

PlayRx Play Date

December 2024 - Crawling

Staff Spotlight

This month's staff spotlight is Cora Lentz OTD, OTR/L. She is a recent Doctor of Occupational Therapy graduate from the University of Central Arkansas. During grad school and in her early career as an OT, she has been so fortunate to learn from instructors and mentors who emphasize the importance of developmental milestones and their foundational impact on a child's ability to perform daily tasks at home, school, and the community. Cora believes it is so important to advocate for the significant role crawling plays in a child's development! Outside of her love for OT, she has always had a huge passion for the arts! Nothing brings Cora joy quite like acting, singing, playing her flute, or attending a live theater performance/concert! She also loves spending quality time with family and friends!



Crawling

Why is crawling important? There are an overwhelming number of benefits to crawling on a child's development as it helps lay the groundwork for essential physical, cognitive, and sensory skills. Below are some of the most essential benefits of crawling, and the skills it facilitates as a child continues to grow and learn:

1. Upper Body/ Core Strength/Stability Development

The act of crawling strengthens and develops key muscles and joints of the core, arms, and hands. The early development of core and upper body strength is crucial for skills such as feeding, playing, dressing, grooming, and future handwriting.

2. Fine Motor Development

In addition to strengthening and stabilizing the upper body, crawling also allows a child to develop more precise movements that are also necessary for the skills mentioned above.

3. Reflex Integration and Brain Development

The act of crawling enhances the connection between the right and left sides of the brain through cross-body movements.

4. Vision Development

When babies learn to crawl, they develop a new visual awareness of their surroundings which promotes depth perception, visual perceptual skills, and binocular vision as they frequently change direction and head position.

5. Sensory Processing Skill Development

Crawling allows for children to experience different textures as they frequently change crawling surfaces. This activates the vestibular and proprioceptive systems of the body, which are necessary to form sensory processing skills.

Developmental Tips

Play at home

Ways to Encourage Crawling at Home:

1. Allow your child to have as much floor/tummy time as possible. If your child does not like tummy time, try working on it in shorter periods of time and in different positions/surfaces!
2. Use motivating toys or objects that your child will want to move towards. Or try a tummy time activity mat (listed on the 2024 PlayRx Christmas Gift Guide!)
<https://linktr.ee/PlayRxChristmasGiftGuide2024>



ACTS Jr!

What? - ACTS Jr. is a Community Connections-based after-school theater program for kids ages 7-17 of all abilities!

Where?-There are three ACTS Jr. locations - Conway, Little Rock, and Russellville!
When?- Times vary based on location

Play in the Community

Community Events

Sherwood Christmas Parade

When?- Saturday, December 7, 2024
10:00am

Where?- The parade route will start at Lantrip Rd and Kiehl Ave go to Kiehl Ave and Oakbrooke Dr

Maumelle Holiday Parade

When?- Saturday, December 7, 2024
5:00pm

Where?- The parade route starts at the corner of Audubon Dr & Millwood Cir and ends at the corner of Club Manor and Audubon Dr.

PlayRx will be participating in both parades this year. We would love to see you there!

Holidays:

December 24-25: PlayRx closed for Christmas

December 31-January 1: PlayRx closed for New Years

Birthdays:

December 21: Rachel Kamarunas

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

