

# PlayRx Play Date

S e p t e m b e r 2 0 2 3

## Staff Spotlight

### Special welcome to our new Physical Therapists!!!

#### Bailey Walter DPT

Bailey graduated with a Doctorate in Physical Therapy from Harding University in 2019 and became a Board-Certified Specialist in Pediatric Physical Therapy in 2022. She says that being able to walk alongside families and encourage them with their child's progress is one of the best parts of working in pediatrics. She has such a bright and fun spirit and we are so thankful she has joined us!



#### Hannah Nelson DPT

Hannah graduated with a Doctorate of Physical Therapy from the University of Central Arkansas. Her special interests in treatment include Autism, Cerebral Palsy, and toe walking. She absolutely loves helping kids develop new skills and become confident in trying new things. Hannah is already such a vital part of our team and brings lots of joy and baked goods to her coworkers!



**Bike Fitting** is very important for maximizing safety and function when children are learning to bike ride!

- **Handle Bars** should be in a position so the child does not have to hunch forward to reach and they can still have a slight bend in their elbows.
- **Pedals** should be positioned so that when the child's legs are in the lowest position while still having a slight bend in their knee.
- **Helmet fitting:**
  1. Make sure the helmet is in your child's age/size range
  2. The V straps should be snug around their ears
  3. No more than 2 finger breadths between their eyebrows and the helmet
  4. No more than 1 finger should fit between the child's chin and the strap.

\*click or scan the QR code for a visual guide for helmet fitting.

## Developmental Tips for Bikes



### Tips for learning

To work on pedaling a 2-wheeled bike with training wheels, prop the training wheels with 2 adult-sized shoes (1 under each training wheel) enough to lift the back wheel off the ground. Then, the child can sit and pedal while the bike remains stationary. This allows the parents to be able to help work on pedaling in one place and it makes pedaling a little easier while the child is learning.

## Play at Home

### Starting with Bikes!

- **18 months (and walking) - 3 years:** balance bikes can be great at this time to start developing the balance skills for biking.
- **2 years:** Is a great time for a child to start learning to pedal a trike.
- **2 and a half- 3 years:** the child should be able to start learning to ride an upright bike with training wheels.
- **Around 5 years:** If they are pedaling and balancing you can start working on riding without training wheels.

\*\*\*all of these ages are also based on exposure. If a child has not been on a trike they will likely not be pedaling a bike at 3.

We always want new gross motor skills to be fun! If your child is not interested in riding and you want to help get them interested you can try reading books about bikes, find friends who ride bikes, watch videos of kids riding bikes, or even try riding a scooter which would also work on balance.

Check out: **Recycle Bikes for Kids** at 717 E. 10th St, North Little Rock, AR. Their mission is to give free bikes to kids. Click this link to apply for a bicycle: <https://www.recyclebikesforkids.org/request-bikes>.

## Community Spotlight



## Help Us Celebrate!

**Congratulations:** and thank you to Janna Smith our most recent OTA student from Arkansas Tech who finished her second rotation with us last month! Kaelyn Turner for her 2 year Playa anniversary! Addie Davari for her marriage to Ryan Rainbolt!

**Happy Birthdays:** Gracen Miller, Jennifer Wilson, Grace Womack! Happy 4th Birthday to PlayRx!!!

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

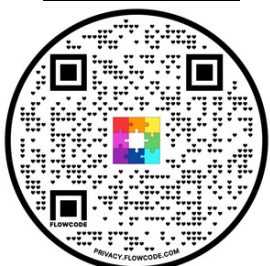
For more info on appropriate child development see our developmental milestones checklists: <https://www.playrxtherapy.com/developmental-milestones/checklists>

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

## PlayRx Resources

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