



PROGRESSIVE PEDIATRIC THERAPY

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## ***HAPPY HOLIDAYS!***

All of us at Progressive Pediatrics wish all of you the very merriest of holidays. We hope you are all surrounded by lots of love, good health, and happiness! Thank you for all you have done with us and for us in the past year. We couldn't do it without you all. Thank you!

## **Jingle Bell Jog**

The Third annual Progressive Pediatric Therapy Jingle Bell Jog was a huge success!

**Thanks to all who came out to the Jingle Bell Jog on Saturday! We had a beautiful day for a great jog with staff, family, friends, volunteers, and City of Falls Church Mayor David Tarter. Please check out our Facebook page for more pictures! We hope to see everyone again for next year's jog, December 3, 2022.**



































## **Please consider helping us in our toy drive!**

Progressive Pediatric Therapy will again be collecting toys for Woodbridge Workers Committee. Our collection box will be in the office until Thursday December 16<sup>th</sup>. This is a group that has been working directly with the poor immigrant communities along the Route 1 corridor in Woodbridge and neighborhoods in Manassas. They will be doing a toy drive to distribute toys to poor local children. They are in need of gift cards for \$25 for Target or Walmart as well as new toys and books. Many of these families also have more immediate needs for school and home supplies. If you are able and willing, please feel free to drop these gifts off at the box in the front office. As always, we so appreciate your support for our local families.



# CAMPS AND SOCIAL SKILLS GROUPS

\*\*As always, keep your eyes out on Facebook and our newsletters for new camp offerings!

THINKERS AND DOERS! We are excited to announce our winter session of “Thinkers and Doers” at Progressive Pediatric Therapy. Thinkers and Doers is a social skills group that will be held on Wednesdays from 5 to 5:45 PM for 8 weeks beginning January 12, 2022 and ending February 16, 2022. This group will be led by a Speech-Language Pathologist and Occupational Therapist who together with your child will explore therapeutic, multi-sensory, and play based activities. Sessions will be designed to facilitate skills such as social and group problem solving, working as a team, handling expected vs. unexpected, communication skills, and sharing/turn taking. Cost is \$750 for all 8 weeks. Space is limited, so please reach out to your main therapist or the main office number (703.606.6213)





Get ready to make a splash again this summer with CAMP CORAL REEF! Hugely successful and fun last year, this social skills camp will focus on gross motor, fine motor, and sensory processing on both land and water. From June 13-17, kids ages 4-11, will meet from 9-12:30. 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.





## HOLIDAY IDEAS FROM YOUR THERAPISTS

We often are asked what the best gifts are to give our kids at the holidays. Here are some ideas from our therapists.

### **Magna-Tiles - ALWAYS!**

\*They also now make sets with animals that are super cute

[https://www.amazon.com/Magna-Tiles-32-Piece-Award-Winning-Creativity-Educational/dp/B000CBSNKQ/ref=sr\\_1\\_7?keywords=magna+tiles&qid=1637285463&qsid=137-7876176-5130663&sr=8-7&sres=B09J6WTCXW%2CB07WDDDB59W%2CB000CBSNKQ%2CB01HFGY426%2CB000CBSNRY%2CB07H14F12Z%2CB0093LSWIE%2CB08KSDJWC3%2CB07FDM18JK%2CB07H14DXLF%2CB01HFHCYB8%2CB01HFH5Q8G%2CB07H1BLRT8%2CB07GZD2WZ5%2CB00APVXSM6%2CB00AU56C5W%2CB00EUBD14C%2CB07MWGZKCB%2CB07ZL3MVY9%2CB07QNKP2X4&srpt=TOY\\_BUILDING\\_BLOCK](https://www.amazon.com/Magna-Tiles-32-Piece-Award-Winning-Creativity-Educational/dp/B000CBSNKQ/ref=sr_1_7?keywords=magna+tiles&qid=1637285463&qsid=137-7876176-5130663&sr=8-7&sres=B09J6WTCXW%2CB07WDDDB59W%2CB000CBSNKQ%2CB01HFGY426%2CB000CBSNRY%2CB07H14F12Z%2CB0093LSWIE%2CB08KSDJWC3%2CB07FDM18JK%2CB07H14DXLF%2CB01HFHCYB8%2CB01HFH5Q8G%2CB07H1BLRT8%2CB07GZD2WZ5%2CB00APVXSM6%2CB00AU56C5W%2CB00EUBD14C%2CB07MWGZKCB%2CB07ZL3MVY9%2CB07QNKP2X4&srpt=TOY_BUILDING_BLOCK)

### **Fort Builder - Nice opportunity for siblings to work together**

<https://www.lakeshorelearning.com/products/blocks-manipulatives/building-sets/the-ultimate-fort-builder/p/HH938>

### **Geoboards - Great Quiet Activity**

[https://www.amazon.com/dp/B000QDZY52?psc=1&ref=ppx\\_yo2\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/B000QDZY52?psc=1&ref=ppx_yo2_dt_b_product_details)

### **Book on CD's - such as this one - great for the car or before bedtime, focus on auditory skills**

[https://www.amazon.com/dp/1611761956?psc=1&ref=ppx\\_yo2\\_dt\\_b\\_product\\_details](https://www.amazon.com/dp/1611761956?psc=1&ref=ppx_yo2_dt_b_product_details)

