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PARENT TESTIMONIALS

NEWSLETTER

OCTOBER, 2018

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I'm a pediatric Occupational Therapist; I say this time and again with a wide smile that fills my eyes and immense pride that warms my heart. The joy that my profession gives me is almost if I may say "insurmountable to iterate". It is extremely fun and equally rewarding to see, work and play with children everyday. To watch them learn, grow and blossom; instills a sense of happiness, success and confidence within me.

Everyday is a new day full of a roller coaster of emotions. It's heartwarming to see my child give me that wide toothed grin when she has reached the end of an obstacle course or when he learns to plan and build his very first tower, on his own. Even small achievement feel like major milestones that we've crossed together. As O.T.'s we traverse through different journeys with each child, giving us innumerable experiences.

On the occasion of World Occupational Therapy day (27th October) and World mental health day (10th October), this month's newsletter includes a few snapshots of these experiences from handwritten stories by our parents about their children and how O.T. has made a difference to their quality of life.

Working with Kaiczar has brought me immense pleasure. It's amazing to see how far he has come. We'd love you to share your experience with us too. Tell us how O.T. has made a difference to you and your child's quality of life!

As a Parent I am happy that we have placed our son Kaiczar in the right hands for OT, the REACH and especially Onissia has deep understanding of the subject and knows very well how to handle Kaiczar and make him learn the things in more easy and playful manner.

Though we had enrolled Kaiczar earlier with other OT but his improvement was much slower. With REACH we can see improvement is happening at much faster pace.

Kaiczar enjoys going to REACH and he loves Onissia.

I would like to thank REACH and Onissia for doing the wonderful job.

Keep up the good work!

*Cheers,
Vivek*



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Kaiczar enjoys going to Reach and he loves Onissia. I would like to thank REACH and Onissia for doing the wonderful job."

- Vivek Sakharkar, Kaiczar's father

Working with Vivaan has brought me immense pleasure. It's amazing to see how far he has come. We'd love you to share your experience with us too. Tell us how O.T. has made a difference to you and your child's quality of life!

Reflection Time ... We started working with Reach Therapy Center for Children in February 2019. Our son Vivaan was about to turn 4 years old. At that time, Vivaan was a "tantrum king" & whine. He was a fussy eater and was not potty trained. He had aversion to sound, touch & gathering. Attending a birthday party or a wedding with Vivaan was like going on a raging war. He had an invisible shell around him and our family found it extremely hard to manage and communicate with him. He was in love with numbers and buses and that was our main conversation topic. This wasn't the way we had imagined our life with a child! Our family was very lost. At that time, I left my full-time job and got under the tutelage of our amazing OT, Anshu (as Vivaan calls her). That's the starting point of our splendid transformational journey.

His OT helped us understand the reasons behind Vivaan's tantrums and behavior. She was clearly his advocate and made us realize the challenges he faced. She gave us lot of 'ajyaan' on sensory processing. With her advice, we started following a sensory diet and Visual Schedule. The transitions from one activity to another became manageable. His OT truly got the knack to work with him. Vivaan was resistant towards the OT even though he was pushed out of his comfort zone. The OT usually used an object or theme (eg. bus) of Vivaan's interest to make him participate. At home, we implemented similar strategy and found success.

The OT eventually moved to a next step, where she squeezed in one activity which wasn't related to a bus or number. When the OT set the precedence, we diligently followed through with a variety of activities like puzzles, reading and blocks etc. The OT constantly advised and pushed us on giving Vivaan opportunities to crash & give heavy weight activities! Vivaan had an awesome time in soft play areas that allowed him to zip line & crash in ball pool. I also made Vivaan carry lot of grocery bags for heavy weight @. When I would share any of Vivaan's videos, I always got a reply from his OT on how to improvise. Further feedback like 'hold the sitting position during zip line to build abdominal strength' was something that would have never clicked me. Feedback of this type helped us immensely.

At home, we imbibed our OT learnings in Vivaan's play with family & friends. For example, the 'Bad Bug' game was an instant hit with Vivaan when his OT was introduced it. He liked it so much, that we also ordered the same game for home. During play dates, Vivaan would play the same game with his friends, converse with his friends & wait for his turn. When Vivaan learns a skill or game with his OT, the more confident he becomes about it and is eager to apply his new skill. During OT sessions, I get to learn new strategies and come across great toys that help develop skills.

We have kept moving forward with new goals. Vivaan enjoyed writing & he taught himself to write alphabets & numbers. As a result, his letter formations were inconsistent and illegible in many places. Vivaan was very rigid about his handwriting and was not receptive to any corrections. He disliked the structure expected in the red blue line book and pencil was just hard for him to hold. In school, Vivaan started moving a lot in class, he has papers & threw pencils. A child who was pushover and driven about learning to write with markers & crayon at home, had great difficulty at school. Our family was confused and concerned as we never expected Vivaan to have writing challenges.

