



FAMILY SPEECH & THERAPY SERVICES

Working Together to Achieve Your Goals

Social Skills Groups

It's never too early to start thinking about summer—

Social skills groups will be offered this summer in both our Andover and Elk River locations. These therapeutic groups are offered for kids age 4-9 and are designed to improve each child's self confidence and ability to make and maintain friendships. These goals will be accomplished through direct instruction and skill



building activities. The curriculum will be customized to meet the needs of each child in the group. If you are interested and would like to be contacted when dates and times are available please contact the front desk.

**Cost for eight sessions: \$300
Ages 4-9**



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February/ March 2012

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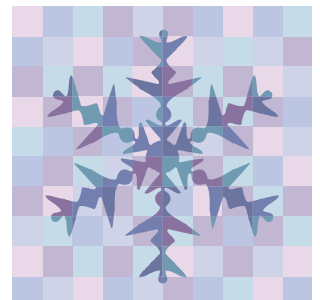
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FEEDING THERAPY

We are pleased to announce that we now have a feeding team, comprised of speech-language pathologists and occupational therapists. We offer comprehensive feeding evaluations and intensive feeding therapy sessions. We are very excited to launch this new program and help treat the underlying challenges for problem feeders. Please contact the front desk for more information if you have concerns regarding your child's diet or ability to manage foods such as:

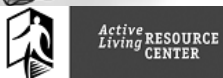


- Ongoing poor weight gain or weight loss
- Ongoing choking, gagging or coughing during meals
- Aversion or avoidance of all foods in a specific texture or food group
- Food range of less than 20 foods
- Family is fighting about food and feeding (meals are battles)



10 really good reasons **EXERCISE** is important for your child...

Exercise!



- #1 Exercise helps kids **build self-esteem** and **confidence!**
- #2 Exercise acts like **"Brain Fertilizer"** to keep kids' brains healthy so they can **think better!**
- #3 Exercise helps kids **avoid anxiety** and **depression!**
- #4 Exercise teaches kids to **be more active**, instead of just sitting around watching TV and whining.
- #5 Exercise helps kids tune up their **coordination** and keep their bodies **working smoothly!**
- #6 Exercise helps kids **avoid deadly diseases** like **diabetes.**
- #7 Exercise helps kids build **healthy hearts!**
- #8 Exercise helps **build strong bones!**
- #9 Exercise helps kids **build strong muscles!**
- #10 Exercise helps kids set and reach **goals** — and **be winners** in life!

Exercise is not just for adults—in fact it's vital to child development. "Children were born to move," says Rae Pica, a movement education specialist and the author of *A Running Start: How Play, Physical Activity, and Free Time Create a Successful Child*. She notes that activity and movement help kids develop not only their bodies, but also their brains, their ability to learn, and their social skills. "It impacts not only physical development, but cognitive, social, and emotional development—the whole child."

We all know that exercise is an important part of maintaining a healthy lifestyle; but as the weather gets colder many of us find it difficult to stay as active as we do during the summer months. Here are some fun places to spend quality time as a family while you stay active:

Adventure Park (large indoor playground) (763)757-3000 adventureparkmn.com	Pump It Up (763)757-9000 www.pumpitupparty.com
Andover Lanes (Bowling) (763)754-8000 www.andoverlanes.com	Elk River Recreation (Year round kid programs) (763)635-1150 www.ci.elk-river.mn.us/
Andover Community Center Tot time weekly Bounce House monthly (763)755-5100 www.ci.andover.mn.us	Community Education Andover: (763)506-1260 www.anoka.k12.mn.us Elk River: (763)241-3520 elkriver.registryinsight.com
Anoka County Parks and Recreation (763)757-3920 www.anokacountyparks.com	Ice Arena-Elk River (763)635-1140 ci.elk-river.mn.us
Sherburne County Parks and Recreation (763)765-3000 (800)433-5228 www.co.sherburne.mn.us	Wright County Parks and Recreation (763)682-7693 www.co.wright.mn.us/department/parks/
Ice Skating/Sledding Hills: Prairie Knoll Andover	Warm House Handke Stadium (763)241-9506
Perpetual Motion Weekly open gym times (763)754-2341/ Perpetualmotiongymnastics.com	Jam Hops (Gymnastics) Open gym (763)413-0647 Jamhops.com
Early Childhood Family Education Andover: (763)506-1540 (763)767-3520 Elk River: (763)241-3524	Minnesota Aerials Weekly open gym (763)421-1709 minnesotaaerials.com
Foss Swim School (763)398-3399 www.fosswimschool.com	YMCA Andover: (763)230-9622 www.ymca.net Elk River: (763)230-2800 www.ymcatwincities.org
Minnesota Athletic Association 651-324-0420 www.mnadaptedathletics.org	Eagles Nest Indoor Playground (651)638-2130 ci.new-brighton.mn.us

