

Who provides therapy at Periwinkle?

Christy Sater Adams is a licensed Occupational Therapist who enjoys working with children in the areas of fine motor control, self-help skills, and sensory integration. Christy, a North Idaho native, received her Bachelor of Science from Boise State University and her Master of Science from Idaho State University. She is excited to be working with our area's children and families. Christy and her husband have two sons.

Michelle Coppess is a certified speech-language pathologist skilled in working with young children. She grew up in Coeur d'Alene and is thrilled to be working with North Idaho's kids. Michelle received her Bachelor of Arts degree from Washington State University and her Master of Science degree from the University of North Carolina at Chapel Hill. Michelle and her husband have three sons.

Deborah Ralston is a certified speech-language pathologist with an interest in language development as well as working with adolescents. She is delighted to be helping Idaho families. Deborah received her Bachelor of Arts degree from the University of California at Riverside and her Master of Science degree from Eastern Washington University. Deborah and her husband have two sons.

Carey Mack is a licensed Physical Therapist skilled in working with very young children with a wide range of abilities. She has vast experience working with families in the Inland Northwest area. Carey received her Bachelor of Science degree from Eastern Washington University. Carey and her husband have four daughters and one son.

Heather Penske is a certified speech-language pathologist with expertise in working with children with articulation disorders, language delays, fluency disorders, and feeding/swallowing issues. Heather moved to North Idaho from Minnesota after graduating with her Bachelor's and Master's Degrees from Minnesota State University Moorhead. Heather and her husband have one daughter.



YOU ARE THE EXPERT
ON YOUR CHILD:
YOU KNOW HIM BEST,
AND YOU KNOW
WHAT'S BEST FOR HIM.



Periwinkle

CHILDREN'S THERAPY LLC

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Periwinkle

CHILDREN'S THERAPY LLC



play
laugh
explore



What does children's therapy involve?

Therapy with children centers around what kids do best: play. Professional therapists work through natural play routines to target areas of concern in your child's development.

How do I know if my child would benefit from therapy?

The best way to determine if your child needs therapy is to take a look at his peers. Do your child's abilities seem different from those of friends her age? Do you sense that she might be "falling behind" compared to other children? Talk to your child's teachers, physician, and others in his environment to determine if your concerns need to be addressed.

How does therapy at Periwinkle work?

Therapy consists of one-on-one sessions with a certified therapist skilled in working with young children. Parents are encouraged to participate in therapy sessions and learn techniques that can be used at home. Children attend therapy once or twice a week for 30-60 minutes, depending on age.

What should I do if I think my child might need help?

If you are concerned about your child's development, call Periwinkle Children's Therapy for a phone consultation with one of our therapists. An appointment for an evaluation can be made at a time that is convenient for you. Using the results of the individualized evaluation, you and your child's therapist will determine whether therapy is

What is Occupational Therapy?

Occupational therapists use their unique expertise to help children with social-emotional, physical, cognitive, communication, and adaptive behavior challenges. They work to discover and maximize each child's potential for participation in family, learning, and community-based activities.

Occupational therapy focuses on enabling children to do the activities of daily life. Because a child's primary activity is play, the occupational therapist uses creative and productive activities to work on:

- Fine motor control
- Self-help skills
- Pre-academic skills
- Social skills
- Sensory integration
- Handwriting
- Visual/perceptual skills

What is Speech/Language Therapy?

Speech-language pathologists specialize in working with children on the basics of communication: speech, language, and oral-motor skills.

Speech describes the way a child uses sounds to say his words. Problems with speech might include:

- Difficulty saying certain sounds
- Leaving sounds out of words
- Substituting sounds in words
- Poor intelligibility
- Frustration

Language describes the components of communication that children are expected to have mastered for their age level. Common issues related to language are:

- Limited vocabulary
- Poor comprehension of spoken or written language
- Social skills problems
- Behavior issues

What is Physical Therapy?

Physical therapists focus on helping children with the building blocks of movement. They work with families to help improve children's strength, endurance, and ability to participate in everyday activities.

Physical therapy targets the movements children make every day with their muscles, bones, and joints, including:

- Gross motor skills
- Functional mobility, such as walking, climbing, and jumping
- Flexibility
- Balance and coordination
- Strength and endurance

Call today for your phone consultation.

Your child's speech/language and motor skills are some of the most important components of his future success in school and in life. Call Periwinkle today at (208) 762-3502 to discuss your concerns and set up an appointment

What type of payment does Periwinkle accept?

- Third party insurance
- Idaho Medicaid
- Cash or checks