I am extremely 'thankful' to his OT for helping us understand that his writing challenges and introducing handwriting without tasks program. The approach of writing using all chalk and 11 day-week sponges on an edged blackboard gave a structure to Vivaan's letter formation. The jingle that guide through the letter formation was a hit. His OT advised us on using a sensory approach with different materials to learn letter formation. At home, we practised alphabets with therapy putty, foam, pom pom balls, lentils, sticks, stones, beads... just about any material around the house. We continued to work on Vivaan's writing and the good news is that Vivaan doesn't get upset at the sight of red and blue lined book! Yay!



We are moving forward with new goals and surpassing our prior milestones. We have uncovered the secret to make things work for Vivaan. We learn strategies from our OT and utilize them in numerous ways & settings in Vivaan's daily schedule. The OT is always there to guide us overcome the stumbling blocks, but as parents we have learnt to walk in our child's shoes. We have got our son back! I cannot express my gratitude in mere words and the value that our OT has brought in our life is truly precious. Thinking through our journey has made me realize that 'Reach Therapy Center for Children' is not just for children, but for families. I would call it 'Reach your child, an educational center for parents'.

You guys Rock!!!

Working with Mohd Taqi has brought me immense pleasure. It's amazing to see how far he/she has come. We'd love you to share your experience with us too. Tell us how O.T. has made a difference to you and your child's quality of life!

First of all, we would like to thank the entire team of Reach Therapy and especially Ms. Simoni Parekh, who has been looking after Taqi from past two years. At the age of 2, Mohd. Taqi had joined your centre for O.T. and now after 2 years, there is a huge difference in his behaviour, particularly his learning senses has increased and there is improvement in his physical growth also. With all the sessions of O.T. his communication skills improved a lot and the bonding between me and my son has improved too. We would like to continue with the O.T. sessions regularly with your centre till my child is all okay. In return, we would like the same support and love for my child from your team. Thanks once again for all your efforts towards my child's growth.

Lastly, we would like to thank Ms. Simoni Parekh for her extra efforts and time towards Mohd. Taqi's growth and improvement.



“Mohd. Taqi joined your center for O.T. 2 years ago, there is a huge change in his behaviour, particularly his learning sense has increased and there is improvement in his physical growth. With all the sessions of O.T. his communication skills improved a lot, and the bonding between me and my son improved too.”

“We would like the same support and love for my child from your team. Lastly, we would like to thank Simoni for her extra efforts and time towards Mohd. Taqi's growth and improvement.”

- Ayesha Chauhan, Mohd. Taqi's mother

“On joining Reach our therapist and we started noticing a lot of changes in him. Currently, Sarvesh attends a full day school from 8:30 a.m. - 2:45 p.m. and manages to participate in all his activities and studies there. He does not bite or hit his peers. All his friends and teachers respect and recognize him well. He plays carrom along with us at home. Enjoys playing in the park, goes swimming and skating, and interacts very well socially. Greets all his friends and family members. His confidence and motivation have improved immensely. His participation at home as well as therapy has really progressed. We hope that along with your blessing and his hard work, Sarvesh continues his journey towards success. All we hope for is the best. Thanks a lot Reach!”

- Sarvesh's parents

Working with Sarvesh has brought me immense pleasure. It's amazing to see how far he has come. We'd love you to share your experience with us too. Tell us how O.T. has made a difference to you and your child's quality of life!

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the best and best his improvement

Thanks a lot

Reach



O.T. has brought a very positive change in our child's life and that has reflected onto our lives as well. As parents, it's extremely difficult to accept that your child is slower in certain aspects of life but the support and nurturing that our child has received from Rachna has been life changing. We do tend to get a little impatient when we see that the changes are too slow or too little but gradually we realize that the confidence built over a period lasts longer. Confidence over one's body balance, ability to judge speed of moving objects, height and depth is something we take for granted but for kids with slower development on these - it has a large bearing on their other development like overall confidence to conduct themselves in public, ability to talk and express themselves and most importantly socialize with peers and adults.

We've seen how our child has gone from not willing to jump from a very low height to climbing rock walls and hanging on a trapeze and jumping down. We've seen her catch basket ball thrown at her from a distance. We've seen how, from being a total recluse (except with immediate family), she's started socializing more, interacting and playing with school friends. Of course, we'd like her to be more confident and more social, but we now understand that we are on the right path and in the right hands.

Thank you Reach and Rachna ever so much!!!

“O.T. has brought a very positive change in our child’s life and that has reflected onto our lives as well”

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Thank you Reach and Rachana ever so much!!!”

- A sweet 5 year old girl’s mother

These are just a few of many stories that our beloved parents have shared with us. I want to thank all you parents on behalf of our team for sharing such kind and heartfelt words. This further motivates/boosts and encourages us to keep doing what we can to the best of our abilities. I also want to say that we understand how raising a special child is not an easy job. It can be physically, mentally and emotionally draining for you all. The Reach Team firmly believes and stands by the fact that every special needs child has special needs parents! Hence, our aim as therapists is to equip not just our children but also our parents with skills in order to help them sail through the oceans of the real world.

We’re in this together!

For any question or concerns regarding the newsletter please write to us on: reachtcfc@gmail.com

- Simoni Parikh
Occupational therapist
Reach Therapy Center for Children

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