

The All Bright Spotlight

All Bright Therapies

1957 W Dickens

Chicago IL 60614

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

www.allbrighttherapies.com

Making Therapy a Part of Everyday Routines

In the course of an ordinary day, and all of the demands placed on you as a parent or caregiver, having your therapist assign additional work for you and your child can be overwhelming and unachievable. However, in order to maximize the benefit of your child's therapy, it is certainly best to get lots of practice in between sessions. Therapy strategies are easiest to incorporate if they are done as a part of your daily routine. Your child will be able to learn and retain more when they practice skills they need in the places they will use them. Here are some tips that we find make home programming easier and more beneficial:

Keep tips, handouts, and notes all in one place:

- Feel free to ask for written programming from your therapist. It can be difficult to remember everything that is said at the end of a session.
- Keep a binder, folder or notebook to organize materials. Ask your therapists to write directly in it, and review what others are writing.
- Encourage your therapists to carry over each other's strategies during sessions with your child.

Keep materials organized for a specific use:

- Put together a box of therapeutic materials for your child that you can pull out for their "homework time". This way, they are more likely to be used and generate more interest than if they are available all the time. Ask your therapist for specific ideas.
- If your child is working on fine motor skills, gather challenging but fun activities such as small lego sets, wind-up toys, and clay/playdoh.
- If your child is working on articulation, keep a box or binder of practice sounds/words, coloring pages and worksheets they are able to complete independently.
- If your child is pre-school aged, encourage them to complete therapy activities while older siblings are completing their homework.

Use strategies during typical daily activities:

- If your OT wants you to stretch your child several times per day, try pairing this activity with diaper changes.
- If your speech therapist gives your child oral motor exercises, try pairing them with brushing teeth in the morning and evening.
- If your child has a chore chart, consider adding the therapy exercises to the chart so they can keep track of how often they do their work.
- During your play and interactions with your child, think about ways to enrich the activity with your child's language or motor goals.

Take advantage of breaks in your day:

- Do you need something to keep your school-aged child busy while you are making dinner? Give them a therapy related task to do, as long as they are able to complete it independently.
- Play word games and I-Spy while driving in the car to build vocabulary.

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

Joni Prihoda, CCC-SLP, Kaitlyn Davis, OTD OTR/L

●All Bright Testimonials●

“Diego was first taken to All Bright Therapies due to delays in his speech and fine/gross motor development. Within a month of starting his speech therapy with Joni, he was signing many words, which helped tremendously in communicating with him. Eventually, he began imitating many words and sounds he learned at his speech therapy sessions. And he only kept improving from there. Every week, he would pick up new words or phrases. By the time he turned 3 and left All Bright, he was speaking in sentences and no longer delayed in his speech development. Likewise with his fine/gross motor skills, he was having some issues in this area and Kate, his OT, worked so well with him that he was all caught up by the time he turned 3. Going to All Bright helped Diego in ways we will always be grateful for. And the staff is just wonderful! Very professional and truly caring for the children they help.”

Parents of Diego, age 3

“When Lucy first began working with Amanda she had very few words and the focus of therapy was to practice making sounds. Lucy went from having no sounds to speaking in complete clear sentences in a little over a year. When Lucy first began working with Amanda, we had concerns that we would not be able to enroll her in preschool when she turned 3. Lucy ended up starting preschool on time and has adjusted very well to the new environment. She is able to communicate with her peers and has made many friends.”

Parents of Lucy, age 3

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

Individual Speech Therapy and Occupational Therapy sessions

Please call for information

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| Take advantage of free museum days http://explorechicago.org | Have an indoor picnic | Visit a pet store |
| Go to an indoor play space/ bounce house | Turn the music up and have a dance party | Build a fort/ tent |
| Bundle up and play in the snow | Activities for Chicago Winter | Go to story time at the library |
| Set up a scavenger hunt in your house | Cut apart old magazines and make a collage | Trace your child’s body on a large box, cut it out and decorate to make a big look-alike |
| Sign your child up for a cooking, art or music class | Join a Neighborhood play group | Plan a special day- stay in and bake cookies, create a craft |