

Emotional, Behavioral, and Speech Therapy for Pediatrics



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Emotional, Behavioral, and Speech Therapy for Pediatrics

Does your child demonstrate delays with speech or verbal communication? Or have they been recently diagnosed with autism spectrum disorder, anxiety, or attention deficit hyperactivity disorder?

All of these diagnoses can be initially overwhelming to a parent, especially when it comes to sending your child back to school this fall. It can be heartbreaking to watch your child's developmental milestones be delayed or accomplish daily tasks. And if you were completely unfamiliar with any of these conditions before your child's diagnosis, the road ahead can feel scary.

Choice Therapy can help. Our kind and patient staff is here to support your family, answer your questions, and provide your child with a personalized treatment plan that addresses their unique needs.

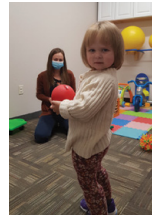
Our clinic is proud to offer emotional, behavioral, and speech therapy to the families in our community. If you've been searching for a concrete way to support your child as they return to school this season, contact our office today to schedule an appointment or a free screening.

WHAT IS SPEECH THERAPY?

Has your child recently developed a speech, language, or swallowing disorder? Issues with speech are more common than you might think. In fact, nearly 1 in 12 U.S. children are diagnosed with speech and language disorders every year. Children dealing with speech impairments may find it difficult to interact with their peers or teachers in learning environments.

Speech-language pathologists, or speech therapists, are healthcare professionals that specialize in treating patients with language, speech, and cognitive issues. A speech therapist can help your child to properly develop any of the following skills:

- Production of sounds
- Swallowing or chewing
- Understanding speech and language (i.e., directions, vocabulary, pronouns, concepts (under, over, in), etc.
- Producing speech
- Expressing thoughts or identifying common objects or people
- Memory and attention skills



Your child's first appointment with a speech therapy will likely include a language test and/or articulation assessment to determine any delays with their ability to understand language (i.e. direction following, pronouns, identifying items), use language (i.e., labeling items, forming sentences, asking and answering questions), or produce age appropriate sounds. They may be asked to repeat words, answer questions, label and identify items, and follow directions.

After your child's initial appointment and examination, their individualized treatment plan can be developed. Your child's treatment plan may incorporate games, and play to teach comprehension strategies, vocabulary, and improve your child's ability to understand speech. Using games and play to practice speaking helps motivate kids to participate fully in their treatment plans and leads to better end results.



Our team of educated speech therapists is ready to ensure that your child makes sustained progress toward their goals and maximizes their potential. With a huge variety of therapeutic modalities at our disposal, we can find a treatment plan that works for your child.

Choice Therapy

Physical • Occupational • Speech

BEMIDJI

3835 Supreme Court NW

Bemidji, MN 56601

P: (218) 444-8280

Community Spotlight



4 Simple Ways To Make Hydration A Habit

Many people are so busy that they barely have time to eat, let alone pause for a water break, and you may find that you often go hours and hours without quenching your thirst. But staying hydrated has real advantages, including helping you maintain your energy and focus. It's important to give your drinking habits the attention they deserve. Here are some simple ways to stay hydrated this summer.

- 1. Always carry a water bottle.** If you have a bottle within arm's reach, it's very likely that you'll mindlessly sip from it throughout the day, without having to make a conscious effort.
- 2. When you're feeling frazzled, grab a glass of cold water.** Studies show that people instantly feel more alert after drinking H2O.
- 3. Sip on a mug of herbal tea every evening.** If you make this a habit, you'll add an extra cup of fluid to your body every single day.
- 4. Eat a diet rich in whole foods.** By eating foods like vegetables, fruits, and yogurt, you'll automatically up your fluid intake.



Congratulations to Cornhole Board Winner from the Clearwater County Fair, Cassie Ihrke!



Congratulations to Cornhole Board Winner from the Beltrami County Fair, Joseph Fenzel!

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BLACKDUCK

Located in the old telephone company building
50 Margaret Ave
Blackduck, MN 56630
P: (218) 835-3425

KELLIHER

243 Clark Ave N
Kelliher, MN 56650
P: (218) 647-9569

Feel Better By Eating Better!



MEXICAN CAULIFLOWER RICE SKILLET DINNER

- 1 lb ground beef
- 1/4 medium onion diced
- 1/2 red pepper diced
- 3 tbsp taco seasoning
- 1 cup diced tomatoes
- 12 ounces cauliflower rice
- 1/2 cup chicken broth
- 1 1/2 cups shredded Cheddar cheese or Mexican Blend

In a large skillet over medium heat, brown the ground beef until almost cooked through (just a little pink). Add the onion and pepper and continue to cook until no longer pink. Stir in the taco seasoning. Add the tomatoes and cauliflower rice and stir to combine. Stir in the broth and bring to a simmer. Reduce the heat to medium low and cook until the cauliflower rice begins to soften (8 to 10 minutes for frozen). Sprinkle the skillet with the cheese and cover. Let cook until the cheese is melted, 3 or 4 minutes. Remove from heat and top with your favorite toppings like sour cream, avocado, and chopped cilantro.

