



CHEERS TO 2021!

As we all gear up for a MUCH better year than 2020, a lot of the therapists at Progressive Pediatrics have been getting their first and second vaccine shots. We are all crossing our fingers and toes that this newsletter finds you all healthy and well and that we can all get back to normal as soon as possible!



SAD NEWS

We are incredibly sad to let you all know that Sarah Bush is leaving us. She and her family will be moving to Georgia. We are so incredibly grateful for the wisdom, enthusiasm, and experience that Sarah has shared with us all and we will miss her tremendously. We know that she will continue to do great things!

Here is a letter from Sarah:

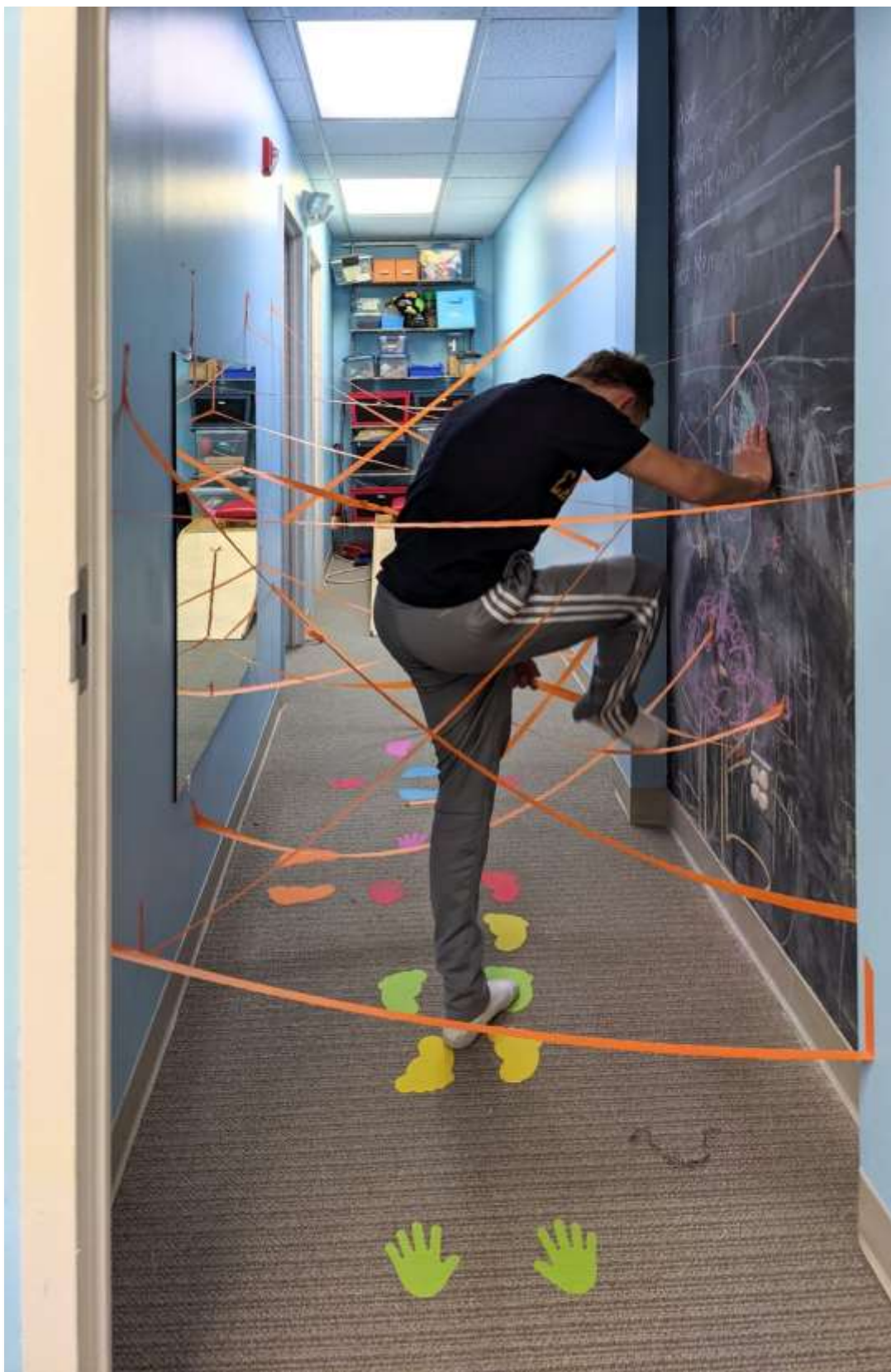
Dear families and friends,

I want to thank you all for allowing me to work your children during my time at Progressive Pediatrics. I couldn't imagine, when I first started with Jill almost 6 years ago, how meaningful and special my time here would be. It has been an honor to get to know you all over the past 6 years. Not many people get to find their dream job; but I have been lucky to find a place with supportive and talented coworkers, and the absolute best families anyone could want to work with. I will forever cherish all of the friendships I have made and the memories of watching your children grow and achieve their goals. I am excited to hear of all that they continue to accomplish, so please always feel free to reach out to me and send updates. I wish you all the best in what you do and hope that you all will continue to find joy in movement.

