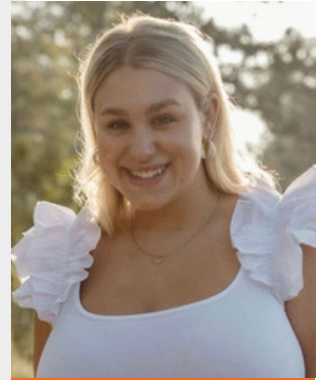


# PlayRx Play Date

February 2024

## Staff Spotlight

Grace Rutledge, COTA/L is one of our therapists serving the Maumelle area. After she became a mother, her interest in early childhood development grew leading to a change in practice to pediatrics. Grace loves that PlayRX provides her the opportunity to impact the community she grew up in.



## The Importance of Tummy Time!

### TUMMY TIME:

- promotes healthy physical development
- reduces flattening of the back of your baby's head.
- facilitates milestones: lifting head and turning over, sitting, crawling, and walking
- strengthen back, neck, arms, shoulder, and core muscles.

### TUMMY TIME TIMELINE:

- start when your baby is a newborn with 3-minute sessions 2-3x daily
- gradually increase up to a total of 20 - 30 minutes a day by 7 weeks
- 4 month goals:
  - lift their chest off the floor
  - lean on their elbows with head up
- 5 - 6 month goals:
  - pivot on belly
  - reach with arms to front or sides

## Developmental Tips

### Encouraging Tummy Time During Play!

#### Introducing tummy time

1. Introduce tummy time to baby positioning them belly down on your chest so that they are facing you or belly down across your lap.
2. Once baby seems comfortable belly down, you can transition to a blanket or play area.
3. Join baby on floor. Make silly noises and sing silly songs to engage your baby and facilitate head movement as they seek your voice
4. Use mirrors, brightly colored toys, and noise making toys to facilitate head turning and hand reaching.

#### When to do tummy time

- when baby is most awake and alert
- when your baby is supervised

#### When NOT to do tummy time

- when your baby is sleepy
- when your baby is unsupervised
- after your child eats (to avoid spit up)

## Play at Home

## Wiggle Worms: Snowy Sensory Wonderland

**When?** - February 10, 2024 10:30 am - 11:00 am

**Where?** - Museum of Discovery 500 President Clinton Ave Little Rock AR

**What?** - Wiggle Worms introduces children, ages 6 and younger, and their families to science through fun and hands-on activities. The program takes place in our great hall and is held Tuesdays, Thursdays and Saturdays at 10:30 a.m. We begin with a book and then move to the activities.

**Cost** - Included in regular museum admission or free for members.

Play in the  
Community



## Community Spotlight



### **Ambitious Girls, Inc.**

**What?** - Ambitious Girls, Inc. serves adolescent and teen girls. "Our mission is to help girls to be full of themselves in terms of love, esteem, worth, confidence, while instilling in them to live a life of purpose." Akissi N. Brooks Founder of Ambitious Girls Inc.

Check out the Facebook page for present events! -  
<https://www.facebook.com/AmbitiousGirlsInc>

**Staff Anniversaries:** Addie Davari Rainbolt and Hannah Castle two year anniversaries!

**Important Dates:** Click [here](#) to see all the fun National Days and holidays in February!

Help Us  
Celebrate!

## PlayRx Resources



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](mailto:jwilsonst@playrxtherapy.com)

Scan the codes or click text below to:

Visit our site



facebook



Instagram



Resource Guide

