

Morgantown, WV

Weston, WV

Bridgeport, WV

**Our Offices will be closed
for the following Holidays:**

Monday September 3, 2018
in observance of Labor Day.

Thursday November 22, 2018
& Friday November 23, 2018
in observance of Thanksgiving.

Monday December 24, 2018 &
Tuesday December 25, 2018 in
observance of Christmas.

**Upcoming Events or
Holidays to be observed:**

The Month of September
Monday September 3, 2018
Labor Day.

The Month of October
Monday October 8, 2018
Columbus Day

Wednesday October 31, 2018
Halloween

The Month of November
Sunday November 4, 2018
Daylight Saving Time Ends

Tuesday November 6, 2018
Election Day

Sunday November 11, 2018
Veterans Day (observed
Monday November 12, 2018)

Thursday November 22, 2018
Thanksgiving

Friday November 23, 2018
Black Friday

The Month of December
Monday December 24, 2018
Christmas Eve

Tuesday December 25, 2018
Christmas Day

Monday December 31, 2018
New Year's Eve

Gift giving season is almost here.
Massage Therapy Gift Certificates
are available at the front desk.

Purchase yours today!



Issue 53

INSIDE OUR DOORS

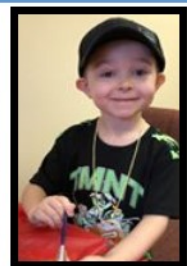
September 2018

SUMMER CAMP HIGHLIGHTS

Morgantown Office had a Summer Safari / Jungle Theme:



Bridgeport Office enjoyed learning all about Farm Life:



Be sure to check out our Facebook page for more great photos from
our 2018 Annual Summer Camps!

Backpack Tips



When selecting a backpack, look for:

- ◆ An ergonomic design
- ◆ The correct size: never wider or longer than your child's torso and never hanging more than 4 inches below the waist
- ◆ Padded back and shoulder straps
- ◆ Hip and chest belts to help transfer some of the weight to the hips and torso
- ◆ Multiple compartments to better distribute the weight
- ◆ Compression straps on the sides or bottom to stabilize the contents
- ◆ Reflective material

Remember: A roomy backpack may seem like a good idea, but the more space there is to fill, the more likely your child will fill it. Make sure your child uses both straps when carrying the backpack. Using one strap shifts the weight to one side and causes muscle pain and posture problems.

Help your child determine what is absolutely necessary to carry. If it's not essential, leave it at home.

Sleeping Schedule for Back to School

1-3 Years Old: 12-14 hours per day. As your child moves past the first year toward 18-21 months of age, he will likely lose his morning and early evening nap and nap only once a day. While toddlers need up to 14 hours a day of sleep, they typically get only about 10.

Most children from about 21 to 36 months of age still need one nap a day, which may range from one to three and a half hours long. They typically go to bed between 7 and 9 p.m. and wake up between 6 and 8 a.m.

3-6 Years Old: 10-12 hours per day. Children at this age typically go to bed between 7 and 9 p.m. and wake up around 6 and 8 a.m., just as they did when they were younger. At 3, most children are still napping, while at 5, most are not. Naps gradually become shorter as well. New sleep problems do not usually develop after 3 years of age.

7-12 Years Old: 10-11 hours per day. At these ages, with social, school, and family activities, bedtimes gradually become later and later, with most 12 year old's going to bed at about 9 p.m. There is still a wide range of bedtimes, from 7:30 to 10 p.m., as well as total sleep times, from 9 to 12 hours.

12-18 Years Old: 8-9 hours per day. Sleep needs remain just as vital to health and well-being for teenagers as when they were younger. It turns out that many teenagers actually may need more sleep than in previous years. Now, however, for many teenagers, social pressures conspire against getting the proper amount and quality of sleep.

Weston Office experienced the Four Seasons:



**Therapy Services' is a Proud Sponsor of
the 2018 Stepping Stones
Miracle League Baseball Teams!**