DATES TO REMEMBER:

Monday, February 20: Clinic will be **OPEN**

March 12-15: Clinic will be **OPEN**

April 4-5: Clinic will be **OPEN**

Monday, April 9: Clinic will be **OPEN**

We realize some schools are closed on these days. Please remember, we do not follow school calendars.

Clinic Information



Thank you for your generous donations to Toys for Tots— it was our privilege to deliver around 100 toys!

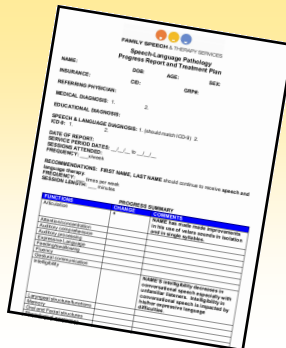
Inclement Weather Policy

In the event of inclement weather, clinic closing information will be available on WCCO TV, radio, and at their



website: minnesota.cbslocal.com.
Click on *School Closings* under *Quick Links*.

In an effort to continue to improve our overall services at Family Speech & Therapy Services, we have made some changes to our documentation. Over the next few weeks, you may notice some changes to the progress reports you receive. If you have any questions regarding these changes please see your therapist.



Welcome

Katie Kise is a second year speech-language pathology graduate student from the University of Wisconsin-Eau Claire. She will be completing her practicum with Family Speech & Therapy Services from January 3-March 1.



Jaclyn Malde, M.A., CCC-SLP, joined our Andover speech therapy team in January 2012. She received a master's degree in speech-language pathology from the University of Minnesota- Twin Cities. Jaclyn recently moved back to Minnesota from Arizona where she was working in the school setting. She enjoys working with a variety of children and their families. When Jaclyn is not working she enjoys reading, running and being outdoors.



FAMILY SPEECH & THERAPY SERVICES

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TO RESCHEDULE AN APPOINTMENT:

Please call 763.755.4275 ext. 300
Monday—Thursday 7:30 am to 7:00 pm

INSURANCE CHANGES?

Please notify us of any changes in
your insurance.

Continuing Education Update

- Veronica Covington, M.A., OTR/L SIPTC attended a course titled “*Sensory Defensiveness, A Comprehensive Treatment Approach*”, taught by Patricia Wilbarger and Julia Wilbarger in San Francisco, CA on January 27-28, 2012.
- Melissa Lonsky, M.A., CCC-SLP, and Debbie Lewis, M.A., CCC-SLP attended the Minnesota Speech-Language-Hearing Association’s professional practice forum on January 14, 2012.

WE BELIEVE—
Ongoing continuing education on the latest research and therapy techniques enables us to provide the highest quality, most effective therapy services.

Speaking Engagements

- Melissa Lonsky, M.A., CCC-SLP will be presenting:
 - *Typical vs. Delayed Speech and Language Development* at the Washington County Director's Association President's Day Inservice on February 20, 2012.
 - *Thumb and Finger Sucking* to the Childcare Providers of Anoka, Ramsey and Champlin on February 21, 2012.
 - A professional development program on *Orofacial Myofunctional Disorders* to the Anoka Hennepin ISD #11 speech-language pathologists on March 2, 2012.
- Sarah Biers, OTR/L will present *Addressing Feeding Delays using an Oral Motor Approach* to the occupational therapy assistant program at Anoka Ramsey Technical College March 22, 2012.