

PlayRx Play Date

October 2024 - Car Seat Safety

Staff Spotlight

This month's staff spotlight is Rachel Kamarunas - MOT, OTR/L. She received her Masters in Occupational Therapy from the University of Central Arkansas. Rachel loves to spend the time God has given her to help others by serving children and their families, to help them grow and develop together, and provide client centered care to improve child participation and skills through their personal interests to meet personal and family goals. Rachel enjoys reading, her dogs, spending time with family, and makeup.



Car Seat Safety

Car seat safety is crucial for protecting children in the event of a car crash. Motor vehicle accidents are the second leading cause of death for children in Arkansas and many of these deaths and injuries can be prevented with appropriate car and car seat safety.



A child under age 1 should always ride in a rear-facing car seat and should stay in rear-facing as long as possible. A child should remain in a rear-facing car seat until he or she reached the top height or weight limit allowed by your car seat's manufacturer.

Once a child has outgrown their rear-facing car seat, the child is ready to travel in a forward-facing car seat with a harness and tether. Keep your child in a forward-facing car seat with harness and tether until they reach the top height or weight limit allowed by your car seat's manufacturer. Once your child outgrows the forward-facing car seat with a harness, they are ready to travel in a booster seat but still in the back seat.



Keep your child in a booster seat until he or she is big enough to fit in a seat belt properly. For a seat belt to fit properly, the lap belt must lie snugly across the upper thighs, not on the stomach. The shoulder belt should lie snugly across the shoulder and chest and not across the neck or face.

Developmental Tips



Play at home

Motor vehicle safety resources:

The Child Passenger Safety Education program is an excellent resource for parents wanting to learn more about motor vehicle safety for children some of the programs they provide include:

- Providing educational workshops on the basics of child passenger safety.
- Loaning child safety seats to parents and caregivers.
- Conducting child safety seat check-ups for parents and caregivers to ensure correct installation of child seats.
- Coordinating child safety seat distribution program

Sensory Hour

When?- Tuesday, October 22, 10:30-11:30 am

What? - Come let your toddlers and preschoolers play in our sensory bins ! No cleanup for you! Just fun! Ages 2-7.

Where?- Sanders Library

10200 Johnson Dr
Sherwood, AR 72120

Play in the
Community

Community Events

Storytime with Ms Cassie

When?- Wednesday, October 16: 10:30am - 11:00am

What? - Enjoy listening to stories, moving to the beat and singing songs.
Ages 0-5.

Where?- Sanders Library

10200 Johnson Dr
Sherwood, AR 72120

Holidays: October 31: Halloween

Celebrations: October is Physical Therapy Month

Birthdays: October 28: Suzanne Schwander

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