### **Ball Rebounder for backyard - fun for practice**

[https://www.amazon.com/PodiuMax-Portable-Rebounder-Adjustable-Training/dp/B07RS9N7LK/ref=sr\\_1\\_7?keywords=ball+rebounder+soccer&qid=1637285796&qsid=137-7876176-5130663&sr=8-7&sres=B00VUMGYLQ%2CB08PQ47GQM%2CB07RS9N7LK%2CB09KMLYLWL%2CB085T917GC%2CB08B2NTL6Q%2CB00DQNZCKG%2CB07GRHPVRF%2CB08L3VS7FF%2CB08CNN2RLT%2CB01E134HU0%2CB07NW2KF32%2CB002JZQIKK%2CB07XRNCVD1%2CB07515M291%2CB075W2Y6MD%2CB0835XVVBL%2CB00CTTBJR8%2CB0915MC2XS%2CB00IZBPSB2#customerReviews](https://www.amazon.com/PodiuMax-Portable-Rebounder-Adjustable-Training/dp/B07RS9N7LK/ref=sr_1_7?keywords=ball+rebounder+soccer&qid=1637285796&qsid=137-7876176-5130663&sr=8-7&sres=B00VUMGYLQ%2CB08PQ47GQM%2CB07RS9N7LK%2CB09KMLYLWL%2CB085T917GC%2CB08B2NTL6Q%2CB00DQNZCKG%2CB07GRHPVRF%2CB08L3VS7FF%2CB08CNN2RLT%2CB01E134HU0%2CB07NW2KF32%2CB002JZQIKK%2CB07XRNCVD1%2CB07515M291%2CB075W2Y6MD%2CB0835XVVBL%2CB00CTTBJR8%2CB0915MC2XS%2CB00IZBPSB2#customerReviews)

### **Alpha-Bots - interactive way to think about letters**

<https://www.lakeshorelearning.com/products/language/alphabet/alpha-bots/p/AC225>

### **ABC Locks - awesome learning toy**

<https://www.lakeshorelearning.com/products/language/alphabet/alphabet-learning-locks/p/LC126>

### **LOVE that there are not pieces to keep track of (all inside the plastic)**

<https://www.lakeshorelearning.com/products/language/alphabet/magnetic-alphabet-maze/p/LL676>

### **Car fun**

<https://www.lakeshorelearning.com/products/games/logic-games/the-maze-cube/p/GG758>



**Giant tape measures (kids love tape measures), nice way to encourage math**

<https://www.lakeshorelearning.com/products/math/measurement-data/big-tape-measure/p/FA219>

**Swing and Catch - old school toy!**

<https://www.lakeshorelearning.com/products/active-play/balance-coordination/swing-and-catch-cups/p/CW527>

**Trace and Draw**

<https://www.lakeshorelearning.com/products/arts-crafts/craft-kits/trace-n-draw-projector/s/PP847>

**One of our favorites for babies/toddlers**

<https://www.lakeshorelearning.com/products/infants-toddlers/sensory-development/whats-inside-soft-feely-box/p/JJ909/>

**Twister: always a classic and fun too, helps children learn colors and their left and right sides.**

[https://www.amazon.com/Hasbro-98831-Twister-Game/dp/B008J87PVC/ref=sr\\_1\\_1?keywords=twister&qid=1637531763&qsid=131-1272897-3301828&sr=8-1&sres=B008J87PVC%2CB003Y5USG4%2CB01ALHAEWA%2CB08DJC8YYP%2CB00HVT2MC%2CB092D8JVGM%2CB0719Q89X8%2CB08CRKQHZW%2CB00851IM1K%2CB095104Z6%2CB09B61S7J4%2CB07Z3FDVRR%2CB06VVVQS7P%2CB08LP8DYZ4%2CB00X7072HY%2CB09DM9Q1JY&srpt=DOWNLOADABLE MOVIE](https://www.amazon.com/Hasbro-98831-Twister-Game/dp/B008J87PVC/ref=sr_1_1?keywords=twister&qid=1637531763&qsid=131-1272897-3301828&sr=8-1&sres=B008J87PVC%2CB003Y5USG4%2CB01ALHAEWA%2CB08DJC8YYP%2CB00HVT2MC%2CB092D8JVGM%2CB0719Q89X8%2CB08CRKQHZW%2CB00851IM1K%2CB095104Z6%2CB09B61S7J4%2CB07Z3FDVRR%2CB06VVVQS7P%2CB08LP8DYZ4%2CB00X7072HY%2CB09DM9Q1JY&srpt=DOWNLOADABLE MOVIE)

**Suspend:**

<https://www.melissaanddoug.com/suspend-family-game/4371.html>

**Gravity Maze:**

<https://www.thinkfun.com/products/gravity-maze/>

**By the Book:**

<https://www.walmart.com/ip/Games-Ceaco-Brainwright-By-the-Book-A-Novel-Stacking-Puzzle-8403/55662668>

**Brain Builders:**

<https://www.walmart.com/ip/KEVA-Brain-Builders-Game-TOYS-THAT-TEACH-KEVA-Brain-Builders-from-MindWare-will-train-your-brain-to-turn-2-dimensional-diagrams-into-By-MindWare/977093790>



**When buying games check the age recommendations on the box. If the game has small pieces that could be swallowed by a younger sibling consider playing the game while the younger sibling is napping. Remember, playing games should be a fun activity. If your child is new to the process, feel free to explore the materials in a very loose and fun way. Take the game out of the box, explore the pieces, set the game up together and just talk about the game before playing. Talk them through the game one step at a time and play with mom and dad, practice taking turns before playing with siblings or peers. Let your child practice with the tools or parts of the game before actually playing the game. Consider adapting the game so that your child wins when you play together, providing a teachable moment about being a good sport. Keep the play session short and come back to it in a day or two and play again, remember that children learn best through repetition!**

**\*\*As winter weather approaches, please contact your individual therapists if you unable to come for your scheduled appointment. Also, be sure to check Twitter (@ProgressivePed1) and Facebook for timely weather cancellations and closings. \*\***

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