

PlayRx Play Date

September 2024 - Torticollis

Staff Spotlight

This month's staff spotlight is Bailey Walter, PT, DPT. She is a Board-Certified Clinical Specialist in Pediatric Physical Therapy and our Lead Physical Therapist. She enjoys working with families to navigate different milestones with their infants. It is important to work on milestones early and prevent future complications like torticollis. So, she is passionate about educating on the importance of prevention and helping families feel confident in guiding infants through milestones in a play-based environment. She loves spending time with friends and family, playing board games, and spending time outside.



Torticollis



Torticollis is when an infant or child persistently holds their head tilted to one side and turned to the opposite side typically caused by tightening of the sternocleidomastoid muscle in the neck. Sometimes, babies are born with torticollis, but more frequently, it occurs after birth. If left untreated, torticollis can lead to issues with uneven posture throughout the body. So, it is important to treat early if noticed or work to prevent it in the future by doing activities that promote full and equal range of motion of the neck such as:

- Switch sides of the body when feeding the baby
- Alternate laying baby's head at opposite ends of their bed during sleep times
- Participating in tummy time 3 or more times a day
- Limit the amount of time that babies spend in a container, such as a swing, bouncy seat, car seat, etc. Containers can be helpful for parents to use when they need to cook, complete a task, or care for other children. So, it is recommended that you limit time in a container to 20 minutes at a time and that you allow twice that amount of time on the floor to play. Parents could also choose to use a wearable, inward-facing baby carrier to do tasks around the house or go on a walk to allow your baby to look around and build strength in their neck muscles.
- If the baby is spending time in a container, place toys or entertainment on alternating sides to encourage the baby to look to each side equally.
- Work on the baby turning their head to each side to follow a toy or your face.
- Contact your doctor about being referred for a physical therapy evaluation if you notice your baby starting to hold their head with a preference to one side.

Developmental Tips



Ways to help prevent torticollis at home:

Play at home



Boppy pillow or other small nursing pillow to prop baby during tummy time



Light-up toys to work on baby turning head to follow toy



Mirror toys to encourage lifting head during tummy time

Seventies Story time

When?- Tuesdays 9:30-10:30 am

What? - Welcome to storytime! Join the library for books, songs, play, and fellowship. Children five and under and their caregivers are welcome.

Where?- Sanders Library
10200 Johnson Dr
Sherwood, AR 72120

Play in the Community

Community Events

MESSTIVAL

When?- Saturday September 14, 2024 2:00 pm - 4:00 pm

What? - It's MESSTIVAL time! Get messy with Sanders Library. We will be outside exploring a sensory wonderland- come dressed to play with water, slime, and paint. Free treats from The Ice Cream Truck (one per participant, while supplies last).

Where?- Sanders Library
[10200 Johnson Dr](#)
[Sherwood, AR 72120](#)

Holidays: September 2: Labor Day

Anniversaries: September 13: Kaelyn Turner

Birthdays: September 23: Gracen Miller

Celebrations: Congratulations to Kaelyn Turner on the birth of her sweet baby boy!

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/>

Scan the codes or click text below to:

[Visit our site](#)



facebook



 **Instagram**



[Resource Guide](#)

