

THERAPEUTIC CONCEPTS

Issue # 4

<http://therapeuticconceptsllc.com>

February 2020

Upcoming Therapeutic Concepts Events

February 8th @ 1:00 p.m. – Valentines Day Cookie Decorating

February 28th 6:15 p.m. Movie Night Secret Life Of Pets 2

March 7th @ 1:00 p.m. St Patrick's Day Event

Quote Of The Month

"When you focus on someone's disability you'll overlook their abilities, beauty and uniqueness. Once you learn to accept and love them for who they are, you subconsciously learn to love yourself unconditionally."



Family Movies To Watch

Enjoy these top 3 movies to watch at home on Netflix!

1. The Croods
2. The Cat In The Hat
3. Turbo

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Craft Corner

Why crafts are important?

Arts and crafts are important for several different reasons.... They help in the developmental growth in children of all ages in a few areas: **Motor and Coordination Skills**. Simple tasks such as using a pair of scissors or holding a paintbrush helps enhance fine motor skills.

Try these fun and easy Valentine Day crafts that anyone can do.
<https://www.happinessishomemade.net/easy-valentine-crafts-for-kids/>



It is our belief that toys are the universal tools that bridge the gaps and break barriers for all children regardless of their abilities. Toys can be used to serve as a guide and teach valuable social, emotional, cognitive, fine motor, and gross motor skills.

This Month's Featured Toy: Bead Sequencing Set



The ultimate catch-and-release fishing program, this magnetic wooden puzzle game features aquatic animal artwork. Use a magnetic fishing pole to “catch” the 10 colorful sea friends from the game board, and then enjoy the challenge of returning them to the depths! A creative way to encourage hand-eye coordination and fine motor skills.

What is Therapeutic Recreation?

Therapeutic Recreation is a specialized therapy service that is provided to individuals with disabling conditions, illness, or injury. The goal of recreational therapy is to restore, remediate, and rehabilitate functional leisure skills to individuals with specific needs. Recreational therapy services are unique and specialized to provide individuals with access to recreation opportunities that help support, improve and advance overall health and well being, thereby improving overall quality of life.

Recreational Therapists

Recreational therapy services are provided by a certified therapeutic recreation specialist (CTRS). A CTRS requires a bachelor's degree or higher through an accredited university and passing of the national certification exam through the National Council for Therapeutic Recreation Certification (NCTRC). Recreational therapists provide access to a fulfilling leisure lifestyle through meaningful activities at home or in the community and that incorporate the emotional, physical, cognitive, and sensory needs of various individuals. Certified therapeutic recreation specialists (CTRS) work in acute hospital care, psychiatric facilities, physical rehabilitation, neuro-skill centers, and home/community based treatment programs across the country. The CTRS plays an important role in today's healthcare arena.