

June 2013

My daughter, Taylor, who just turned five years old, has completed an intensive occupational therapy program at Milestones - For Kids Success after just twelve weeks. Since my daughter was an infant, she would really struggle to get through each day. It has been a challenge for both her and our family. Between having trouble with transitioning, sleeping, coping with touch, delayed motor planning, among many other things, Taylor would become very frustrated and angry. She would have anger rages that could last over an hour, sometimes a few a days. After she turned three, we decided to try to get some help. She was seen by a variety of doctors and also seen by an occupational therapist once a week for over a year at a different place, and we did see changes, but it was very gradual. We took a break from therapy, but Taylor was beginning to struggle again. My son was receiving speech and occupational therapy from Milestones at the time and I thought it might be a good idea to have them evaluate Taylor. After Taylor was evaluated, we were approached with the idea of intensive therapy. This program was completely different from any other help Taylor has received because she went three times a week, a parent was involved in every session, and she would see two different therapists. I was very hopeful that this might be what Taylor needed. The Milestone therapists are phenomenal; Taylor loves Ms. Lauren and Ms. Abby. They have a wonderful way of helping the child meet challenging goals all while making therapy fun. I learned a lot about what Taylor needs and different tools we could use in order to cut down on certain behaviors. I also felt an added benefit to the children attending Milestones for therapy is the fact that during their individual sessions, the therapists will sometimes coordinate a short period of time for the children to work together. This has greatly helped Taylor with her peer interaction at home and school. I definitely feel that being involved in each session is necessary for the parent to learn the most about how and why continuing therapy at home throughout the day is a must, versus a five minute recap on what was done in therapy. It allows you to see how the therapist interacts with your child and be able to copy exactly what you see there in the home setting. It also allows more time for you to get all of your questions and concerns addressed. Even though occupational therapy is intended for your child, it is really the parent who is learning how to become an occupational therapist at home and the more time you have to watch the therapists the better the outcome for the child. Seeing two different therapists was also an advantage to the program, they were able to offer different approaches to try, which can be very helpful. One of the main reasons, I wanted to have my daughter seen at Milestones, was the fact that they were firm believers regarding music therapy, after doing some research and hearing about great successes, I really wanted to see if this could help Taylor. When we first started with Milestones, they explained how it works and the specific headphones to buy. She would use their lending library of CDs, and use a different CD each month. She would listen to the music two times a day for thirty minutes. We are choosing to continue to use them every day, because we see how it helps Taylor to be able to calm down and focus. We have seen a dramatic decrease in the amount and length of her meltdowns. Her sleep is more consistent, her motor planning has improved greatly, among many other positive changes. We have really been working at using the tools Milestones has given us to help her become more regulated, so Taylor is able to enjoy the world around her. I would recommend Milestones and their intensive therapy program to anyone who has a child that is struggling; it can truly change their life.

Thank you Milestones!

Valerie M.