



## OCTOBER IS PHYSICAL THERAPY MONTH!

### What is physical therapy?

Pediatric physical therapists help children from birth to adolescent whose conditions or impairments limit their physical abilities. Interventions can focus on core and trunk stability and lower extremity function and strength to address gross motor skills. Our therapists work to assist child to maximizing their ability to negotiate their environment as safe and independent as possible. As a team, therapists and parents can work together to help each child develop a sense of their body in space and move around safely.

#### Signs your child may benefit from physical therapy:

- ▶ Difficulty rolling over
- ▶ Difficulty sitting up
- ▶ Difficulty pulling themselves up into standing from sitting or kneeling
- ▶ Difficulty crawling
- ▶ Difficulty walking around obstacles
- ▶ Difficulty running
- ▶ Difficulty climbing up/down the stairs
- ▶ Difficulty maintaining their balancing
- ▶ Difficulty jumping
- ▶ Difficulty keeping up when playing with their peers

#### *What happens during physical therapy?*

Sessions often incorporate toys and activities your child enjoys to assist the therapist in prompting movement. As babies and infants, we often focus on tummy time, rolling, sitting and standing. As toddlers, we focus on walking, running, stairs and ball skills. For school age children, we can focus on your child's body and safety awareness, their ability to independently move around their environment safely, climb on playground equipment, jumping, stairs, playing reciprocally with a ball, riding a bike/scooter, etc

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## Physical Therapy Crawling Tips!

We have been hearing a lot that our clients are not crawling and that

#### Crawling helps to develop:

- **Independent exploration**
- **Responsibility for movement and mobility**

pediatricians are explaining that crawling is not a developmental milestone. As physical and occupational therapist, we still believe that crawling is important!

Here are JUST A FEW ways you can help promote and assist your child to crawl. If you find these tips helpful and think your child would benefit from more support to crawl, feel free to contact us!

- **Early problem solving**
- **Head control**
- **Core and trunk stability**
- **Body awareness**
- **Upper and lower extremity strengthen**
- **Coordination between left and right sides of the upper and lower body**



← **Use a pillow or a rolled up towel under your child's belly to help support them on all 4's.** This will prompt the classic crawling position during play and allow you child to get stronger in the position with some support.



↑ **Use a towel to assist your child to crawl and move on all 4's.** The towel will help you support your child's body weight making it easier for them to crawl.



← **Help your baby rock back and forth.** You can use the hand position pictured, but if your child is stable on their hands and knees you can rock them from their hips. You can sing songs or count when you are rocking. You can even try a mirror or toys in front of your baby so that they look up!

Email us to discuss your concerns

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*October is also Sensory Awareness Month . . .  
look for information and tips about  
sensory integration and play in next month's newsletter!*

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**Are you a licensed  
Occupational,  
Physical or Speech  
Therapist?**

**We are always looking  
for amazing people to  
add to our team!**

#### **PHONE CONSULTATIONS**

We now offer FREE 10 - 15 minute phone consultations to assist you in deciding whether or not your child would benefit from either occupational, physical and/ or speech therapy. Please go to email us to schedule your consultation.

#### **NEED VOLUNTEER OR SERVICE HOURS?**

WE OFFER GREAT OPPORTUNITIES FOR INDIVIDUALS TO GAIN EXPERIENCE OBSERVING CHILDREN OF VARIOUS AGES AND DIAGNOSES. REACH OUT TO OUR OFFICE OR MORE INFORMATION

Email us now

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## Look at what we have been up too. . .

### Check out our crafts!

All of these crafts were created throughout the month of October and incorporated into occupational and physical therapy sessions to celebrate:

- National Pumpkin Day
- National Candy Corn Day
- Halloween

Our occupational therapists used these crafts to address goals for: grasps, hand strengthening, cutting skills, bilateral coordination and following sequencing.

Our physical therapists incorporated these crafts into obstacle courses that were used to address goals for: balance, jumping and coordination



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**Our therapist and little ones  
had so much fun  
raising awareness during**

in  
**OCTOBER**  
we wear  
**PINK**

**Breast Cancer Awareness Month!**



**In honor of physical  
therapy month...  
let's get to know  
Mrs. Liz!**

As an avid and diverse high school athlete, Liz's interest in physical therapy was ignited from personal physical therapy treatment for sports related injuries, as well as a high school sport medicine class. She attended Seton Hall University where she received her Bachelor Degree in Biology and her Doctorate in Physical Therapy. She has gained a wide spectrum of experience through clinical rotations and work experience in the following settings: outpatient, homecare and school based pediatric,



hospital acute inpatient and outpatient orthopedics. Liz started her career in an outpatient orthopedic setting, however always had an interest in treating pediatrics. She joined the Kidz Lounge in 2019 and is now exclusively working with children ages 0 - 18 years old in various settings: schools, outpatient settings and home-care. Liz enjoys incorporating games and art and crafts within her physical therapy sessions creating a fun and playful environment to focus on gross motor activities. Outside of work, Liz enjoys a good book on the beach, country music, watching her daughter play sports and spending family time with her family, including her two fur babies.



## Keep a look out for our 2021 Holiday Toy Guide

Our therapists will be sharing their professional opinions on what toys will help support your child in achieving their developmental milestones and therapy goals!

*Coming soon ...  
in the November 2021 Newsletter*

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**Do you love your therapist(s)? Does your child love coming to The Kidz Lounge? Have we made a difference in your life? The best compliment is a referral from you. Leave us a review on google.**

Google review



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