



# Tender Touch Therapy

Newsletter

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## Decrease the Spread of the Flu and Colds

The single most important thing you can do to stay healthy and stop the spread of disease causing germs is **wash your hands often**. A good hand washing technique is important and effective in decreasing the spread of the flu and colds. Proper hand washing technique includes:

- ⇒ First, wet your hands and then apply soap.
- ⇒ Next, rub your hand together vigorously and scrub all surfaces including under the nails.
- ⇒ Continue scrubbing for at least 15 seconds (sing the "Happy Birthday" song to make it interesting)

⇒ Rinse and dry thoroughly

It is important to remember to wash your hands when preparing food, eating, after using the bathroom or changing a diaper, after handling animals, and when your hands are dirty. It is recommended that you wash your hands more frequently when someone in your home is sick.

The flu is spread by inhaled droplets from someone carrying the virus or touching a contaminated surface which is then transferred to your hand to your mouth or nose. If you suspect you have the flu it is important to contact your doctor and indicate the symptoms you are experiencing.

Signs and symptoms of the flu include:

- ⇒ Fever and chills
- ⇒ Severe muscle aches
- ⇒ Severe fatigue
- ⇒ Headache
- ⇒ Decreased appetite
- ⇒ Gastrointestinal symptoms
- ⇒ Runny nose, nasal congestion
- ⇒ Sneezing
- ⇒ Watery eyes, conjunctivitis
- ⇒ Sore throat
- ⇒ Cough
- ⇒ Swollen lymph nodes in the neck

These symptoms will usually start abruptly.



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If organic farming is the natural way, shouldn't organic produce just be called "produce" and make the pesticide-laden stuff take the burden of an adjective? ~Ymber Delecto

We are living in a world today where lemonade is made from artificial flavors and furniture polish is made from real lemons. ~Alfred E. Newman

## Sugar and Your Child's Health

Sugar comes in many different forms. Sucrose, fructose, maltose, dextrose, dextrine, and corn syrup are some names of various forms of sugar. Some of these sugars can have a negative effect on our health and our children's health. The book called Lick the Sugar Habit discussed the negative consequences we as a community may be experiencing from our sugar intake. We are going to focus on the negative effects excess sugar has on our children. Sugar has been known to suppress the immune system. This is a point to keep in

mind as our kids prepare to go trick-or-treating. Sugar can also cause hyperactivity, anxiety, concentration difficulties, and crankiness in children, which may affect the child's grades in the school system. Sugar can also cause drowsiness and a decreased activity level in children. Sugar may contribute to weight gain and obesity. As many of our children struggle with constipation issues it is important to note that sugar can cause constipation and can increase the body's fluid retention. One point that I found interesting was that sugar

can cause food allergies. Other important notes that I took from the article was that sugar can decrease growth hormone, increase cholesterol, contribute to diabetes, cause headaches/migraines, cause appendicitis, and can cause asthma. These are all important points to think about. This article focuses on the excess amounts of sugar that is taken in and the side effects that it may have. Please use this information to then build your own opinion and do additional research for you and your family!



## Is Your Child's Backpack Making the Grade?

October is Physical Therapy month! Watch for our informational board in the waiting room!

Here are a few tips to make sure your child's backpack is being worn properly to prevent unnecessary strain to their back and shoulders.

### Wear both straps

Use of one strap causes one side of the body to bear the weight of the backpack. By wearing two shoulder straps, the weight of the backpack is better distributed.

### Wear the backpack over the strongest mid-back muscles.

Pay close attention to the way the backpack is positioned on the back. It should rest evenly in the middle of the back. Shoulder straps should be adjusted to allow the child to put on and take off the backpack without difficulty and allow free movement of the arms. Straps should not be too loose, and the backpack should not extend below the

### Lighten the load

Keep the load at 10-15% or less of the child's bodyweight. Carry only those items that are required for the day. Organize the contents of the backpack by placing the heaviest items closest to the back. Some students have two sets of books so as not to have to carry the heavy books to and from school.

-by Brooke Tabat

## Illness Policy

### The cold and flu season is approaching!

This is just a friendly reminder that if you, a person attending your child's appointment, or your child are not feeling well, please reconsider attending your treatment session here at Tender Touch Therapy. Please see the front desk staff to reschedule if any or all of the following symptoms have been present within the past 24 hours:

- ⇒ Runny Nose
- ⇒ Cough/Sore Throat
- ⇒ Vomiting/Diarrhea
- ⇒ Fever greater than 100 degrees
- ⇒ Other diagnosed illness

Thank you for helping us keep everyone healthy!

*Realize you have within yourself what it takes to stand up against anything. Human beings are absolutely undefeatable when they know they are..*

- Norman Vincent Peale.

### **Attention Parents**

***Please remember while in the waiting room to use quiet voices and quiet play activities; there are children hard at work and the front desk is answering the telephone. Thank you in advance for your cooperation and assistance!***



## Fall Festival

We would like to take the time to celebrate and give thanks to all of you. We will be holding a fall festival for the families that attend or have attended Tender Touch Therapy. On October 28, 2009 from 5:30 - 7:30 pm please join us for some food, crafts, and socialization. Children are invited to come in their costumes if they would like. There will be flyers at the front desk for additional information. We will also have a sign up sheet for RSVPs. Please indicate the family name and the number of members that will be attending. We hope to see all of you there!

