



CORNERSTONE THERAPIES

Occupational Therapy Groups

18700 Beach Boulevard, Suite 120, Huntington Beach CA 92648, (714) 962-6760



THE "WRITE" STUFF

Our handwriting group is designed for school-age children to address fundamental pre-writing and writing skills necessary for increased success and independence in school. This class focuses on the development of fine motor skills through upper body and upper extremity strengthening activities. This class also specifically addresses the components of handwriting including spacing of letters, sizing, and letter formation, for increased speed and legibility of written work. The "Handwriting without Tears" program and specialized techniques are utilized in the handwriting group. The group is organized to match peers with similar skill levels in order to facilitate peer motivation and interaction.



YOGA FOR KIDS

The yoga group is designed for children who could benefit from sensorimotor activities and is a group designed to improve motor development, balance, coordination, body awareness, flexibility, attention, and sensory processing. In addition, breathing exercise are introduced to help children with increasing self-awareness and self-regulation. Parents are welcome to participate alongside with their children. The group meets once a week, for six to eight weeks.

ROOM TO THRIVE



The primary goals of childhood include playing, learning, and growing. Play allows children to be creative, master skills, problem solve, and develop cognitive, emotional and physical maturity. A child's home is one of his or her first learning environment. Organization and use of space, toy selection, and sensory stimuli are especially important in facilitating a child's ability to thrive in his or her natural environment. This program assesses a child's individual developmental and sensory needs and helps develop specific strategies to creatively modify the home environment in order to support play skill development.

GET UP AND GROW



This class is developed for parents, caregivers, and their children. There are three groups with specific activities designed to address milestones and skills within each age group. Learn about normal development as we balance, climb, crawl, throw, catch, jump, and run during sensory and motor activities. Therapeutic activities for infants 0-12 months will address development of head, neck, trunk and hand control. Toddlers between the ages of 13-24 months will participate in activities challenging gross motor skills in addition to activities addressing motor planning skills, eye-hand coordination, jumping, kicking, balance, and running. Therapeutic activities for 25-36 month old children are designed to facilitate higher level gross motor skills as well as sensory processing and group games. The groups meet once a week, for six to eight weeks.

FEEDING GROUPS



We are offering a variety of group programs designed to meet your child's specific feeding needs and concerns.

- Texture Tots
- Spoonful of Fun
- Finicky Foodie
- Sensible Snackers
- The Munch Bunch
- Sensory Sprinkles
- The Pantry Pack



KEEPING CALM

This group is designed to provide strategies to assist your child in calming and self-regulating. Sensory techniques, yoga and breathing exercises, as well as activities to self-identify energy levels to alert or remain calm will be introduced. This group will meet for one hour per week for a duration of four weeks. By the end of this program your child will have been instructed in a variety of effective calming methods. All children will leave the program with a sensory kit that will include motor, olfactory, auditory, visual, gustatory, tactile, and fidget activities.