

Peer-iodicals from the Heart



Welcome!

What we've been up to!

Hello and welcome to our latest edition of our newsletter,

This newsletter will be the first to be solely online due to COVID19.

What a crazy, whirlwind time we have had since we last saw you in person and we had to abruptly close our clinic on March 12th due to strong clinical advice from one of our valued parents. Thank you for bearing with us and working with us as we transitioned to all services via Telehealth. It was a steep learning curve for all of us but we embraced it, supported each other and adapted strongly and safely to a new way of providing you the best services possible to keep you and your family on your learning track.

We never would have envisaged that Telehealth would be one of our services we provide but now we can't see our future without it. For some families, it suits them better than travelling from neighboring towns to the clinic, maybe having to do homework/occupy other kids while a treatment is happening and we have also been able to provide services for families who are Out-of-State, which is fantastic and a positive result of this pandemic.

We want to also thank our team for taking all this in their stride and for being positive and creative around services via Telehealth.

We still wanted to bring you our newsletter to keep you up-to-date on our news, so we hope you enjoy the read!



Mary Lou Linda

Left: Mary Lou Gagnon OTR/L
Right: Linda Murphy M.S., CCC-SLP, CEIS

Our News



- Congrats to our OT **Deb Jaskey** and her husband **Andy** on adding a second daughter to their family. **Jane Amelia** was born on April 17th weighing 6lbs 1oz. She loves her big sister **Isla** (3yrs old), going outside and eating her hands.

- Congratulations also goes out to another of our OT's **Elizabeth Cross**, she married **Wesley Woods** on June 27th in Haverhill. We wish you lots of happy

years together, maybe just not as eventful as this one!

- Our Summer Virtual Enrichment Series has been a huge success. The therapists came up with some very fun, different themes this year which worked very well over Telehealth. We had Plant Something, Book Clubs, Sign Time, Hola Amigos, Zones Theater, Helping Hands, I am Unique, My First Signs, and World Explorers. Everyone had lots of fun learning.

- We are still hosting our Guiding Your Child series over Zoom where **Sue** and **Lizz** create an engaging environment for families and kids. We even have a PPTFTH family - who recently moved Out-of-State - continue to log on each week! You can join this series which runs weekly on Tuesday from 10 - 10:45am for newborns to 5 yrs. Follow [this link](#) to sign up Guiding Your Child.

- We have decided to keep hosting our Parent Info Nights but they will be virtually going forward. **Linda** will host the October event on Wednesday, October 21st and it will be on her recently launched book Declarative Language Handbook. Check out our [website](#) and [Facebook](#) page closer to the date for the links to this virtual event and to see all future events.

- We mentioned in the Welcome Note that we have been able to provide treatment to families who live or travel Out-of-State via Telehealth. This has been a wonderful experience and we are thrilled that we have been able to reach families who otherwise were deprived of our services due to distance. We currently are working or planning to work soon with families in New Jersey, Texas, New York, and have even worked with a family that was stranded in St. Barts during the pandemic. We are glad to see our



services reaching far and wide. If you know a family who lives Out-of-State who could benefit from our services let them know they can contact the office to set-up a consultation admin@pptfth.com

- **Tiffany** came to us a few months ago with an idea to help others during this difficult time, she said *'with everyone doing so much learning and growing during this time I think it was important that we learn and do something meaningful as well.'* So, to that point we have set up a monthly charity donation where we choose a different charity each month to support our underserved communities. We will choose a charity that focuses on continued education, social injustice and those who are vulnerable

in our community. Last month we supported [The Loveland Therapy Foundation](#) and sent them a donation of \$265. With the barriers affecting access to treatment by members of diverse ethnic and racial groups. Loveland Therapy Fund provides financial assistance to Black women and girls nationally seeking therapy. This month's charity is [Autistic People of Color Fund](#) who has one mission: to support autistic people of color who face the severe financial impact of combined racism and ableism. If you would like to contribute to either of these charities or learn more about them please visit our website's [Charity Donations](#) page and remember a little goes a long way, and together we can accomplish plenty!

