

# SSPC NEWSLETTER

February 2026

## What's New?

Please help us welcome, Carla, to our front desk team. Carla will be joining us as a virtual front desk administrator!

Kylie has been promoted to our PR manager role. She will be overseeing clinic PR and community outreach. Congratulations, Kylie!

## Thank you!

We want to extend our deepest gratitude to all of our families for their willingness and readiness when switching to Telehealth therapy sessions!

This has helped maintain continuity of care while also keeping both families and our staff safe during these cold and snowy winter months!

## Recipe of the Month

What You'll Need:

- Skewers
- Blueberries
- Strawberries
- Cuties or clementines

Instructions:

- Wash the fruit and peel your clementine.
- Make your strawberry into a heart. Use a knife to cut the top part of the strawberry at an angle on both sides. This is the point to your arrow and should be at the bottom of the skewer.
- Fill skewer with blueberries
- When your skewer is about  $\frac{3}{4}$  full, add 1-2 slices of your clementine.



**Cupid Kabobs**

# SSPC NEWSLETTER

February 2026

## Make Your Own Obstacle Course

The great thing about making an obstacle course is there are no rules; they are fun & a great way to burn some energy off! use anything from around the house to put them together. There are 5 basic components to make a great obstacle course that are listed below! Get creative!

- Balance
  - Stand on one foot & count to 10
  - Lay a piece of painters tape on the floor or use the edge of a rug & walk a "tight rope"
  - Lay down a board for a balance beam
- Crawling
  - Lay a broom between two chairs & crawl underneath it
  - Army crawl across blankets/pillows on the floor
  - Crawl through a large box or pop-up tunnel
- Jumping
  - Stand on a marked spot & do 5 jumping jacks
  - Lay a broom down to jump over a "log"
  - Make a line of pillows on the ground and bunny hop over them
- Pull & Ride
  - Push/pull a laundry basket full of heavy items across the room
  - Tie a rope around a door handle & pull yourself across a room sitting on a scooter or in a laundry basket
- Reach & Toss
  - Toss bean bags into a laundry basket
  - Hang a balloon from a doorway & have your child reach for it
  - Toss and soft ball back & forth