



## Let's Celebrate Occupational Therapy Month!

April is Occupational Therapy Month! This observance began in 1980 to celebrate the practitioners and researchers of this field. To join in on the celebration, we are taking a brief look at Occupational Therapy, specifically Pediatric Occupational Therapy, and how to get the most out of your child's OT experience.

The field of occupational therapy stems from Ancient Greece. The name occupational therapy has been around since the 1920s. Occupational therapy is healthcare designed for people with physical, sensory, or cognitive problems. Occupational therapists help individuals perform necessary tasks at school, work, or home. Pediatric occupational therapists see children with fine motor skills delays, cognitive delays, sensory integration issues, or need help with basic self-care tasks.

If your child is seeing an occupational therapist, it is essential that you know how to make the most of your time with the therapist. You can do things before, during, and after your child's OT sessions to optimize your experience.

**Before**

- Dress your child correctly for their occupational therapy appointments. These appointments are physical and may be messy. Comfortable clothing that you don't mind getting a little playdoh or paint on would be ideal.

- Gather information from past doctor's appointments, other therapists, and evaluations. You want to have a clear understanding of your goals and needs. If you have your existing documents collected and some thoughts written

down, you are less likely to forget to tell your OT something important. For subsequent appointments, keep a notebook or file on your phone where you can write observations about your child in between appointments.

**During**

- Be open to communicating and collaborating with your child's therapist. The OT will set goals for your child, but no one knows your child better than you. Make sure to chime in when you think you have information that would be valuable to your child's OT for their goals or focus areas.

**After**

- Use playtime and bath time as opportunities to work on your child's new skills in a relaxed, fun way. Some toys specifically work on motor skills but are still fun for children to play with.

- Follow your child's OT's suggestions. There might be technology that the OT recommends or even minor tweaks around the house, like changing the lighting at bedtime. Occupational therapists use research and experience to determine their suggestions. Follow through on the recommendations or talk to your OT if there is a significant obstacle to the suggestions.

- Cheer on your child when they reach their goals, whether big or small. If they demonstrate progress in an area where they have been struggling, point that out to your child and their therapist.

With these tips, your child is sure to make the most of their occupational therapy. Make sure to thank an OT this April!

\*Click [here](#) to view citations.

## News & Events

### •Spring Pecan Fest - Austin

Sunday, May 7 - 8

The Pecan Street Festival is one of the largest, and longest-running, arts/crafts and music festivals in the nation! Proceeds go out to different projects on 6th Street and the downtown area. For more information visit: <https://pecanstreetfestival.org/>

### •Family Night in the Park will feature Encanto - Carrollton

Saturday, May 28

Free, fun-filled evening at the Farmers Branch Historical Park! Activities for the kiddos include face painter, balloon artists, a trackless train, and the Ballistic Swing amusement ride. For more information visit: [www.farmersbranchtx.gov/556/Special-Events](http://www.farmersbranchtx.gov/556/Special-Events)

### •Spring It On at Gaylord Texa

March 4 - May 8 Thursdays through Saturdays

Get ready to Spring It On with an itinerary full of family-friendly seasonal escapes at the Gaylord Texan Resort. With their Once Upon A Spring events and activities, including the interactive live show Paint Me A Fairytale, a spring-inspired scavenger hunt, cookie decorating, and more, we are ready to help you celebrate the season!

[www.marriott.com/en-us/hotels/dalgt-gaylord-texan-resort-and-convention-center/entertainment/spring-at-gaylord-texan/](http://www.marriott.com/en-us/hotels/dalgt-gaylord-texan-resort-and-convention-center/entertainment/spring-at-gaylord-texan/)

## Resources

### • **VIVA Pediatrics Resources**

In an effort to help our families, we constantly strive to provide them with relevant and helpful resources and information. Visit our resources page online at: [www.vivaped.com/resources](http://www.vivaped.com/resources)

For current events visit us on Facebook. [www.facebook.com/VIVAPeds](http://www.facebook.com/VIVAPeds)

### • **Care Starter App**

The Connections App is a complete resource guide for families of kids, teens and adults with special needs. Their goal is to help you find providers, organizations and other resources in your community to help you along your path of care. Download the CareStarter App now! [www.carestarter.co/connectionsapp](http://www.carestarter.co/connectionsapp)



