



# NEWSLETTER

## THERAPY SOLUTIONS INC.

### A NOTE FROM OUR DIRECTOR

FALL 2024

Spring is the time usually associated with new growth and budding changes, but I would argue that for our most precious cargo, our children, Fall brings the most new growth and change. When they walked into the classroom this year, whether they've started a new school, entered into a preschool classroom, or moved up a grade level, they were different from when they left last June.

Now they're taller, and the clothes that they wore last Spring likely don't fit anymore. They've changed and grown. Hopefully, they're eager to start this new school year, and while there is lots of excitement to be had, there's likely to be some jittery nervousness about the unknown, not only for children, but for parents and guardians as well.

The information in this newsletter is designed to help both children and parents transition and prepare for the new school year ahead. We hope it will be a useful resource and give insight into how to help your child have a successful school year.

**Barbara A. Coaxum, M.A.C.C.C.-SLP,BCS-F**  
Executive Director



#### WHAT YOU'VE MISSED...

We just finished up our annual [Reverse Inclusion Summer Camp](#) in collaboration with Finnegan REC Center.

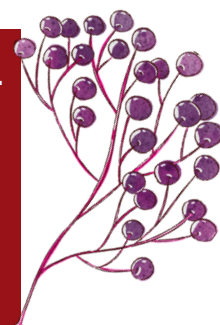
Last Spring, we held another successful [Girlfriend's Night Out](#) Fundraiser!

#### WHAT'S HAPPENING...

This month, we welcome Jalancia Thompson [SI], Makena Aberle [SLP], and Kristen Graham [OT] to the Therapy Solutions Team!

#### LOOKING FORWARD...

In December we will hold our Annual Gift of Giving event and Walmart Shopping Spree... stay tuned!





Our annual Summer Camp was a blast! Pictured to the left are campers during **Science Explorers Week**.

Check out the recap video [HERE](#).

## RESOURCES FOR FAMILIES

Be sure to check out our Facebook and Instagram pages every Wednesday for **Wisdom Wednesday**. We will be highlighting a different educational resource each Wednesday for you and your child with websites, links, pages to follow, and more!

### PHILADELPHIA Free Meal Finder

Click here to be taken to the city's Meal Finder website.

Any resident is eligible. No ID or proof of income is required.



[CLICK HERE](#)

for a list of Philadelphia Resource Hubs distributing FREE items including:

- COVID-19 tests, masks, and sanitizer
- Medical test kits
- Free monthly walk-in health screenings
- Pack n' Play Cribs
- Safe Sleep Classes
- Children's books

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# THERAPY SOLUTIONS



## Article Highlight:

### ***Nervous about sending your child “Back-To-Cafeteria”?***

You’re not alone! According to ASHA (the American Speech-Language-Hearing Association), school cafeterias can present challenges for many kids: time constraints, overstimulating environments, school-based food restrictions, and more. Below are three tips from the article on how you can help your child thrive at lunchtime.

1

#### **Help them prepare.**

Before school starts, practice eating lunches at home in the time they’ll be given at school. Make sure that they can open containers or packages before including them in their lunchbox.

2

#### **Let them pack their meal.**

Kids thrive on taking ownership and showing some independence. They’ll be more likely to eat what they choose to pack. If you don’t feel comfortable giving them total control, offer choices—let them pick one “main course,” one “side dish,” and one “dessert.” Do this the night before, so they don’t feel rushed the next morning.

3

#### **Aim for filling foods, but don’t stress over perfect meals.**

Foods protein-rich and/or high in fiber keep us full longer. But the best foods are the ones your child will actually eat.

**[Click here for the link to the full article!](#)**



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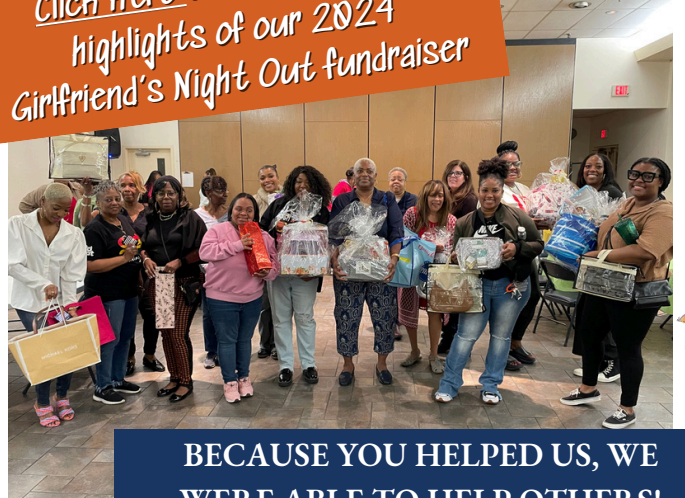


The Seybert Foundation  
Supporting Services to Children  
and Youth in Philadelphia

Seybert proudly supports  
the following organizations  
through our 2023-2025  
Core Grants Program



[Click Here to see the video highlights of our 2024 Girlfriend's Night Out fundraiser](#)



BECAUSE YOU HELPED US, WE WERE ABLE TO HELP OTHERS!

*Our programming is made possible by grants from The Seybert Foundation and the Philly Activities Fund through City Council President Kenyatta Johnson. Thank you to all of those who support our work!*

## More Back to School Resources:

### The Philly Joy Bank

is offering \$1,000 per month to expecting families in Nicetown-Tioga, Strawberry Mansion, and Cobbs Creek.

[Click Here to apply!](#)

[CHOP Early Intervention](#)

[Guide to Navigating the IEP](#)

[8 Tips to Help Kids With Special Needs](#)

[Adjust to a New School Year](#)

[School Transition Resources](#)

[How to Best Support Autistic Children in Grade School and Beyond](#)

[Zero to Three](#)

[Philadelphia School District Office of Diverse Learners](#)



Click the links here



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