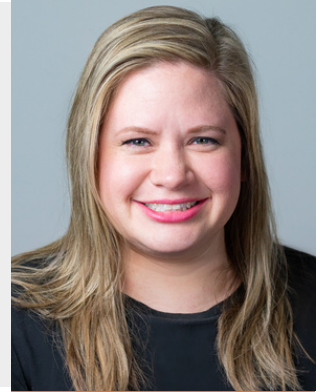


PlayRx Play Date

N o v e m b e r 2 0 2 3

Staff Spotlight

Rachel Kamarunas - MOT, OTR/L serves as a therapist in Sherwood area centers. Rachel prefers to spend the time God has given her by serving children and their families to help them grow and develop together. She loves to provide client centered care that improves child participation and skills through personal interests to meet personal and family goals. Rachel likes to work on foundational skills and strengthening when helping clients work towards their goals.



Health and developmental benefits of outside play! How outside play helps reduce stress and ADHD symptoms!

Health Benefits

- Improvements to short-term memory
- Reduced stress levels and lower levels of stress hormones
- Improvement in eyesight
- Improved immune function
- Improvements to mental health and decreased risks for depression and anxiety
- Increased natural Vitamin D production

Spending time in green environments and outdoor spaces — such as parks, gardens, farms, and backyards — has been shown to improve and reduce ADHD symptoms in children.

- Walking (at least 20 minutes)
- Playing
- Gardening or other yard work
- Hiking or backpacking
- Reading
- Outdoor sports
- Fishing
- Working with animals

Developmental Tips

Play at Home

Less tablet time, more outside time and unstructured play!

What is unstructured/imaginative play? - Repetitive, voluntary, in a relaxed setting, with peers and manipulatives

Benefits of unstructured, imaginative play

- aids in social, emotional, and cognitive development
- encourages creative responses and challenges the developing brain
- develops social skills, turn taking, communication, mediation over pretend objects
- helps kids work through anxiety and stress
- aids in language development

*children who spend as little as 1 hour on screen time demonstrate more ADHD symptoms

Parks, walk and biking trails

These green spaces and opportunities offer great chances for increased outside time!

Lake
Cherrywood
Park

Kids' Bike Ride Adventure
Sunday, November 5,
2023
2:00 pm
Bill Harmon Recreation
Center

The Old Mill

Play in the
Community

Community Spotlight



Arkansas Cornbread Festival and Events

What? - Cornbread competition with vendors and the Cosmo Kids Zone!

When? - Saturday, November 4, 2023 11 AM - 4 PM

Where? - Little Rock's SoMa neighborhood

Staff Birthdays: Kaelyn Turner and Bailey Walter

Congratulations: Jennifer Wilson on her creation of our new Therapist Recommendation Gift Buying Guide, Lydia Senko on her second PlayRx anniversary, Grace Rutledge our new COTA!

Important Dates: Happy Thanksgiving!! Veterans Day, Child Safety Awareness Month. click [here](#) to see all the special and fun days in November!!!

Help Us
Celebrate!

PlayRx Resources



FEATURED RESOURCE: [Therapist Recommendation Gift Buying Guide](#)

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

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

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

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