

Occupational Therapy Newsletter

VILLA
ESPERANZA
SERVICES



Where Hope is
Hard at Work

Happy New Year from the Occupational Therapy Department! We all typically start new routines, diets and lifestyle changes at the start of the new year. These changes may help us to become more organized and achieve goals that will better our lives. This year the goal for the OT department is to ensure each classroom is equipped with sensory tools and strategies. This will be accomplished through implementation of sensory diets and sensory in-services held in the OT gym.

Establishing Toileting Routines

It is important for children to learn their bodies and the cues their bodies are giving them when it is time to go the bathroom. However, establishing toileting routines at home and school is also an important step in the toileting success.

Here are few tips to help create a successful toileting routine:

- **Consistently take him/her to the bathroom at designated times.** For instance, when first waking up, before and after a nap, before and after a meal or before leaving the house.
- **Make the bathroom a comfortable environment.** Provide an activity while on the toilet, use fun smelling soaps to make hand washing fun, play soft music to aide in relaxation. Use an adaptive toilet seat (potty chair, potty ring or foot rest) if needed so he/she feels safe and secure.
- **Have pictures of each step that needs to be accomplished in the bathroom.** Some children may not remember every step in this process and a visual reminder maybe helpful.
- **Encourage positive behavior.** Toileting accidents are part of this learning process and should be expected. When he/she is successful praise or rewards are helpful.

Here is a recipe the OT cooking group made this month! This simple and fun activity is perfect to add to your Friday night or weekend routines. Enjoy!

Homemade Ice Cream...in a Bag!

2 TBSP Sugar

1 cup half & half

½ tsp Vanilla extract

½ cup coarse salt

1 gallon Ziploc bag

1 small Ziploc bag

1. Mix sugar, half & half and vanilla extract
2. Pour into small Ziploc bag. Seal tightly!
3. Fill Gallon Ziploc bag halfway with ice.
4. Pour the salt over the ice.
5. Place the cream filled bag into the ice filled bag and seal big bag tightly!
6. Shake for 5mins (shake longer if Ice Cream is not hard)
7. Quickly run the closed cream bag under cold water to rinse off the salt
8. ENJOY!



Upcoming Events

- **Clinic Closed January 19th**

Contact the OT department at (626) 449-2919, ext. 140