

PlayRx Play Date

May 2023

Staff Spotlight

This month we are spotlighting speech therapist Gracen Miller.M.S., CCC-SLP, a blessing to clients and staff members in the Sherwood area. She loves pediatric feeding and dysphagia, early intervention, and empowering and equipping children through play-based therapy. She also serves as our Speech Therapy Team Leader!



Sippy Cups and Pacifier Use: Effects on Speech, Language, and Feeding Development

- **Extended use of pacifiers and age-inappropriate sippy cups can lead to:** weak oral motor strength, trouble eating and manipulating food, and result in "paci-mouth" (a forward resting position of the tongue) resulting in speech and language deficits.
- **Paci-mouth physical changes to the oral cavity:** changes to the hard palate shape and height and to the teeth due to the suckling action pattern which places the tongue at a forward resting position
- **Paci-mouth effects on speech:** alters how a child produces different sounds (their articulation skills)
- **Appropriate use of pacifiers:** pacifiers can help newborns learn to self-soothe. It is important to start weaning your child off the pacifier around the age of 6-months-old and to have them completely off the pacifier by their first birthday.
- **Age appropriate progression of drinking cups:**
10-12 months: transition from bottle to straw cup which manipulates the tongue into a more natural, correct position for speech, and increases tongue strength
2-3 years: transition to an open cup

Developmental Tips



Click [here](#) or scan the QR code in the orange rectangle to read this information more in depth and to learn about developmentally appropriate spill proof cups!

Play at Home



Play with your FOOD! Follow the 3 Es to Eating!

Click or scan the QR code in the yellow rectangle to read more about Melanie Potock, MA, CCC-SLP, and her 3 Es to Eating!

Expose: Always include at least 1 Tablespoon of a new or non-preferred food with a child's meal. Even if they don't eat it, this allows them time to become more comfortable with a new food!

Explore: Let kids explore with hands, fingers, and mouths. Let them help prepare food and snacks and let them get messy! This helps kids get used to the smells and textures of new foods!

Expand: Model trying new foods for your child. Take them to markets and restaurants with different kinds of cuisine. Let them choose a new food to try!

Summer Programs: Here is a list of great summer programs provided by our center partners! Hurry to sign up as spots are filling fast!

Maumelle area:

Kid's Academy Cock of the Walk: 501-791-2227

Kid's Academy Riverview: 501-753-0008

Lake Point Kiddie Cottage: 501-851-3343

MGC Kids: 501-753-5437

Day School at First Church: 501-851-2273

Little Scholars Maumelle: 501-803-0300

Sherwood area:

Little Scholars Sherwood: 501-835-5802

DREAM: 501-835-3274

My Child's First School: 501-834-2224

JFK Early Learning Center: 501-834-4324

Little Treasures: 501-834-8828

Stinson Chapel Daycare: 501-835-2845

Children's Enrichment Center: 501-835-2903

Central Arkansas Montessori: 501-352-6712

Play in the Community

Community Spotlight



Car Seat Supports and Resources: Car Seat Check-ups

What: A Child Passenger Safety Technician evaluates the car seat currently in use, checks that it is appropriate based on the child's age and weight, ensures correct installation, and answers questions.

Where: Arkansas Children's Hospital campus in Little Rock

When: Monday through Friday, from 8:30 a.m. – 4:30 p.m., based on availability

For more information: contact Charles Maxwell at MaxwellCT@archildrens.org or 501-364-5655

Click or scan QR code in blue rectangle to search for car seat technicians near you!

Staff Birthdays: Lydia Senko - OTD, OTR/L

Congratulations: to our students who finished up their placements with us last month: Calista Farinelli-ST and Reanna Patton- COTA! They were both amazing and will be missed!

Important Dates:

May is Mental Health Awareness Month and Better Hearing and Speech Month

May 8-12: Teacher Appreciation Week

May 13th: Stamp Out Hunger Food Drive Day

May 14th: Mother's Day

Help Us Celebrate!

PlayRx Resources

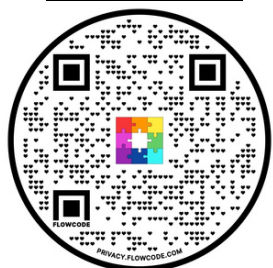
Learn more about our staff here: <https://www.playrxtherapy.com/staff>

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:

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