

April Newsletter

Spring into Fun!

Spring is here! As we enjoy the warmer weather and beautiful blooming flowers, we are also exploring a variety of sensory experiences. This is great timing because April is Occupational Therapy Appreciation month!



Since 1980, Occupational Therapy has been celebrated across the country, but the history of occupational therapy dates back to 100 B.C. when a Greek physician, Asclepiades, used massages, exercises, baths, and music to heal stress and soothe patients' minds. Over the years, occupational therapy gained in popularity and during the 1800s, the benefits of occupational therapy were becoming more and more acknowledged and understood. In 1921, occupational therapy officially became a medical profession. Today, there are over 161,000 occupational therapists practicing across the United States.

At the Pediatric Learning Center, Inc., we are so grateful for our occupational therapist, Tori Fortner! Tori brings so much joy into her sessions and we are so thankful for all her hard work for our team and families.

In this newsletter, you'll find more information about occupational therapy, along with a guide to making sensory bins at home! You'll also meet our new Patient Coordinator, Jamie Carman.

Exciting things are happening at the Pediatric Learning Center, Inc. and we're so thrilled to share our journey with you! Please follow the "Pediatric Learning Center" on social media and visit our [website](#) to learn more and follow along for updates and announcements.

Sincerely,

Elizabeth "Liz" McMahon Kraus, MA, CCC-SLP
Executive Director & Speech-Language Pathologist

thank you, tori



THIS MONTH, WE CELEBRATE THE INCREDIBLE IMPACT OF
OUR OCCUPATIONAL THERAPIST, TORI!
OCCUPATIONAL THERAPY HELPS CHILDREN OVERCOME
CHALLENGES, BUILD CONFIDENCE, AND REACH THEIR FULL
POTENTIAL. THANK YOU FOR ALL THAT YOU DO!



Pediatric Learning Center, Inc.
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How Occupational Therapy Can Help Your Child



Is your child struggling with everyday tasks like tying their shoes, holding a pencil, or buttoning their shirt? Do they have difficulty with sensory processing or coordination? If so, pediatric occupational therapy may be just what they need to reach their full potential.

At the Pediatric Learning Center, we offer occupational therapy services that are tailored to the unique needs of each child. Our certified occupational therapist works with children to help them develop the skills they need to succeed in life.

So what exactly is pediatric occupational therapy? And how can it benefit your child? Here's what you need to know:

[Take a closer look](#)

Guide to Sensory Bins

Sensory bins provide so many benefits for children! There are a variety of learning opportunities you can target with these fun little bins. Sensory exploration, fine motor skills, social interactions, language and cognitive development can all be targeted while playing with sensory bins. They can also be used for children of all ages!

Find a Container

Choose a container that's fairly shallow and easy for your child to access.



Lay a towel or sheet underneath the container to create a boundary for the sensory bins and items. Or, take it outside for some added fun!

Choose Your Materials

Edible Sensory Items:

- Cooked Rice
- Water
- Rice Krispies
- Cheerios
- Oatmeal
- Jell-O
- Cooked Spaghetti
- Purees (yogurt, pudding)



Non-Edible Sensory Items:

- Dried Beans
- Dry Rice
- Pom-Poms
- Play-Doh
- Water Beads
- Dirt / Mud / Sand
- Shredded Paper
- Shaving Cream

Add Some Manipulatives

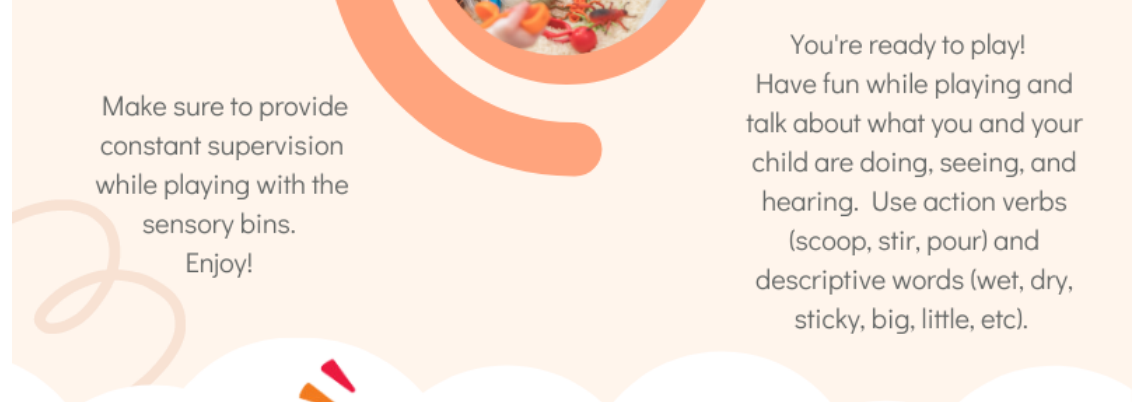
You can change these out as often as you like. The possibilities are endless! Choose manipulatives based on your materials, seasons, holidays, etc.



- Spoons, cups, scoops
- Funnels, Colander
- Cars, trucks, bulldozer
- Hidden jewels & treasure
- Foam letters & numbers
- Cookie cutters
- Molds & Ice Trays

Communicate, Supervise & Enjoy





Make sure to provide constant supervision while playing with the sensory bins.
Enjoy!

You're ready to play!
Have fun while playing and talk about what you and your child are doing, seeing, and hearing. Use action verbs (scoop, stir, pour) and descriptive words (wet, dry, sticky, big, little, etc).



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MEET OUR TEAM



Jamie Carman
Patient Coordinator

Areas of Interest

Education
Children
Helping Others
Traveling
Family
Disney

PETS

A dog named
Foxy

Family

Jamie is married
to Carlos and they
have 2 daughters,
Millie and Mia.

Meet Jamie Carman, Patient Coordinator



Website



Facebook



Instagram



YouTube

Contact Us

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Click here for a copy of our Parent's Guide to Pediatric Therapy



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