

CLASSES



For a complete class schedule, or to learn more about a specific class, please email info@mykidsinmotion.com

Early Intervention Physical Therapy Groups

All Kids in Motion physical therapy groups are facilitated by a licensed Physical Therapist. Our programs consist of small group classes 1-2 times per week. Parents are actively involved in each session, maximizing the carryover to everyday family experiences.

Tots in Motion 1 – Early Motor Skills

Designed for infants and toddlers who are sitting independently and working on crawling, pulling to stand and cruising. This fun and supportive parent-and-me group fosters early motor skills through developmentally appropriate structured activities.

Tots in Motion 2 – Intermediate Motor Skills

Designed for infants and toddlers who are crawling and cruising and are working on walking and climbing. This fun parent-and-me group fosters independent upright mobility through developmentally appropriate structured activities.

Tots in Motion 3 – Advanced Motor Skills

Designed to foster advanced mobility for toddlers who are walking independently. This parent and me group helps toddlers work on running, stairs, jumping and advanced climbing activities.

Early Intervention Occupational Therapy Groups

All Kids in Motion Occupational Therapy groups are facilitated by a licensed Occupational Therapist. Our programs consist of small group classes held 1-2 times per week. Parents are actively involved in each session, maximizing the carryover to everyday family experiences.

Play 'N Learn

This parent- child group intervention program facilitated by a licensed occupational therapist provides parent education and guided practice to promote each child's fine motor and cognitive abilities, sensory processing, play skills, socialization and motor planning. A parent-professional collaborative approach is used to optimize improved developmental function within the framework of each child's individual needs. This group meets twice per week.

Eat 'n' Play Feeding Group

The purpose of this group is to promote independent and safe feeding skills and behaviors to children with various forms of feeding/ swallowing difficulties. Feeding and swallowing problems can affect children from birth to adolescence and can be the cause of many developmental and psychosocial delays. These delays often generate additional problems for children and increased financial and emotional stress for their families. This group is designed to address mild to moderate feeding/ swallowing delays in an effort to curb maladaptive feeding behaviors and promote health and wellness, while maintaining a fun and motivating environment. The group is facilitated by a licensed Occupational Therapist with an Advanced Practice Certification for the Evaluation and Treatment of Feeding and Swallowing Disorders from the California Board of Occupational Therapy. This parent and me small group class meets one time per week.

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Early Intervention Speech Therapy Groups

All Kids in Motion speech therapy groups are facilitated by a licensed Speech-Language Pathologist. Our programs consist of small group classes 1-2 times per week. Parents are actively involved in each session, maximizing the carryover to everyday family experiences.

Talking with Tots Speech Group

This fun parent-child therapeutic intervention group facilitated by a licensed speech-language pathologist provides parent education and guided practice of strategies to facilitate speech and language development in the toddler population. Using a theme-based curriculum, our speech-language pathologist provides a variety of experiences such as arts and crafts, dramatic play, manipulative play, and sensory and music activities to engage all learning styles. Children will benefit from the small group setting as well as being motivated by their peers to learn new sounds and words. Parent education via active parent participation is provided during each session to help teach parents the skills necessary to stimulate speech and language development in the home.

Early Intervention Combined Occupational Therapy and Speech Therapy Groups

Say 'N Play

Say 'N Play is a semi-structured treatment group for children 18 months-3 years of age, who present with communication, sensory and fine motor concerns. This small parent-child group utilizes the collaboration of a licensed occupational therapist and speech language pathologist to improve sensory motor skills and facilitate communication development through a parent-child participation model. Occupational and speech and language goals are targeted through the use of themes, social play and dynamic sensory based activities. The group meets twice per week for 2 hours.

AREAS OF FOCUS:

- Increased joint attention (eye contact, shared enjoyment)
- Increased participation in structured activities
- Sensory regulation (arousal, attention)
- Appropriate social interactions (turn taking, sharing)
- Motor planning
- Increased communication skills (eye contact, gestures, signs, showing, pointing, syllable productions, word approximations, words)

High Risk Prevention Program

The Jump Start High Risk Prevention Program is for infants and toddlers who are identified as being “at risk” for developmental delays, who may or may not qualify for active therapy services through the Early Start Program (i.e. Regional Center). Infants and toddlers considered to be “at risk” for a developmental disability are those who have one or more factors generally associated with developmental delay or disability, such as low birth weight, prematurity, medical complications at birth, and prenatal exposure to drugs or alcohol. This parent-child small group program facilitated by licensed Pediatric physical therapists, occupational therapists and speech-language pathologists provides parent education and guided practice regarding strategies to facilitate gross and fine motor skills, cognition, speech and language, feeding, and social skills, allowing the carryover of learned techniques into everyday life.

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Group Programs for Children Over 3 years of age:

The Social Skills groups at Kids in Motion are currently facilitated by a licensed Speech-Language Pathologist. Our programs consist of small group classes 1 time per week. Children are divided by age and level of social skills development and language to optimize peer to peer interaction.

Social Skills Program

The ability to manage successful social interactions is a critical skill for school-age children. As social interactions increase once a child is in school, areas of concern regarding social interaction may become apparent. A child may benefit from a social skills group led by a speech language pathologist if they are demonstrating the following concerns; limited conversational turn-taking, unable to make appropriate conversational repair (i.e., child says something that might not have been understood by the partner, how to rephrase and attempt again), difficulty maintaining topic in conversation, introducing a new topic into conversation without a reference (i.e., beginning to recite lines or talk specifically about a movie they saw over the weekend without stating that information to a conversational partner), interrupting conversational partners, and providing inappropriate details in conversation. Additional concerns may include difficulty turn taking during age appropriate games, speaking too closely to a communication partner, using physical force or touching instead of words to communicate, avoiding interaction with peers, difficulty initiating conversation, difficulty appropriately asking for help, having limited thoughts about feelings of a communication partner (i.e., not realizing the effect their words may have on others) and using limited eye contact/poor body language.

Although each child in a social skills group will be working on his/her independent goals, general goals for a social skills group include the following:

1. Increase ability to appropriately initiate a conversation with peers.
2. Increase ability to engage in topic maintenance with a conversation partner.
3. increase ability to make an appropriate conversational repair.
4. Increase ability to ask questions to appropriately gain information/clarification.
5. Increase ability to problem solve how your words may affect others.
6. Decrease negative conversational behaviors including interruptions, providing inappropriate details, decreased turn taking.

Goals listed are addressed in a variety of ways in the treatment session. Intervention techniques and sample activities may include use of social stories to introduce a novel positive communication skill to the group, allowing for discussion and implementation with clinician cueing during games throughout the session. Pictures of a variety of familiar everyday events, conflict situations and pictures requiring use of problem solving skills may be used to open up to group discussion on who has participated in the event, how the people in the picture might feel, and facilitating conversation with peers in the group. Additionally board games and structured "free play" is incorporated to assist in generalizing the learned skills into a natural communication exchange.