



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 know this year has been hard for us all. We hope you are all surrounded by a lot of love, good health, and happiness in this holiday season and in the new year! 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!

As we do every year, this year we will continue to collect for needy local families. This year they have asked in lieu of toys, they are in need of gift cards for \$25 for Target or Walmart. Many of these families have more immediate needs for school and home supplies. If you are able and willing, please feel free to drop these cards off at the front desk. As always, we so appreciate your support for our local families.



While we did have to cancel this year's jog, and we were so sad to miss all of your faces, please mark your calendar for next year.... **December 4, 2021.**

Let's make 2021 the best jog EVER!

And... speaking of running. Running Club was a huge success. The kids in just 8 weeks all improved their ¼ mile running pace and had so much fun doing it. We will be doing again in the winter, so keep your eyes out for that announcement.



Do You Want to Build a Snowman?

Grab some shaving cream, foam sheets, glitter and a mirror or play mat and build a snowman! Have your child mix up some snow by mixing shaving cream and glitter together in a bowl. Draw and cut out various snowman pieces from colored foam sheets such as eyes, a nose, a mouth, buttons, a top hat and some stick arms. Then have them use their hands or a paintbrush to "build" a snowman on a mirror or play mat and add their snowman pieces. On a vertical surface, such as a mirror, the foam pieces will stick right to the shaving cream! *This activity addresses a variety of fine motor and sensory motor skills such as bilateral coordination (mixing and cutting), visual motor integration (drawing, painting, and "building"), and tactile processing (messy play).*



Aquatic Therapy:

Is your kiddo in need of some extra movement? Or need a change of pace from clinic-based therapies? We have rare physical therapy openings in our aquatic therapy program! Please let us know if this is something you would be interested in. Our therapists are in the pool at Oak Marr Rec center on Monday's and would love to get your kids in!

As always, please reach out to any of the therapists to discuss your children and their therapy needs. We are all here for each and every one of you.

FROM OUR SPEECH THERAPIST



Are you concerned about your child's speech development and not sure if a full evaluation is necessary?! Has your child's teacher or preschool teacher suggested there may be a concern? Sign up for one of our speech screening spots and for \$45 you can have your child's speech screened to see if further steps are recommended! Questions? Please reach out!

From our Art Therapist:



In these times of stress and uncertainty, our Art Therapist, Kristin, has continued to work with her kids virtually. They are working through some emotional challenges and school stresses within her sessions, while also producing beautiful art.

The first piece of art is an image a client made of symbols that represent her feelings and personality that were then transferred onto a paper mâché bowl she made.

The second is an image of a client and I working on a visual language to better understand and process the virtual school tasks he was having difficulty with.

Kristin has a few therapy spots open. If you are interested, please reach out to us. They will go fast!



**As winter weather approaches, please contact your individual therapists if you are 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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