

SSPC NEWSLETTER

September 2025

What's New?

Please welcome Desiree and Sarah, our Clinical Fellows, to the speech department and Chloe, our intern, to the OT department! We are so happy to have them join our team!

Please welcome back Olivia, returning from maternity leave the week of 9/8!



There will be some construction happening at SSPC as we consolidate to move all services closer together! The speech department will be moving downstairs and we have acquired another unit that will become our new PT gym. Our previous PT gym will be converted into a new waiting room for ALL therapy services. We are looking forward to having new spaces for collaboration!

Back to School: Tips for Homework Success

- Set up a distraction free space that is designated for homework.
- Make sure the area has proper lighting
 - Avoid dim light as well as bright glares or reflections.
- Promote frequent breaks that involve active play and physical activities
 - This reduces fatigue and supports attention and concentration
- Create a homework plan to meet the needs of your child:
 - Plans may involve sensory needs (such as heavy work activities before homework), habits, or personal preferences (such as time of day or needing a rest break after school).
- Develop a system for monitoring your child's homework assignments and their completion, while encouraging them to become as independent as possible.
 - Encourage independence and participation through use of a planner to manage/schedule assignments



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Back to School: Establishing a Bedtime Routine

Sleep is an essential part of your child's day to ensure they are ready to engage in school, play, and therapeutic activities!

Establish a Routine

- Pick a bedtime for your child that can be consistent, even on weekends!
- Establish a predictable/regular set of events to prepare for sleep.
 - i.e. change into pajamas, brush teeth, read a book, lights out.
 - Begin this bedtime routine 30 minutes before bedtime.
- Encourage your child to be a part of the bedtime routine process
 - i.e. ask what steps come next in the routine, offer choice of book, songs, etc.

Relaxation/Bedtime Preparation Strategies

- Avoid exercise or TV immediately before bedtime.
 - These can make your child more alert!
- As part of your bedtime routine, ask your child to pick up and put away toys.
 - Reducing clutter can help your child focus on bedtime!

How to Rock the First Day of School!

- Take your child to visit the classroom before the first day of school
- Remind your child that teachers know that many children feel nervous on their first day of school
- Point out the fun aspects of starting school
- Find another child in your neighborhood that can walk to school or ride the bus to school with your child.