschool and his confidence and vocabulary and social skills are amazing. His teachers are shocked to learn he ever had a delay or struggle. The sounds he doesn’t have yet are completely age appropriate and he is willing to work on them because of the groundwork that Amanda set.” **Parents of Michael, age 4**

“Kate has been a fantastic occupational therapist, helping Nell develop her strength, posture, small motor precision, and, very importantly, her confidence. She is now helping her begin to prepare for kindergarten, and at a recent school event I realized that there are things Nell can do—dexterity, drawing, etc—that are well in the normal range in her pre-K class, ahead of some of the others. This is a huge source of relief and encouragement to us.” **Parents of Helena, age 6**

“The student/teacher ratio in the group class is incredible and allows for a wonderful learning atmosphere. The teachers were patient and the classes were structured very well. I never thought my children would sit still for that long but they did great. The ability to be able to watch the classes from the video feed was tremendous. It really allowed for the ability to see the kids interact with others and not rely on the parents.” **Parents of Calvin and Connor, age 4**

Services We Offer:

Speech Therapy:

Apraxia • Articulation • Phonological Disorders
Pragmatic and Social Language Disorders
Cleft Lip and Palate and Craniofacial Syndromes
Cerebral Palsy and Neuromotor Disorders
Genetic Syndromes • Speaking Valves

Occupational Therapy:

Poor Motor Planning • Motor Delayed Infants
Fine and Visual Motor Delays • Handwriting Difficulties
Regulation Disorders • Sensory Integration Dysfunction
Brachial Plexus Injury • Splinting and Bracing
Cerebral Palsy and Neuromotor Disorders

Groups and Classes:

Social Language Groups • Articulation Groups • Language Development Groups • Feeding Group • Apraxia Group
Body Awareness Group • Handwriting and Pre-writing Group • Self Regulation Group • Parent Education Course

We currently have availability for:

Speech and Occupational Therapy group for children aged 2.5 to 4 years of age

Feeding Group for children 3-5 years of age

Please call for information

Holiday Toy Buying Guide

Toys that encourage pretend play and imitation of familiar routines:

It's important to have toys that encourage children to use their imaginations and develop their creativity and social skills. Kitchen sets, play food, play telephones, pretend cleaning sets, dress-ups, baby dolls, doctor’s kits and tool kits are all great toys to promote pretend play.

Toys that inspire problem solving:

Shapersorters, stacking toys, puzzles for younger children- Building sets, brain game books, board games like Connect 4, Sorry, and Rush Hour for older kids

Toys that invite creativity:

Crayons, markers, stickers, paints, stamps, chalk, tissue paper, glue, etc. Creating art is good for children of all ages. Don’t be afraid of a little mess.

Books:

Children should have regular access to books. As toddlers, children benefit from flipping through books, scanning them visually, locating pictures and pointing. They benefit from the rhythm and repetition for learning language.

Musical toys:

Provide your child with age-appropriate music choices. For younger children, songs with motions improve coordination, stimulate the memory and are social. Instruments are a great gift for school aged children, and promote fine motor skills, timing, sequencing and imitation.

Balls:

Playing with balls of all sizes helps children improve their coordination. Ball play teaches cooperation and turn taking at early ages. Play with sports balls can help an older child build coordination and confidence.