KIDS ONLY ZONE!



Baby Sign

One of our Summer Virtual Enrichment Series was Baby Sign and it was so well received that we thought we would share some of the signs in this section so that everyone could learn a little and maybe identify what a baby/toddler is trying to say to them!



all done

Twist your open hands away from you like you are waving something away



ball

Bring your curved hands together a few times to show the shape of a ball



bath

Scrub your chest with both fists like you are washing your body



bed

Rest your head on your open hand like your head resting on a pillow



dog

Pat your leg like you are calling a dog



eat

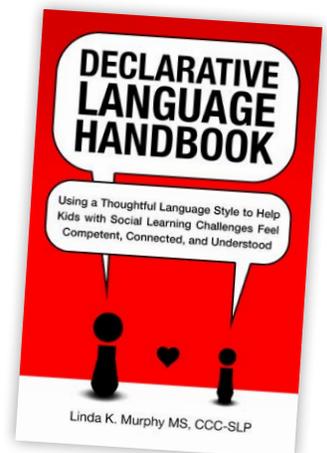
Tap fingertips to lips



Recommended Reading

Do you know a child that gets upset when their routine changes? They might also struggle to see the big picture, to make friends, to problem solve in real time, and to read nonverbal communication. Meltdowns, tantrums and other challenging behaviors might be common.

Linda wrote this book to teach you how by making small shifts in your language and speaking style you will produce important results. You will stop telling kids what to do and instead thoughtfully give them information to help them make important discoveries in the moment. These moments build resilience, flexibility, and positive relationships over time. To learn more visit www.declarativelanguage.com or to buy the book on kindle, audio or hard copy versions visit Declarative Language on [Amazon](https://www.amazon.com).



Declarative Language Handbook

by Linda K. Murphy MS, CCC-SLP

An excerpt from Chapter 5: Appreciating Different Opinions

For kids with social learning challenges, taking the perspective of others is a common area of difficulty. As you work to improve an individual's perspective taking abilities, you may feel the need to make them see things your way. But consider again the fight/flight/freeze response that can be triggered in the face of a perceived threat. If we push too hard, forcing kids to accept or see things that they may not be able to see naturally, we can activate the fight/flight/freeze response. As a result, kids may become defensive and, instead of being open to our viewpoint, they dig in their heels even more. The result is conflict and negative



exchanges as views diverge. This is not what we want. Fortunately, there is a better way!

To read more from this chapter visit our blog [PPTFTH Blog](#)

5 Minutes with Jaime Gilmore



Jaime is a Speech Language Pathologist Assistant who earned her Bachelor's Degrees in Communication Sciences and Disorders and Spanish from Worcester State University. She lives in Danvers and has been with the team for four years. Let's find out a little more about Jaime.

What is your favorite color? Purple and Blue

What is your favorite game? Sorry

What is your favorite food? Ice-Cream

Where is the farthest place you've traveled? Granada, Spain

Where would you like to visit? Cape Horn to see where the Atlantic and Pacific Oceans meet

What is your favorite TV show? Modern Family

What is your favorite movie? The Blind Side or Freedom Writers

Your 5 core strengths are? Learner, Individualization, Deliberative, Achiever, Analytical

Interesting fact: I love heights so rollercoasters, zip-lines and ropes courses don't scare me!

5 Minutes with Jennelle Noll

Jennelle is an Occupational Therapist who got her Master's Degree through Salem State University. She has worked with the team for two years and lives in Peabody. Let's find out a little more about Jennelle.

What is your favorite color? Purple

What is your favorite game? Jenga

What is your favorite food? Tacos

Where is the farthest place you've traveled? St. Lucia and Ireland

Where would you like to visit? Italy

What is your favorite TV show? Friends

What is your favorite movie? The Nightmare Before Christmas

Your 5 core strengths are? Empathy, Learner, Harmony, Communication and Discipline

Interesting fact: I love sweets but have never had a cavity (fingers crossed)!

