

PlayRx Play Date

March 2023

Staff Spotlight

Happy Birthday month to the founder of PlayRx, Sarah Clark, MS, OTR/L! Sarah is the vision and brains behind the company. She also serves on the University of Central Arkansas Occupational Therapy Pediatrics Advisory Panel helping to guide the education of future occupational therapy practitioners, as a Board Member for GiGi's PlayHouse - Little Rock, and she is a yearly donor to SOAR (Special Olympics Arkansas).



The importance of secure attachment: In secure attachment children prefer their caregivers over others, find comfort from them, and feel secure exploring the environment with their caregiver present. This is important for the development of emotional intelligence, self-esteem, social skills, confidence, empathy, critical thinking, reduced anxiety and depression. Secure attachment forms when caregivers are consistent in meeting the child's needs.

The importance of predictability in routine and responses: Predictability in routine supports confidence and security, children know what to expect and feel a sense of control. It clearly defines expectations for your child to meet. Predictability in your responses to a child helps to develop trust and security in the relationship.

The importance of boundaries: Setting boundaries and teaching boundaries helps children in the development of emotional regulation, self-control, self-discipline. Remain calm when imposing boundaries and setting expectations and try to model healthy boundaries in your own life.

Developmental Tips

Play at Home

This month, it's all about you! - No link to a toy needed here!

Facilitate secure attachments, learning, and development through compassionate parenting, predictable routines and responses, safe boundaries, and making joyful and playful connections with your children through every daily interaction!

Examples of easy, everyday play:

Play all day by making silly songs about daily routine: waking up, getting dressed, eating, getting in the car, bath time, going potty, bed time routine.

Make getting dressed fun and interactive: label clothing, body and movements.

Include kids in meal prep, describe foods: color, taste, texture, encourage exploration - even if they won't eat it.

Show excitement: for daycare/school/church/the grocery store/everything! Greet kids with excitement upon pick up: hugs, kisses, high fives!

Make the bedtime routine predictable and don't forget the fun/play! Always end the day with a giggle and a positive interaction. Play with them all day long!

Sarah says: I am a big supporter of extra-curricular activities! Gymnastics, dance, team sports, individual sports, music lessons...you name it, it's always a great idea for kids to me! And if your child needs a little more, then you become a teacher for others, advocating for inclusion, showing people the possibilities and opportunities your child deserves right alongside their peers. Most children are able to pursue their interests and participate in play outside of the home with little interference. However, sometimes finding community will open new doors to play and socialization. Gigi's PlayHouse in Little Rock is exactly that - an Achievement Center for People with Down syndrome. They provide support, community, and play for the Down syndrome community, across the life span.

Play in the Community

SCAN ME



Community Spotlight

SCAN ME



Arkansas Special Olympics Young Athletes Program:

What? - an early childhood play program

Who? - children with and without intellectual disabilities aged 2-7 years

What? - an introduction to basic sports skills including: running, kicking, throwing

- an introduction to healthy habits for now and the future

Why? - to share the joy of sports with all children, to support all children, to support peer play/sharing/turn taking/direction following, to promote acceptance

Where? - anywhere! Click [here](#) to view the Young Athletes Activity Guide

Staff Birthdays: Sarah Clark - Kenna Bondoc - Katie Lee

Congratulations: to OT Rachel Kamarunas on her 1 year PlayRx birthday this month!!!

Congratulations: to our Occupational Therapy Fieldwork student, Halah Nelson, for completing her training with PlayRx!!! We will miss her!

Important Dates: World Down Syndrome Day is March 21st!
Happy Women's History month from our woman founded, woman staffed company!

Help Us Celebrate!

PlayRx Resources

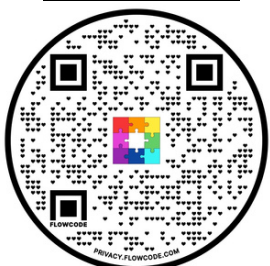
Learn more about our staff here: <https://www.playrxtherapy.com/staff>

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

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