



## **EXCITING NEWS!**

We have been growing and expanding and are very excited to introduce our two new therapists.

***Anne Niez, M.S., CCC-SLP – Speech Therapist***



Annie has been a pediatric speech-language pathologist for over 10 years supporting toddlers, preschoolers, and school aged children. She is motivated to evaluate and treat the “whole child” while targeting areas including speech sound development, expressive and receptive language, fluency and social communication. She enjoys collaborating with families and other therapists to create a comprehensive and effective treatment plan. Anne strives to make each therapy session engaging, productive and meaningful for every client.

**Lynette M. Yoakum, OTR/L — Occupational Therapist**



Lynette graduated from the University of Findlay in Findlay, OH with a Bachelor of Science in OT. She has been practicing OT for 30 years. She has worked in a variety of fields but has been practicing in pediatrics for over 20 years. She has worked in a Children's Hospital (Columbus, OH), a home health setting, outpatient clinic, and a school-based environment.

While working with children she has developed a special interest in sensory processing and self-regulation and working with children with autism. She has completed many courses regarding the latest research and treatment in these areas. She is fluent in the Zones of Regulation and has been a presenter at many courses on this subject for both staff and families. She also has interest and experience working with children with sensory related feeding issues.

She has a passion for integrating play, fun, child interest, and functional tasks into her therapeutic approach.

Lynette lives in Lorton, VA and has a 13-year-old son and an 18 year old daughter. She loves to be outside and is a huge yoga fan!

AND MORE EXCITING NEWS is that Annette Rice, our Occupational Therapist, is **expecting a baby girl late this summer**. We can't wait to add another Progressive Pediatric Therapy team member!



## CAMPS



Get ready to make a splash this summer with **CAMP CORAL REEF!** This social skills camp will focus on gross motor, fine motor and sensory processing on both land and water. From June 14-18, kids ages 5-11, will meet at Oak Marr Rec Center from 9-1. This group will be led by both an OT and PT. Each day will include 1.5 - 2 hours of time in the pool, outside activities and a snack. This group is open to kids of all abilities, you don't need to be able to swim, just get ready to be wet! Bring your towel, we will see you at the pool! Cost is \$1,800 for the full week.

Is your toddler looking to make a splash this summer? **LITTLE STINGRAYS** developmental playgroup will be offered this summer from June 8-11 at Oak Marr Rec Center from 9-12. This group will focus on fine motor, gross motor, sensory processing and social skills for kids ages 2-4. Led by an OT and PT, this group will include both aquatic and land based activities. Cost is \$1,080.

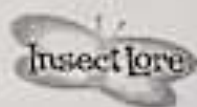
## IT'S OUR BIRTHDAY WEEK!!!

Progressive Pediatric Therapy is having a birthday –we are 14 years old!! Please help us celebrate this week. We will have a card in the office, stop by and leave us a note!



In honor of Spring and the increasing 'return to normal feelings' we are feeling, we now have a butterfly growing garden in the office! Make sure your kids stop by and check out the developments. We will have worksheets to go along with what is happening and we will also be having a contest to guess the date we will first see the butterflies emerge! We will also be documenting our growth on our Facebook page. Please make sure you like us on Facebook to keep up to date on this and the many other things we are offering.

Date \_\_\_\_\_



# Butterfly Hidden Words

Find and circle the words listed below.  
Words can be found horizontally, vertically and diagonally.

G B U T T E R F L Y A J  
A C N F L Y Q S P C J A  
R A J E I P G D L H A C  
D T E D C N M R A R N W  
E E M H I T E A N Y T R  
N R H W X Y A F T S E P  
Z P F L O W E R S A N U  
E I S L A R V A N L N P  
G L P Y P D Y W B I A A  
G L F L U T T E R S I V  
S A G B E V I N S E C T  
Z R I M N X A W X I T Y

ANTENNA

BUTTERFLY

CATERPILLAR

CHRYSLIS

EGGS

FLOWERS

FLUTTER

FLY

GARDEN

INSECT

LARVA

NECTAR

PLANTS

PUPA

WINGS



As we begin to dream of all of our children going back to school full time in person for the fall, Progressive Pediatrics is hearing that many of you are now concerned about your kids being or falling behind. Here is a good checklist of emerging skills and red flags you may be seeing for your preschool aged kids. If we can be of any assistance, please do not hesitate to reach out as we can always use the summer to get on top of these skills!

### **Emerging Skills**

- Uses alternating patterns on the stairs
- Stands on one foot
- Skips
- Throws and kicks with accuracy and force
- Begins to ride a bike
- Uses a tripod grasp on crayons
- Begins to imitate and write name
- Dresses and undresses independently
- Responds when you call from another room.
- Understands words for some colors, like red, blue, and green.
- Understands words for some shapes, like circle and square.
- Understands words for family, like brother, grandmother, and aunt.
- Answers simple who, what, and where questions.
- Says rhyming words, like hat–cat.
- Uses pronouns, like I, you, me, we, and they.
- Uses some plural words, like toys, birds, and buses.
- Most people understand what your child says.
- Asks when and how questions.
- Puts 4 words together. May make some mistakes, like “I goed to school.”
- Talks about what happened during the day. Uses about 4 sentences at a time.

### **Red flags**

- Difficulty tolerating sensory input (sounds, messy play, movement)
- Falls frequently or runs into objects, even when paying attention
- Walks on tip toes
- Little interest in motor exploration, play, or toys
- Difficulty grasping crayons or scissors
- Poor posture and fatigue with sitting or standing activities
- Clumsy and uncoordinated--especially doing routine activities.
- Losing motor or language skills that they once had

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