

EPICENTER NEWS

DECEMBER 2007

Holiday Greetings From The Epicenter

'Tis the season to be jolly and bright! Unfortunately, not everyone can enjoy this time of year due to financial hardship. Here are a few resources for giving and receiving gifts, food and assistance this season:

- **The Salvation Army** has several Holiday programs including Toys for Tots, Christmas Dinners, and Adopt a Family. Sign-ups for food, clothing, and toys are from 9-11 and 3:30-5:30 for families with kids up to 18 years old. Assistance with transportation, rent, and utilities is available. Contact Frank the Family Services Coordinator at 586-5813. The Coat Drive has jackets and hats available during office hours. All donations and services are available at 32 South Rouse in Bozeman.



Brandon, age 14 shot his first antelope in October 2007 with the modified gun pictured above. Nice work Brandon!

- **The Food Bank** has drop off sites at most major grocers in town. To receive assistance you may call 586-7600 or visit them at 602 Bond Street in Bozeman.
- **Bozeman Jaycees** is accepting monetary donations at PO box 3072, Bozeman, MT 59771. Unfortunately their deadline to receive services has past.

SPEECH DELAY: HOW TO HELP YOUR 1-2 YEAR-OLD IMPROVE THEIR LANGUAGE SKILLS

What should a 1-2 year-old be able to understand (receptive language)? They should be able to:

- point to 3-4 body parts when asked.
- follow simple commands and understand simple questions (“where is your hat?”, “kiss the baby”).
- listen to simple stories, songs, and rhymes.
- Point to pictures in a book when named.

What should a 1-2 year old be able to say (expressive language)? They should be able to:

- Say more words every month.
- Ask 1-2 word questions (“what’s that?”)
- Put two words together (“more juice”, “no book”).
- Use many different consonant sounds at the beginning of words.

UPCOMING CLASSES

GROSS MOTOR GROUP will start again the week of January 14, 2008 for school age kids who have difficulty keeping up on the playground or in PE.

SENSORY-MOTOR GROUP for children 3-5 years old with motor delays related to sensory issues will be held in the near future.

HAND-WRITING GROUP will meet again when the class is full, please call to sign up.

LANGUAGE & SOCIAL SKILLS GROUPS are being held for children who are similar in age and need practice interacting with their peers.

FEEDING GROUP for kids with sensory motor and feeding aversions will start when the class is full.

CALL 522-3722 FOR MORE INFORMATION.



Brock Seth , age 13 with the elk he shot this November.

HELLO AND GOODBYE

Please join us in welcoming Nancy Harris, DPT to the Epicenter team! Nancy received her Doctor of Physical Therapy Degree in May 2007 from the University of Montana after completing an 8 week rotation with us last winter.

Angie Bates, DPT has accepted a full-time position starting in January 2008 at another clinic here in Bozeman. She will be missed.

SPEECH DELAY (CONT.)

What can parent's do to help their 1-2 year-old child improve their language skills? Try the following:

- TALK to your child about what you see around you (tree, dog, bird, house)
- Use simple but grammatically correct speech that is easy to imitate.
- Walk around your house and name objects like Tommy Table who says "t-t-t-t".
- Make bath time "sound playtime". Play with boats and cars, making "p-p-p-p-p", "b-b-b-b", "v-v-v-v" and "r-r-r-r" sounds. Let your child feel the sounds from your lips or your throat as you say them.
- Read to your child every day from books with large pictures and simple sentences.
- Have your child point to pictures that you name and then ask you child to name pictures that you point to.

(Information gathered from the American Speech-Language-Hearing Association website: www.asha.org).

JUMPSTARTS AND AFO'S

Jump Starts are a pre-molded ankle foot orthoses that many of our children wear to increase ankle-foot alignment and therefore stability. They were designed by Cascade DAFO as a low-cost alternative to custom AFO's. Children with low muscle tone benefit greatly from this type of orthosis. As they grow older, they may require a custom DAFO (dynamic ankle foot orthosis). A PT or orthotist then casts the child's feet and sends it to Cascade. They pour plaster into the cast and "pull" a plastic brace from the mold. They add straps, foam and stabilize the bottom for a custom fit. They come in a variety of styles for high and low tone feet and ankles. DAFO's or Jumpstarts also help prevent deformity. A poorly aligned foot and ankle also results in misaligned knees and hips. Long term walking and standing on misaligned joints will cause deformity.

OUR GOAL IS TO PROVIDE THE BEST FOR THE CHILDREN WHO NEED THE MOST