

**Free
Take One**

**Fall 2004
Issue #1**

Kids Keeping Pace

Of Elk Grove, Lodi and Galt

*A collection of resources and
information for Parents*

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For information on
advertising or submit-
ting an editorial
please contact Carol
at 916-686-1619 or
Dalise at 209-369-1984

Free Parents Seminars

Learning Breakthroughs: Reading

October 12, Elk Grove
(916)686-1619 to register

October 19, Lodi
(209)369-1984 to register

Learning Breakthroughs: Kindergarten through 2nd grade foundations

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Call for info or to register!

Learning Breakthrough!

Help for young children who struggle

Your child was excited to start school. Finally, they were off! School was tough for some, easier for others but they were happy in this new world. Weeks pass. You notice your child start to drag their feet, complain, or cry when faced with a new school day. The teacher assures you they'll adjust; they're just young, immature, or trying to pull something over on you. Notes come home, "Johnny doesn't know his sight words", "Suzy can't remember letter sounds." Maybe concerns are about behavior and attention. Conferences are held, grades and work checked, progress measured and found lacking. The school doesn't want to test for learning disabilities. They consider it too soon, don't seem concerned, and say to wait until 3rd grade. Meanwhile, they decide that retaining your child is the only answer. You agonize, but in the end can find no other solution. The next year, it _is_ a bit better at the beginning, followed by more struggle to keep up and learn new concepts.

At Keeping Pace Learning Centers we've found that students who struggle in preschool, Kindergarten, 1st, and 2nd grade, usually struggle throughout school. Seeming immaturity, lack of effort or attention are often an underlying cognitive processing deficit that makes learning slow, difficult, and unpleasant. Now, the good news—there is something that will help.

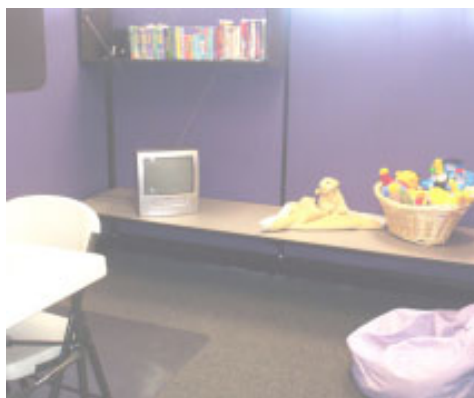
Keeping Pace Learning Center offers the *Learning Breakthrough Program* for preschoolers thru 2nd graders that struggle in school. Improving the foundations to learning often eliminates the need for further remediation. The program starts with improving coordination and sensorimotor integration which research has shown to be fundamental to learning. Samonas Listening Therapy is an integral part of the program, allowing for improvement in auditory processing as well as integration of the brain and body. Memory improvement, Attention training, and problem solving skills are the foundations of cognitive retraining. The PACE (Processing And Cognitive Enhancement) training may be integrated into the program once the basic system is working well allowing for more complete remediation of the cognitive system.

Children who complete this program are able to learn more quickly, easily, and efficiently. Homework gets easier. Kids feel better about themselves and their ability to learn.

Call today for an assessment or to sign up for our free parent seminars. Keeping Pace Learning centers are located in Elk Grove (916) 686-1619 and Lodi (209) 369-1984

Helping Moms Get Some Exercise and Pampering!

Every one knows a happy mother is essential to every family. There is great truth to the statement, "When mom's not happy – nobody's happy!" But as moms, we often put ourselves on the bottom of the list. Before you know it, we are tired, grumpy, putting on weight and have forgotten the last time we exercised or had a massage. Yet we know how much better we feel when we exercise. We eat less, have more energy and feel a sense of satisfaction when we have carved out a bit of time for ourselves. Slender Lady knows this and has designed programs for the busy woman of today. While you are taking care of yourself, the kids can hang out in the children's play area or do their homework.



Slender Lady : More than a Fitness Center

Exercise Program: 30 minute exercise circuit: you can have a fast, fun, easy, efficient work out. After 30 minutes of combined strength and aerobic exercise, you will have strengthened all your major muscle groups, burned calories, toned your body and have benefited from an excellent cardiovascular workout.

Nutrition Program: Structured Eating Program

Pampering : Massage, Body Wraps and Airbrush Tanning

Light Wave Skin Rejuvenation System: Reduce and improve age spots, blemishes, fine lines, rosacea, wrinkles

For more information call
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Preventing A Backpack Attack!

Back to school is not just about new clothes, haircuts and school supplies. Parents must help children choose a backpack for function and fit - not cartoon characters or designer logos.

With school lockers a thing of the past, kids carry around a full day's worth of heavy books and supplies. "Studies have found more than half of our children carry excessive weight in their backpacks" said Doctor Doug Ferguson, Chiropractor for Elk Grove/Laguna. "Not only is the backpack too heavy, they are most likely improperly designed, increasing the possibility of spine injury. Soon, I will have parents bringing in kids with neck pain, back pain, and numbness in their arms and headaches-all associated with a 'backpack attack'," says Dr. Ferguson.

"We are always happy to weigh your child's loaded backpack. In addition, we have a selection of ergonomic backpacks available for sale with a unique lumbar air support system not found on conventional backpacks," said Dr. Ferguson.

Lighten up with AirPacks

Using air bags in the shoulder straps and lumbar support, the AirPacks technology transfers weight from the neck and shoulders to the lower back; thereby reducing stress to the user's body by 80% and the effective load by at least 30%. The unique air lumbar support promotes neutral posture.



No other ergonomic system has been clinically proven to instill this proper mechanics and provide this level of support and comfort.

Students report that the backpack feels lighter, is easier to carry, and that they are less fatigued at the end of the day.

AirPacks move heavy pack weights off the upper back and place it safely on the lower back, relieving back strain and encouraging good posture.

-USA
TODAY

Parents should consider these important factors when it comes to backpacks and kids:

Selection: Select the appropriate size backpack for your child's age and size. Make sure it is well-padded shoulder straps and lumbar or lower back support.

Load size: Children should never carry more than 15% of their body weight. Heaviest items should be closest to the back and things should be packed carefully to prevent shifting.

Straps: Both straps should be used to evenly distribute the weight of the pack. The straps should be adjusted so the pack fits comfortably on the lower back. Hold the pack close when putting it on, never sling it to put it on.

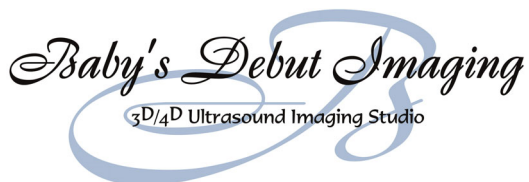


While clothes and haircuts rank high during back to school, careful backpack selection and proper usage can make healthier children for years to come. Call Dr. Ferguson at 686-5222 for more information about the backpacks.



Kids Keeping Pace wants to thank Dr Doug for the editorial on backpacks. Dr. Ferguson is more than just "Your chiropractor," He is the team Doctor for Monterey Trails High School and does School Physicals for only \$15. Family Health is a priority. Family plans to include all members of the family are available. The office is Open Monday -Friday until 7PM.

Call 916-686-5222 for more information.



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Help for Children Who Struggle With Learning



Assessments: determine the cause of learning difficulties

PACE: cognitive training for difficulties with memory, attention and processing

Discover Math™: therapeutic math program

Samonas Listening Therapy: enhances listening and auditory skills

Infinity Walk: sensori-motor, movement and cognitive integration

Learning Breakthroughs: developmental coordination and sensory integration

Tutoring: academic support

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Programs

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