

Tender Touch Therapy

Newsletter

Volume 1, Issue 4

Spring, 2009

The Importance of Maintaining Your Child's Therapy Frequency and Rescheduling Missing Appointments

We understand there are many significant reasons for having to cancel appointments or the occasional forgetting of a scheduled or rescheduled appointment. We just wanted to bring to the forefront the important reasons for maintaining your child's frequency and rescheduling missed appointments.

Insurance approval:
If insurance providers see there are frequently missed appointments or requested frequencies are not being met, they may deny future requests for more sessions.

Successful outcomes:
Your child's therapist recommends frequency based on the amount of therapy they deem is necessary for your child to be successful in reaching their goals.

Motor learning:
Learning new skills has to be consistent. It takes time and repetition to rebuild motor pathways. You want to build on new skills from week to week instead of having to relearn these skills. If therapy is inconsistent, your child may have to keep relearning the same skill and not have the opportunity to build a new skill.

Be aware of rescheduling options:

If your child misses an appointment, that does not mean they have to miss out completely on their therapy session. You are able to reschedule that missed appointment either that same week or a subsequent week, depending on the therapist's availability. Please communicate with the front desk for rescheduling options should you have to cancel or if an appointment is missed.

Thank you for helping us help your child be successful.

-Tender Touch Therapy Staff



Inside this issue:

<i>IEP/IFSP</i>	2
<i>Illness Policy</i>	2
<i>Summer schedule & evaluations</i>	2
<i>Dr. appts. & IEP's</i>	3
<i>Autism awareness month</i>	3
<i>OT month</i>	3
<i>Welcome our Music Therapist</i>	4

Happy 3rd Birthday Tender Touch Therapy!

Tender Touch Therapy is celebrating its 3rd Birthday this month. It was 3 years ago that the Masterman Sports building was turned from a store with mounted fish on the wall and various pieces of hunting gear on the shelves to a

child friendly therapy clinic with animals on the walls and swings hanging from the ceiling. Thank you to all of our families for supporting us and watching us grow as a company and a family. As you

may know we have expanded to a Racine location to meet the needs of the families within the Racine community. We hope to continue to grow and meet the needs of our families and the community! Happy Birthday Tender Touch Therapy!





IEP's/ IFSP's/Medical Reports

Does your child have an IEP (Individual Education Plan) through school? Do they have an IFSP (Individual Family Service Plan) through the Birth-to-Three Program? Do they see specialists such as: clinics, doctors, or other therapists?

If you answered 'yes' to any of the above questions, we need your help! As your therapists, we need to coordinate our services with the other services your child receives. We also have to make sure we don't duplicate services. In

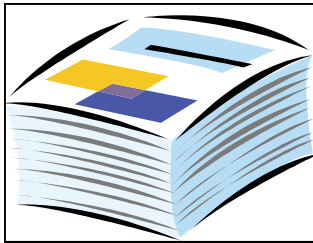
other words, our goals/objectives can't be the same as another service/therapy that also sees your child.

So that we can continue to provide therapy for your child, we always need an updated copy of your child's IEP, IFSP, or in-home behavioral therapy plan. When you have a new plan, could you *please* provide a copy to us right away? Sometimes we forget to check our charts here, then we go to submit our plan to your insurance and we don't have the most recent IEP. The process

is definitely slowed down when we have to contact you to obtain a new copy!

So, ask your therapist the next time you see her to check your child's chart, or just bring in a copy of your child's most recent plan and we'll update our chart! We appreciate your help.

Celebrate Spring - Plant a tree.



Illness Policy

The cold and flu season is here in full force

This is just a friendly reminder that if you 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



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.

The clinic will be closed on June 11th and 12th for clinic cleaning. Summer schedules will start on June 15th.



Parking Lot

Please remember to remove your valuables and lock your vehicle while at Tender Touch Therapy. Please alert the front desk or your therapist if you notice anything or anyone unusual in the parking lot. The Kenosha Sheriff's Department has warned us of an unusually high amount of car break-ins and thefts in the area within recent months. Thank you for attending to this important matter.

Summer Schedule & Summer Evaluations

It is that time of year again for us to plan for the summer. Please watch at the front desk for the summer schedule forms to make your request for your child's therapy schedule. Children who are seeking summer only therapy services need to contact Tender Touch to schedule evaluations in April and May to ensure insurance coverage and schedule availability. Please contact the front desk staff for additional information.

