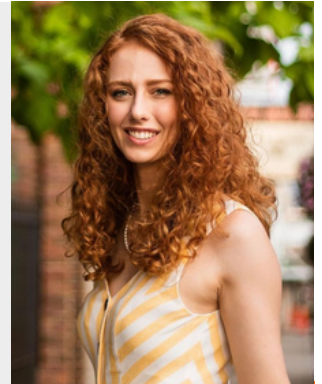


PlayRx Play Date

March 2024

Staff Spotlight

This month's staff spotlight is our physical therapist and social media manager Hannah Nelson. She joined the Play Rx team in August of 2023. She loves crafting, painting, her dog Edgar Allen Pug, and baking. She is so excited to share all of the fun pictures of our amazing kids, as well as, provide helpful tips on how to encourage gross motor, fine motor, and speech skills at home!



My child is walking... what's next?

It is such an exciting time when your child first starts walking! It marks the 'end' of the classic gross motor milestones of early childhood, rolling, sitting, crawling, standing, and walking. However, that is just the beginning of a child's gross motor journey. So today we would love to share with you some next steps to look for and work on after your child starts walking and before they turn two.

Milestones Between Walking and Two Years old

- Child is able to change directions while walking without losing balance
- Child is able to crawl up 3 stairs safely
- Child is able to pick up a toy from the ground and return to standing without losing balance
- Child can climb into an adult sized chair and turns around to sit in it
- Child can walk and carry a large toy without losing their balance
- Child steps or kicks into ball in an attempt to imitate kicking
- Child walks backwards 5 steps while pulling a toy

Developmental Tips

Play at Home

Things to Practice at Home

1. Continue to encourage opportunities to gross motor play such as time outside where they have the opportunity to walk on grass and uneven surfaces
2. Introduce activities such as stomping or standing with one foot on an elevated surface to encourage learning to stand on one foot and improve balance.
3. Provide opportunities for stepping over small obstacles

Creative Saturdays at AMFA

When? - March 16, 2024 10:00 am - 1:00 pm

Where? - Arkansas Museum of Fine Arts 501 E. 9th St. Little Rock AR 72202

What? - Get creative with your weekends and spend Saturday mornings at AMFA!

Kids, adults, and families of all ages can discover something fun to see and do

Cost - Free

Play in the
Community



Community
Spotlight



Sensory Kitchen- Fletcher

When?- March 28, 2024

What? - This sensory hour will involve food items so we can taste, smell, and play. This is a great opportunity for picky eaters to have a fun opportunity to try new things

Where?- Fletcher Library
823 North Buchanan Street
Little Rock, AR 72205

Staff Anniversaries: Rachel Kamarunas two year anniversary!

Staff Birthdays: March 22- Sarah Clark's birthday!

Important Dates: World Down Syndrome Day is March 21- wear crazy socks
[Click here to see all the fun National Days and holidays in March!](#)

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

Scan the codes or click text below to:

[Visit our site](#)



facebook



Instagram



[Resource Guide](#)

