



NEWSLETTER

What's New at CPTC?

- Fun weekly themes in therapy sessions, including jungle, under the sea, and outer space.
- Spanish-speaking therapists are available for both occupational and speech therapy.
- Check out our new website!
- Compassionate counselor Jaclyn Long, MFT will be giving a presentation on emotional intelligence this fall. Please join us.
- Speech therapy and Occupational therapy interns have enjoyed their affiliations at CPTC this summer.

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New, improved web site:
coastsidepediatrics.com

About CPTC:

Occupational therapy remediates difficulties an individual experiences in gross and fine motor skills, oral motor development, visual perception, and sensory integrative functioning.

Speech/language therapy seeks to improve communication ability through focused treatment on expressive language, articulation, fluency, oral motor skills, and auditory processing, as well as reading, spelling acquisition, and written expression.

Apraxia: What is it and what to look for?



Childhood Apraxia of Speech is a motor speech disorder that causes difficulty in planning and programming the movement sequences necessary for accurate speech production. Individuals with apraxia know what they want to say, but have a difficult time telling the muscles of the mouth to produce the correct sounds.

Apraxia can occur in children (known as developmental apraxia) and in adults. The cause of apraxia in children is not clear. In adults with apraxia, the common cause is due to a stroke or physical injury.

Some potential signs of apraxia*:

- ❖ Sound inventory restrictions
- ❖ Imitative skills superior to volitional skills
- ❖ Sound sequencing/movement difficulties
- ❖ Word/sentence complexity breakdowns
- ❖ Inconsistencies
- ❖ Vowel distortions
- ❖ Sound omissions
- ❖ Expressive language deficits in contrast to higher receptive language ability

*As defined by the American Speech-Language-Hearing Association for apraxia.



How to facilitate practice at home:

- **Let your child speak!** Allow your child to repeat words multiple times for their muscles to learn how to say that word.
- **Model your speech:** Tell your child, "Listen and watch me" and encourage them to feel your mouth as you model how to say a sound, word or phrase. Let them feel your mouth if it helps.
- **Use rhythm, music or sign language to help your child:** Integrate a rhythm to your practice to make learning fun for your child.
- **Learn familiar words and phrases:** Work with your child on common phrases, such as, "I want", "I see" to help facilitate a full phrase or sentence.
- **Practice often, but short:** Practice with your child for short periods of time to avoid fatigue. Avoid working on too many sound combinations at a time - work on one, and build up to another!

It is recommended by the America Speech-Language-Hearing Association for a child with apraxia to work with a speech-language pathologist 3-5 times per week, and less frequent when progress is made.

Our Location:

255 Main Street
Half Moon Bay, CA 94019

Occupational Therapy: 650-560-9471
Speech Therapy: 650-560-9470



Claire Norton, MS, CCC, SLP

Maureen Barton, OTR/L

Our dedicated and thoughtful clinicians are licensed, certified and credentialed. All of our staff continue to take advanced training in specialty areas to maintain and improve their knowledge of new interventions and research.



Have you or your child had a positive experience at CPTC? Leave us a review on Yelp to help spread the word!

<http://www.yelp.com/biz/coastside-pediatric-therapy-center-half-moon-bay>

Review CPTC on Yelp!



“Like” our Facebook page: <http://www.facebook.com/CoastsidePediatrics>

Coastside Pediatric Therapy Center is an association of independent therapists treating the needs of the whole child.

Dyspraxia: What is it and what to look for?

Dyspraxia is used to describe a condition where the brain does not process information from the environment quickly enough to produce an appropriate motor response. More simply put, it can be hard for the individual to plan what to do and how to do it. Impacted movements can include fine motor skills, gross motor skills, motor planning, and coordination. Children with dyspraxia might show signs of difficulty with their everyday self-care activities, writing, and riding a bike to name a few. The earlier a child is diagnosed and can receive help from an occupational therapist, the faster the child can improve.

Red flags for preschool/school aged children:

- Slow and hesitant in most actions
- May not be able to run, hop, jump, catch, or kick a ball like their peers
- Difficulty with learning new skills
- Frequently falls or trips

How does OT help?

- An OT can use a standardized assessment with your child to see which specific areas are causing the problem.
- An OT can facilitate change in your child's nervous system.
- An OT can provide techniques and strategies to help manage everyday life in school and at home.



What can you do?

- Advocate for your child at school to get accommodations like speech to text technology, or getting notes from the teacher instead of copying from the board.
- Practice activities like tossing a ball, cooking together, playing board games, and self-care routines.

Upcoming Workshop on Emotional Intelligence

September 29, 2019

Time 6 - 8 PM

Location 432 Central Ave

Half Moon Bay, CA

Suggested \$20 Donation

Jacyln Long, MFT
Compassionate Counseling
Jacylnlong.com



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