## Fall Activities

*There are many fun things to do in the fall. Here is a list of fun activities to do in the community!*

Oct 1—Oct 29 Thursdays only 7-730pm **Ghosts in the Garden** Salem Library - Listen to scary stories in a darkened garden

Oct 10 6-8 pm **Cinderella Ball** Rec Plex - Royal Gala for all local royalty. For details visit [www.PleasantPrairieEvents.com](http://www.PleasantPrairieEvents.com).

Oct 17 10 am—4 pm **Family Fun Day** Kenosha YMCA Callahan Family Branch - A fun filled day for the whole family!

Oct 17 9am -3pm **Autism Conference of Hope** St. Johns Lutheran Church Brookfield, WI

Oct 17 9-3 pm **Special Needs Kids Resource Fair** Kenosha County Building - Local resources for children with special needs and their families.

Oct 20 10 am - 4 pm **Fun 'n Fit Event** Kenosha YMCA Callahan Family Branch - Local resources for the aging and disabled.

Oct 29 12:30—3:30 pm **Great County Pumpkin Party** Country Inn & Suites (I-94 & Hwy 50) - A Halloween celebration for children with special needs and their families.

Oct 31 10 am—2 pm **Munchkin Masquerade** Jelly Belly Center - Little ghouls and goblins are invited to Belly Belly Center for exciting Halloween fun.

Nov 14, 15 & 21, 22 2 pm **Lakeside Players Presents Children's series "The Frog Prince"** Rhode Center for the Arts - Recommended for ages 4 & up.



**The clinic will be closed on November 26 & 27 for the Thanksgiving holiday!!**

## IEPs

School is back in session. Parents please bring your child's new IEP to us as soon as you can. We will make a copy and give the original back to you. Your child's IEP is needed to allow us to continue servicing your child with appropriate insurance authorization. Thanks for helping out your therapists!



## Do you have an article you would like to share?

If you have an article or information that you would like to share with the other Tender Touch families please feel free to give the front desk a copy of the article referencing the source and we will do our best to place it in one of our upcoming newsletters.



## Weather Related Closing Policy

From time to time the weather here in Wisconsin is such that school and facility closings are inevitable.

It is our policy at Tender Touch that if the Kenosha Unified School District (KUSD) is closed due to poor road conditions such as heavy snow fall, blowing snow, or ice Tender Touch Therapy is closed.

You can check to see if KUSD is closed by: a.) staying tuned to our local TV and radio station closing updates b.) viewing the KUSD (Time Warner Cable) TV channel 20, c.) visiting the KUSD web site at [www.kusd.edu/emergency](http://www.kusd.edu/emergency) or signing up on the KUSD web-site for free text messages to your cell phone in the event of the schools closing.

You can further check to make sure we are closed at Tender Touch by calling our office and listening to our voice mail recording. Last year, KUSD was closed due to cold weather. In a situation like this one Tender Touch Therapy was not closed as the roads were clear to drive on and parents were able to choose to attend the treatment sessions or cancel.



## Newsletter

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Tender  
Touch  
Therapy  
Success at Every Step

## Welcome Our New Friend!

**New OT Student:** My name is Michelle Churchill, and I am a Racine native and occupational therapy student at Mount Mary College in Milwaukee, graduating in May 2010. In addition to being a student, I am a wife and mother of three school aged children, one of whom has received speech therapy, OT, and PT in various combinations since before he was two years old. Having been a stay-at-home mom since 2001, I decided

to go back to school in 2007 to pursue a degree in OT. Previously, I was an instrumental music teacher in several Racine and Milwaukee area private and parochial schools, teaching private lessons and running hand programs I started from scratch. Tender Touch Therapy is my second of two full-time clinical placements that are required for my degree program, and I am very much looking forward to working with

your children and learning from them, too, as it was pediatric OT that originally drew me to this very broad career field.

*Please help us in welcoming Michelle to the clinic and joining our team until mid December. She will be assisting and completing some of the upcoming treatment sessions.*



### Christmas Caregiving Dates

We will be providing caregiving sessions for our patients and their siblings again this holiday season to allow you to go do some Christmas shopping or have some much needed childfree time. The dates that have been chosen are **December 11th from 5pm—8 pm and December 12th from 9am—12 pm**. Please watch for additional information at the front desk to sign up for one of the two dates listed above.

Fall music groups will be starting the 3rd week of October. Lisa Friedrich, the owner of Harmonious Beginnings MTS, LLC will be facilitating music groups for children between 2 and 7. The groups will use movement, instrumental play and singing to work on socialization and school readiness skills like following directions, turn taking, etc. The group is a wonderful way to expose your child to music. The wide age range gives older

### Music Therapy

children the opportunity to teach the younger children through example. The classes will run for 8 weeks. The Kenosha clinic class will be Saturdays at 9 am beginning 10/24 and the Racine clinic class is on Tuesdays at 6 pm starting 10/20/09. Ask behind the front desk at either location for sign up sheets and registration forms.

