



Kids Therapy, Ltd.

Newsletter Fall 2019



Back to School Tips

It's that time of year again! Here are some tips to help ease stress and facilitate the transition back into the school routine:

1

ESTABLISH ROUTINE

- Set a regular bedtime & wake time
- Eat healthy meals
- Prepare for the school day the night before

2

SET UP STUDY AREA

- Set up special area at home for homework
- Free of distractions
- Make homework a priority

3

CREATE A CALENDAR

- Create *with* your children
- Include school events & due dates
- Stay organized



A Word From Our Therapist

Physical Therapy tips to get the family moving!



Kids Corner

Child Spotlight: Scarlett- 3rd Grade



New Team Members

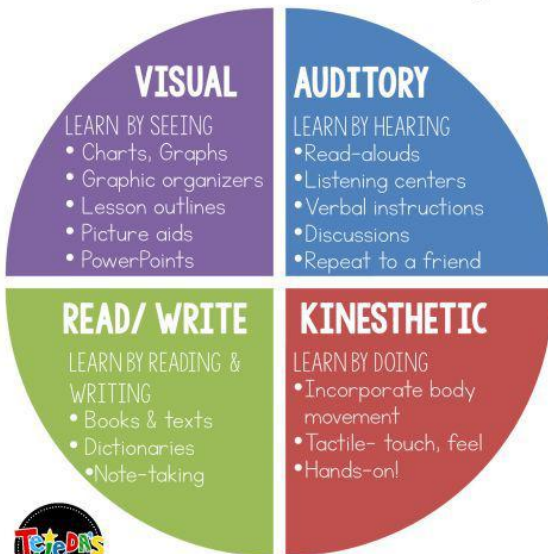
Our clinics gained 3 new outstanding team members!

Learning Styles

It's also important to remember that all kids learn differently. Here are some tips to help support your type of learner:

DIFFERENT LEARNING STYLES

& tips for teaching



Kids Corner!

Child Spotlight: Meet Scarlett!

Scarlett is 8 years old and in 3rd grade at Hough.

She has Spinal Muscular Atrophy (SMA) and comes to PT and OT at Kids Therapy to work on strength and stretching her tight muscles.

Scarlett enjoys art, photography, and playing the ukulele.

Scarlett says she loves her therapists at Kids Therapy!



A Word from our Therapist: Alli Steffens, DPT

Physical Therapist at our Lake Barrington Clinic!

September 28th is Family Fitness Day!

Tips for getting the family active:

- Have a dance party or play freeze dance
- Get creative and try some animal walks
- Make an obstacle course in your backyard
- Make a chalk obstacle course in the driveway
- Play Simon Says with exercises
- Get active during commercial breaks



Recommended Apps:

1. **7 Minute Workouts with Lazy Monster**

2. **Super Stretch Yoga**

Meet our newest team members at Kids Therapy!



Janet Ognibene- Speech Therapist at our Libertyville Clinic

"My name is Janet Ognibene. I have been a speech pathologist for 15 years. I have a Bachelor of Science from University of Wisconsin Whitewater & a Master of Science from Northern Arizona. I spend my days working as a speech pathologist for the Special Education District of Lake County. I love the difference that nights in a clinic give me from the daily setting. I worked for Kids Therapy back in 2009 for about a year. LOVE the team that is here! Had to come back. I now work Tuesday & Thursday nights, as well as Saturday mornings. I live in Volo with my husband & 7 year old daughter, Lea. You may occasionally see her around. I bring her once in a while to let her see what I do & show her all the amazing kids I get to work with. She loves it so much she wants to be a speech teacher like Mum Mum, but I am not holding my breath. I look forward to meeting all of you & working with the kids."



Whitney Bujak- Occupational Therapist at our Lake Barrington Clinic

"Hi there! My name is Whitney & I am a recent OT graduate. I attended the University of Illinois at Chicago and earned my Bachelor's of Psychology degree. I then attended Carroll University where I completed my Masters of OT degree! I am extremely passionate about occupational therapy & its focus on helping others live fulfilling, happy lives. I have always wanted to work with kids and have a lot of experience working with kiddos with a variety of disabilities. In my free time, I enjoy spending time outside, reading, and hanging out with my family. I am so excited to be joining the wonderful team at Kids Therapy & getting to know all of the kids!"



Deanna Vanstedum- Speech Therapist at our Lake Barrington Clinic

"Hello! My name is Deanna & I am a recent SLT graduate! I attended Elmhurst College where I received my Bachelors of Science in Communication Disorders. I then earned my Masters of Health Science in Speech-Language Pathology at Governors State University. I currently work at a school district during the day, specifically at an early childhood center & am working at Kids Therapy during evening hours on Tuesdays! My various work & volunteer experiences have allowed me to develop expertise understanding of different disabilities. I am very excited to have joined a great team & be a part of Kids Therapy & looking forward to meeting all the kids! I love the field of speech-language pathology as I am able to help others communicate & advocate for their wants and needs. In my free time, I enjoy reading, spending time with my family, going to the park with my dogs, & swimming."

Our Services:

OCCUPATIONAL
THERAPY

PHYSICAL THERAPY

SPEECH/LANGUAGE
THERAPY

FEEDING THERAPY

Contact Us!

If you have any concerns for your child's development, please feel free to contact us to schedule a free screening or diagnostic evaluation.

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