Blackduck Summer Camp



Your Life • Your Health • Your Choice!

Backpack Strategies for Parents and Students



Aching backs and shoulders? Tingling arms? Weakened muscles? Stooped posture? Does your child have these symptoms after wearing a heavy school backpack? Carrying too much weight in a pack or wearing it the wrong way can lead to pain and strain. Parents can take steps to help children load and wear backpacks the correct way to avoid health problems.

LOADING THE BACKPACK

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.

WEARING THE BACKPACK

- Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.
- Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.
- Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.
- Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.
- The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.
- School backpacks come in different sizes for different ages. Choose the right size pack for your child as well as one with enough room for necessary school items.
- Only put items in your backpack that you need for the day.

Choice Therapy

Physical • Occupational • Speech

BAGLEY

Located on HWY 2
118 Central St. W,
Bagley, MN
P: (218) 694-3030

GONVICK

226 Elm St.
Gonvick, MN
P: (218) 694-3030

Our Specialties

Treating Adults & Children

Physical Therapy - We teach you how to prevent and manage your condition so that you will achieve long-term health benefits.

Occupational Therapy - We help you across your lifespan participate in the things you want and need to do through the therapeutic use of everyday activities.

Speech Therapy - Speech therapy will use exercises and activities depending on your disorder, age or needs. We help you communicate better!!!



The Right to Choose

You are the most important member of your health care team, and you have the right to choose the most appropriate health care professional to meet your goals.

You have the right to choose your therapy provider. We want to be YOUR CHOICE. Ask for Choice Therapy.

**Call Today To SCHEDULE
YOUR APPOINTMENT!**

Choosing Pediatric Occupational Therapy For Emotional And Behavioral Development

Occupational therapists have a holistic perspective, in which the focus is on adapting the environment and/or task to fit the person, and the person is an integral part of the therapy team. It is an evidence-based practice deeply rooted in science.

Pediatric occupational therapy helps children gain the independence they need to function, socialize, and play by strengthening their fine motor skills, sensory-motor skills, and visual-motor skills. It can also help children with developmental delays and emotional regulation.

Choice Therapy's pediatric occupational services can address many conditions, including the following:

- Sensory integration
- Behavioral issues
- Reflex integration
- Visual deficits
- Gross motor skills



Pediatric occupational therapy helps children who struggle with

these conditions to develop the necessary skills for growing into independently functioning adults.

If your child needs occupational therapy, their therapist may work with them on their social skills, taking care of themselves (grooming habits), as well as their cognitive skills, gross motor skills, and fine motor skills. Your child's treatment plan will also focus on increasing physical activity, balance levels, range of motion, and flexibility.

Pediatric occupational therapy can address your child's motor and behavioral issues using targeted exercises and training techniques that improve your child's physical strength. Games and play that teach the correct way to hold toys, run, and walk may also be incorporated into your child's treatment plan.

You may also be asked to become an active participant in your child's occupational therapy treatment program. Children who are able to successfully practice their exercises and movements at home in between sessions generally progress through their plans at a faster rate and achieve the best results.

What To Expect With Pediatric Occupational Therapy

If motor and/or behavioral issues are making it difficult for your child to lead an active and healthy life, know that occupational therapy is a safe, effective, and non-invasive treatment option.

Common occupational therapy interventions include helping children with disabilities to participate fully in school and social situations, helping people recovering from an injury of the upper extremities (i.e., hand, wrist, elbow, shoulder girdle, rotator cuff, multiple joints), and providing supports for older adults experiencing physical and cognitive changes.

At Choice Therapy, our occupational therapy plans include:

- an individualized evaluation, during which the client/family and occupational therapist determine the person's goals,
- customized intervention to improve the person's ability to perform daily activities and reach the goals, and
- an outcomes evaluation to ensure that the goals are being met and/or make changes to the intervention plan.

Your child's occupational therapy plan will be tailored to meet their exact needs. Throughout the process, their therapist will be available to answer any questions you or your child may have. Our kind, patient staff will enthusiastically encourage your child to hit targets and reach their goals.

CONTACT CHOICE THERAPY TODAY TO FIND THE SUPPORT YOU'VE BEEN SEARCHING FOR!

Does your child need extra support with their emotional, behavioral, or speech development? You do not have to approach this challenge alone. At Choice Therapy, our number one priority is serving families like yours in the community.

Contact our office today to schedule an appointment or a free screening with one of our skilled therapists. We can work together to ensure your child is as successful, happy, and healthy as possible so that they can enjoy this school year to the fullest!

Sources:

<https://www.nidcd.nih.gov/health/statistics/quick-statistics-voice-speech-language>
<https://choicetherapy1.com/therapy-treatments/pediatric-therapy/>
<https://choicetherapy1.com/therapy-treatments/occupational-therapy/>



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