### • **The Parker Lee Project**

The Parker Lee Project is a non-profit organization dedicated to helping families of children with medical needs obtain the necessary supplies & equipment, education, and support they need. While most supplies are covered by insurance, some are not, or not enough supplies are provided. If you have a need for medical supplies or have supplies to donate, please visit their website at [www.theparkerleeproject.org](http://www.theparkerleeproject.org)

### • **Texas Star Kids**

The Texas' Star Kids mandate threatens the lives of our weakest and most vulnerable little citizens. Join us in standing up for those who have no voice. Click this link to sign up: [www.facebook.com/ProtectTXFragileKids](http://www.facebook.com/ProtectTXFragileKids)  
For more info visit: [www.protecttxfragilekids.org](http://www.protecttxfragilekids.org)

### • **Thrive Magazine**

Need Resources for your child with special needs? Thrive Magazine shares resources and stories of other families in the DFW area who are living and thriving with special needs. [www.dfwchild.com/thrive/directory](http://www.dfwchild.com/thrive/directory)

### • **Recognize a VIVA Star**

Viva Pediatrics has an Employee Rewards and Recognition Program to thank and recognize employees that go "above and beyond". Both employees and patient families are welcome to recognize a VIVA employee! Call one of our offices and let us know if a VIVA employee has gone above and beyond!



## Get Healthy with Giggles

### Here Come the Mosquitoes!

It's that time of the year again! As the weather warms up, those pesky mosquitoes are back on the prowl. So let's be prepared and protect ourselves and our family. Don't let mosquitoes ruin your summer and most importantly, stay healthy by avoiding diseases transmitted by mosquitoes such as Zika virus, West Nile virus, Chikungunya virus, dengue, and malaria.

Per the CDC recommendations to prevent mosquito bites: Use Environmental Protection Agency (EPA)-registered insect repellents external with one of the active ingredients: DEET, Picaridin, IR3535, Oil of lemon eucalyptus (OLE), Para-menthane-diol (PMD), 2-undecanone

Tips for babies and children:

- Dress your child in clothing that covers arms and legs.
- Cover strollers and baby carriers with mosquito netting.

Tips for everyone:

- Always follow the product label instructions.
- Reapply insect repellent as directed.
  - o Do not spray repellent on the skin under clothing.
  - o If you are also using sunscreen, apply sunscreen first and insect repellent second.
- Wear long-sleeved shirts and long pants.
- Take steps to control mosquitoes indoors and outdoors
  - o Use screens on windows and doors. Repair holes in screens to keep mosquitoes outdoors.
  - o Use air conditioning, if available.
  - o Stop mosquitoes from laying eggs in or near water.
- Once a week, empty and scrub, turn over, cover, or throw out items that hold water, such as tires, buckets, planters, toys, pools, birdbaths, flowerpots, or trash containers.
- Check for water-holding containers both indoors and outdoors.

## Food for Thought



### Lemon Sugar Cookie Bars

#### Ingredients

- 1/2 cup unsalted butter, softened
- 1/2 cup packed brown sugar
- 1/2 cup granulated sugar
- 1 large egg
- 1/4 cup lemon juice
- 2 1/2 cups all purpose flour
- 1 teaspoon baking powder
- 1/2 teaspoon table salt

#### Frosting Ingredients

- 1/2 cup unsalted butter, softened
- 2 tablespoons lemon juice
- 1/4 teaspoon table salt
- 4 cups powdered sugar
- 1/4 cup heavy whipping cream
- colored sprinkles & yellow sugar

#### Directions

Preheat the oven to 375 degrees. Spray a 9x13 pan with nonstick baking spray. Beat the butter and sugars until creamy. Add the egg and lemon juice and beat again. Stir together the flour, baking powder, and salt. Slowly mix this into the butter mixture until a soft dough forms. Spread the dough into the prepared pan. Bake for 14 minutes. Let cool completely. Beat together the frosting ingredients until creamy. Spread on the top of the cooled bars. Top with desired amount of sprinkles and sanding sugar. Store in a sealed container on the counter. \* <https://insidebrucewlife.com>

What do you get when you plant kisses?



Tulips!



Just for Giggles!