

PlayRx Play Date

April 2023

Staff Spotlight

Our featured therapist for the month is another one of our company's leaders - Brenna Kelly, COTA/L. Brenna serves as our Clinical Coordinator, Sherwood Daycare Liaison, and Developmental Screening Specialist. Brenna loves collaborating with families to support their child's development in the most functional ways possible. Brenna enjoys all things outdoorsy, and spending time with her two babies.



This month it's all about TUMMY TIME! Working against gravity is critical for muscle development and coordination in infants. Facilitate this by:

Practicing tummy time: place baby on tummy and supervise as baby works to push up on hands and arms and raise head to look around

How long: build tolerance and strength, starting with a couple of minutes and increasing up to 30 minutes a day as baby grows stronger

Benefits: develops arm, shoulder, stomach, and back strength, prepares babies for rolling and crawling, prompts problem solving and thinking skills, facilitates reaching and development of arm, hand, finger skills, and hand-eye coordination

Minimizing time in containers: Outside of transporting your child in a car seat, limit container use to 15-20 min no more than 2 times a day. Placing babies in containers limits their development by limiting their movement and their strength building opportunities to support their own weight.

- **Dangers of too much time in containers (container baby syndrome):**
- Plagiocephaly: flattening of the back or side of the head
- Torticollis: tight neck muscles resulting in a neck tilt
- Delay in motor milestone acquisition
- Impacting development of hips and spine

Developmental Tips

Play at Home



Making tummy time fun! - Getting stronger is hard work and babies may seem frustrated during tummy time. This frustration fosters motivation: a completely comfortable baby isn't going to attempt to roll over, crawl, etc. That discomfort primes problem solving through movement. Here are some ways to make the hard work fun!

- Use yourself for tummy time! Either lie down with baby on your chest or place baby tummy-down across your thighs while sitting. Sing, talk, and move toys in front of your baby to provide stimulation.
- Position a bolster, or rolled towel under your baby's chest, extending out under the arms and shoulders. A bolster can make it easier for your baby to lift and turn her head.

ABC Infant Formulas, Inc.:

Phone number: 501-753-3330

What? - for medicaid patients: free diapers, pull-ups, and underpads for children 3 and older, food thickener for any age, and oral nutritional supplements for ages 5-21

How? - With a prescription from your PCP and a qualifying diagnosis
Visit their [website](#) for contact information and to learn more about how ABC Infant Formulas, Inc. can serve you and your family!

Community Spotlight



Play in the Community

ABC Infant Formulas, Inc. is our community spotlight and our play in the community! So many families we serve require the resources provided by ABC Infant Formulas, Inc. to participate in community play!

When you have a little one with special medical needs, not every public place provides the specialty and everyday items, drinks, and nutrients (thickeners, supplements, diapers and pull-ups, etc.) that your family needs to have a happy and healthy day out! ABC Infant Formulas Inc. is here to span those provisional gaps and make participation in and out of the home more feasible for everyone!

Important Dates: April is **National Autism Acceptance Month!!!** This [article](#) outlines the importance of language and the move from “awareness” to “acceptance.” At the bottom you will find lists of neurodivergent affirming children’s and tween’s books as well as resources for parents and educators!

April is also **Occupational Therapy Month!!!** By taking the full picture into account—a person's psychological, physical, emotional, and social make-up—OT assists people in: Achieving their goals, Functioning at the highest possible level, Concentrating on what matters most to them, Maintaining or rebuilding their independence, Participating in the everyday activities that they need to do or that simply make life worth living!

Help Us Celebrate!



PlayRx Resources

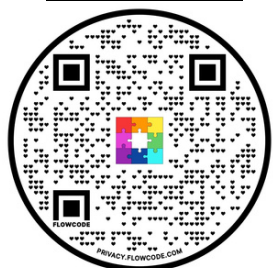
Learn more about our staff here: <https://www.playrxtherapy.com/staff>

For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/checklists>

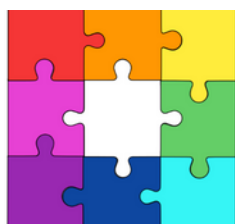
For information and guidance on resources to support services for your child, contact our Resource Manager: jwilsonst@playrxtherapy.com

Scan the codes or click text below to:

Visit our site



facebook



Play Rx
THE BEST MEDICINE FOR DEVELOPMENT IS PLAY
ST-OT-PT

Instagram



Leave a testimonial

