

PlayRx Play Date

July 2024 - Proprioceptive and Vestibular Input

Staff Spotlight

This month's staff spotlight is Rainey Holland, COTA/L. This month she is going to share tips and tricks for proprioceptive and vestibular input. Proprioceptive and vestibular input can be provided through children's everyday activities and experiences making it such an easy and fun thing to do at home which is why she loves this topic! Rainey enjoys drawing, painting, hiking, traveling, and spending time with family, friends, and her husky, Ocean.



Benefits of Proprioceptive and Vestibular Input

Sensory Processing is a major area focused on in occupational therapy for many kiddos. Sensory Processing is the way the brain receives and responds to sensory input in order to function effectively in our environment. Two ways sensory input can be provided are through proprioceptive and vestibular input. Proprioceptive input involves deep pressure to your joints and muscles to help you become more aware of your body and understand its position in space. Vestibular input is the sensation of any change in position, direction, or movement of your head. Both types of sensory input can impact a child's level of calmness or alertness through organizing or alerting the nervous system to improve attention and participation in activities.

Developmental Tips

Proprioceptive and vestibular input can improve:

- body awareness
- posture
- coordination
- focus/concentration
- balance
- regulation

Play at home

Ways to provide proprioceptive and vestibular input at home:

- carrying heavy items when transitioning or helping with chores
- pushing heavy objects (grocery cart, vacuum cleaner)
- building a tower of pillows or couch cushions to jump/crash into
- bear hugs
- weighted blankets
- hopscotch
- animal walks
- yoga
- jumping on the trampoline or bed
- monkey bars
- slow swinging(calming) and fast swinging(alerting)
- spinning
- hanging upside down on the couch or bed

Sky Zone

When? - Sky Zone is open throughout the week

What? - Sky Zone provides kids with play areas that provide a variety of vestibular and sensory input experiences.

Where? - 4711 Talley Rd, Little Rock, AR 72204

Play in the
Community



Community Events

Preschool Story Time

When? - Mondays 10:30-11:30

What? - Enjoy stories, songs, and more with Ms. Sara! Best for ages 3-5.

Where? - Terry Library
2015 Napa Valley Drive,
Little Rock, AR, 72212

Important Dates:

Happy July 4th, Purposeful Parenting Month, and National Make a Difference for Children Month

Anniversaries:

Bailey Walter- 1 year at Play Rx

Birthdays:

July 28: Rainey Holland

July 28: Rylee Holland

Click here for more days to celebrate in July

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/>

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Resource Guide

