



NEWSLETTER

DECEMBER EVENTS

12/4: Holiday Party

12/24-12/26: Clinic Closed
for Christmas Holiday

12/31-1/1: Clinic Closed
for New Year Holiday



NEW POLICIES COMING JANUARY 2026:

To better serve you and keep our records up to date, we will be implementing new Outpatient Clinic policies beginning January 2026. Below are a few of the changes you can expect with more to come:

- You will be asked to provide your insurance card at check-in
- You will be required to complete and sign updated policies and procedures

CLIENT HIGHLIGHT: EMMA!



Emma is a fun and friendly kiddo! She loves to swing, play with dolls, and sing! She receives both speech and OT services at Helping Hand. She is currently working on brushing her teeth, dressing, labeling, and following directions during therapy!

EMPLOYEE HIGHLIGHT: JOCELYN, OTD, OTR/L!

What initially brought you to Helping Hand?

A friend of mine used to work at HH as a fieldwork student and she told me her positive experience. After my first visit to the clinic, I could see how close knitted the team was and their passion to work with the kiddos in Helping Hand. I am so thankful to be part of the team and to work with the families and staff!

What do you hope to bring to HH as an occupational therapist?

I hope to establish a good rapport with the kids and their families through fun and engaging activities. I also look forward to continue to carry out HH's mission statement through collaborative interactions with clinicians and families.

What is your favorite thing to work on as an OT?

One of my favorite things is anything with arts and crafts. It targets different fine motor skills, sensory, visual motor integration, and even cognition skills!

A fun fact about Jocelyn:

I was an MVP female player at an indoor ultimate frisbee rec league.



**QUESTIONS?
ASK HERO!**



(708) 905-8382



INDOOR & OUTDOOR SENSORY & STRENGTHENING ACTIVITIES FOR THE WINTER SEASON!



Indoor Activities:

- Try holiday-themed crafts to improve grasp, bilateral coordination, & sequencing skills (*See QR codes*)
 - Make an egg-carton Christmas tree
 - Cut paper snowflakes
- Play 'Santa Says' (fun holiday-version of 'Simon Says') to work on gross motor skills, body awareness, labeling, etc.
- Write a 'letter to Santa' to work on handwriting
- Build a gingerbread house to target coordination, manipulation, stabilization, sequencing, & sensory exploration
- Build 'Santa's workshop' (i.e., a fort) out of couch cushions, blankets, pillows, & toys
- Hang string lights inside (ex. around door/window frames, on the ceiling, or in play area) to create a calming space!

Outdoor Activities:

- Pull a wagon or sled for 'heavy work' to promote sensory regulation & strength
- Build a snowman and encourage pushing/rolling the snow to provide additional 'heavy work'
- Make snowballs and toss them into a sled/target
- Make snow angels to practice upper & lower body coordination (*can help with coordination needed for jumping jacks)!

SCAN FOR EGG CARTON TREE CRAFT



SCAN FOR PAPER SNOWFLAKE TEMPLATES!



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