

PlayRx Play Date

AUGUST 2023

Staff Spotlight

Hannah Castle - COTA/L works in our new clinic and Sherwood area preschools and daycares. She loves working on Sensory Integration and Regulation and likes to emphasize relationships and play based therapy. She is regularly involved in Special Olympics and loves supporting her favorite athlete, her sister Alyssa. Alyssa served as team captain for team 5 of Rowin' with my Homies at this year's SO-Row Special Olympics fundraiser. Coworkers and clients love Hannah's big heart and outgoing personality; she makes our work and therapy fun!



ADHD - This is a topic close to Hannah's heart! She has ADHD and credits learning to read and her following accomplishments to her access to appropriate medication.

Common signs

these interfere with achievement at school, social interaction, and adherence to rules and expectation

Inattentiveness

- short attention span, easily distracted
- careless mistakes
- appearing forgetful/losing things
- difficulty carrying out instructions, completing tasks
- constantly changing activity or task
- difficulty organizing tasks

Hyperactivity and impulsiveness

- unable to sit still, especially in calm or quiet surroundings
- excessive talking, interrupting conversations
- being unable to wait their turn
- acting without thinking
- little or no sense of danger

Best treatment and tips

- properly dosed medication is the most effective treatment for ADHD followed by occupational therapy and counseling.
- A diagnosis does not change your child, but opens the door to proper treatment and improved participation and performance.
- Correct dosage is essential and may change as your child adjusts to medication and as they grow. Please make sure to ask your doctor and pharmacist for signs that your child's prescription may need an adjustment.
- Check out the below sections for great play ideas for active learners.

Developmental
Tips:

ADHD



Play at Home



Learning through active play!

The Lego Foundation Learning Through Play provides evidence that play is essential for learning. Effective learning through play involves joyful, socially interactive experiences that are actively engaging and meaningful to those involved. Repetition and practice help develop innovation and creativity! And play at home doesn't need to be expensive! Check out the Lego Foundation play at home ideas to inspire your little to learn through play!

Community spaces for learning through play:

Museum of Discovery: plan a visit to learn through over 90 hands on exhibits!
Little Rock Zoo: click [here](#) to see dates for special learning events for 1-5 years!
Art Start at the Arkansas Museum of Fine Arts: click [here](#) for a schedule of free Art Start August dates that pair a book with a fun craft for kids!

Play in the Community

Community Spotlight



Arkansas Special Olympics!

This is an invaluable resource for people with intellectual disabilities. It provides health, wellness, and athletic experiences for these individuals across the lifespan! This is why we came together as a company to raise funds for this organization through our recent SO-Row teams! Please take the time to explore the services offered locally in Arkansas!

Congratulations: and thank you to our summer support staff, Hope Hayes and Casey Moore! We will miss them so much and hope to see them next summer!

Happy Birthdays: Brenna Kelley, Addie Davari, Hannah Castle

Help Us Celebrate!

PlayRx Resources

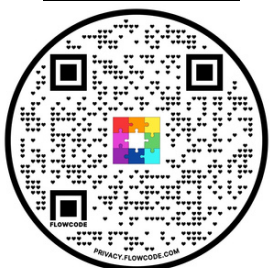
Learn more about our staff here: <https://www.playrxtherapy.com/staff>

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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