Doctor Appointments and IEPs

It is very important for parents to inform your child's therapists of upcoming doctor appointments and IEP meetings. It is important for therapists to communicate with your child's physician regarding progress and concerns prior to the appointment. This allows the physician to assess the child and discuss various treatment strategies or techniques with you to then determine the appropriate path for your child. If your child's physician adjusts his/her medication or uses other treatment interventions such as Botox or Phenol injections please inform the treating therapists of this information. It is helpful to ask the physician for the information in written form so we can then put it in his/her file and aid in appropriate documentation for continued services. IEP meetings are also very important to your child's treating therapists. It is at this time the we are able to discuss treatment plans with the school therapists to ensure there is no duplication of services. We are able to share progress and treatment techniques that are used and successful.

Important pieces of an IEP

- ⇒ Your child is the most important person to be written about in the IEP
- ⇒ Leave the IEP meeting with a copy of what everyone has written down at the IEP meeting
- ⇒ Review your child's IEP at least annually to be sure that your child's annual goals are being achieved
- ⇒ You should receive a copy of the IEP with a notice of placement
- ⇒ Be sure everything you discussed and wanted for your child is written into the IEP.



April is Autism Awareness Month

April is Autism Awareness month. The Autism Society of America has been celebrating Autism Awareness month since the 1970s. April is used as a month to educate the public about autism and increase awareness regarding the issues within the autism com-

munity. Approximately 1 in 150 people in America have autism. Autism is a brain development disorder characterized by decreased social interaction and communication, and by restricted and repetitive behavior. Generally, these signs begin before the child turns 3 years of age. Autism is treatable. It is important for the child to receive early diagnosis and inter-

vention. Intervention can range from in-home behavior therapy to traditional PT, OT, or ST to biomedical interventions. Some upcoming fundraising events for Southeastern Wisconsin are the Golf Classic on June 1st and Dylan's Run on September 13. For more information about autism and upcoming events please visit the Autism Society of Southeastern Wisconsin's web page at www.asew.org

Some succeed because they are destined to, but most succeed because they are determined to.

- Source unknown

April is Occupational Therapy Month

What is occupational therapy? Occupational Therapy enables people to do the "day to day activities that are important to them" despite impairments, activity limitations, or participation restrictions or despite risks for these problems (Neistadt & Crepeau, 1998, p 5) A child's occupation may be to play with toys or a sport, it may be to get dressed or feed himself. An occupational therapist can work on increas-

ing a child's self-care independence, increasing upper extremity strength and coordination, improving a child's sensory processing skills, and increasing independence in their daily activities such as handwriting, bathing, or buttoning a shirt. We use activity based therapeutic activities to engage patients and help them achieve functional goals that provide them with the ability to participate in activities of meaning. Children learn through play and we, as

occupational therapists, assess a child's strength and limitations. We can evaluate your child's motor, cognitive, social-emotional and behavioral development through play. Then we can recommend toys, play activities, or exercises that promote healthy development and provide stimulation to the child. If you want more information on OT month or the profession, please visit www.aota.org



Newsletter

Tender Touch Therapy, LLC

5219 88th Avenue
Kenosha, Wisconsin 53144
Phone: 262-653-0850
Fax: 262-653-0853

2333 Northwestern Ave Suite 105
Racine, Wisconsin 53404
Phone: 262-898-0636
Fax: 262-898-0633



Tender
Touch
Therapy
Success at Every Step

Welcome Our New Friend!

Music Therapist:

Lisa Friedrich is a Board Certified Music Therapist, With additional certification in Neurologic Music Therapy. She has 12 years of experience with Preschool/special needs population, and 9 years experience with Autism Spectrum Disorders.

What is Neurologic Music Therapy or NMT?

NMT is a research based application of clinical techniques anchored in biomedical foundations of neuroscience. We are constantly making breakthroughs in how we study the brain. The practice of Music Therapy changes as we know more about how the brain processes music. Through extensive research, we now know that music can access brain processes related to

- ⇒ Control of movement
- ⇒ Attention
- ⇒ Speech production
- ⇒ Learning
- ⇒ Memory

This access can help to retrain and recover functions in the injured or diseased brain (Thaut 2005)

The NMT techniques are techniques developed through this type of extensive research. Training for the application of these NMT techniques has been implemented under the guidance of Michael Thaut, Professor of Music and Neuroscience at Colorado State University and Founder of the Robert F. Unkefer Academy of Neurologic Music Therapy.

Please see the flyer in our lobby for more information and fee schedule or visit the web site
www.harmoniousbeginnings.com

Lisa is at the Kenosha clinic on Thursday afternoons and Saturday mornings. And she is at the Racine clinic on Monday and Wednesday afternoons and Thursday mornings.