Sincerely,
Sarah Bush



Our OT's always have great creative ways to get their kids moving—this week they have been having some of the older kids set up their own "laser maze" in the hallways and they've been getting pretty crazy with it! It's a great activity for home too to work on fine motor coordination, strength/coordination, and body awareness!



We are always amazed by our village. This came from one of our moms. Please always feel free to share tidbits you find!

<http://www.parentchildjourney.com/>

It's a course for parents, the description is: "**An Individualized Approach to Raising Your Challenging Child:** This ten-session integrated parent training program provides an individualized approach for understanding and managing challenging behaviors. In each session, parents learn how to personalize proactive strategies for raising children with difficult temperaments and developmental differences. Different children. Different solutions."

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.

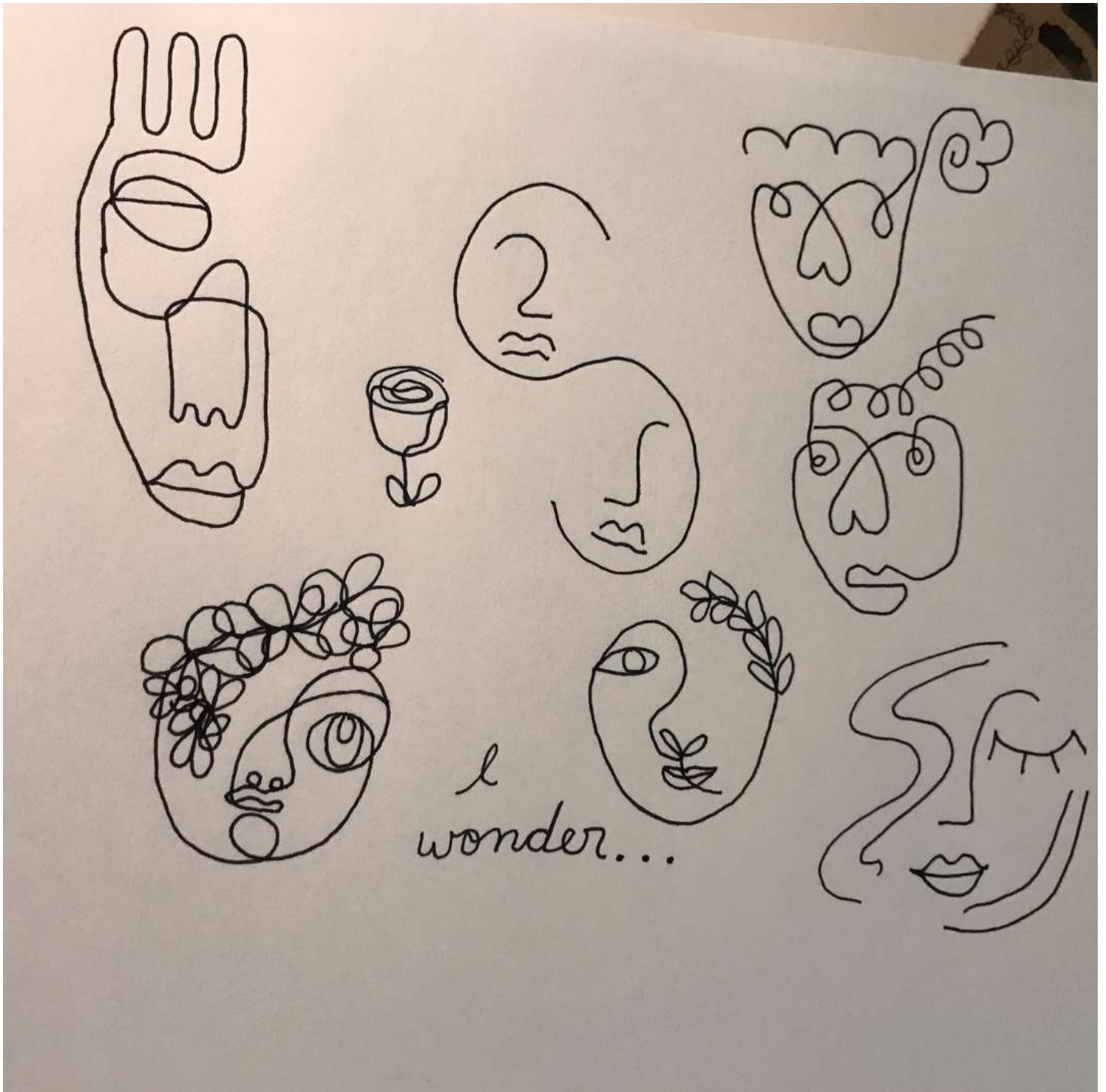
From Our Speech Therapist:



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 that is observed in virtual learning? 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:

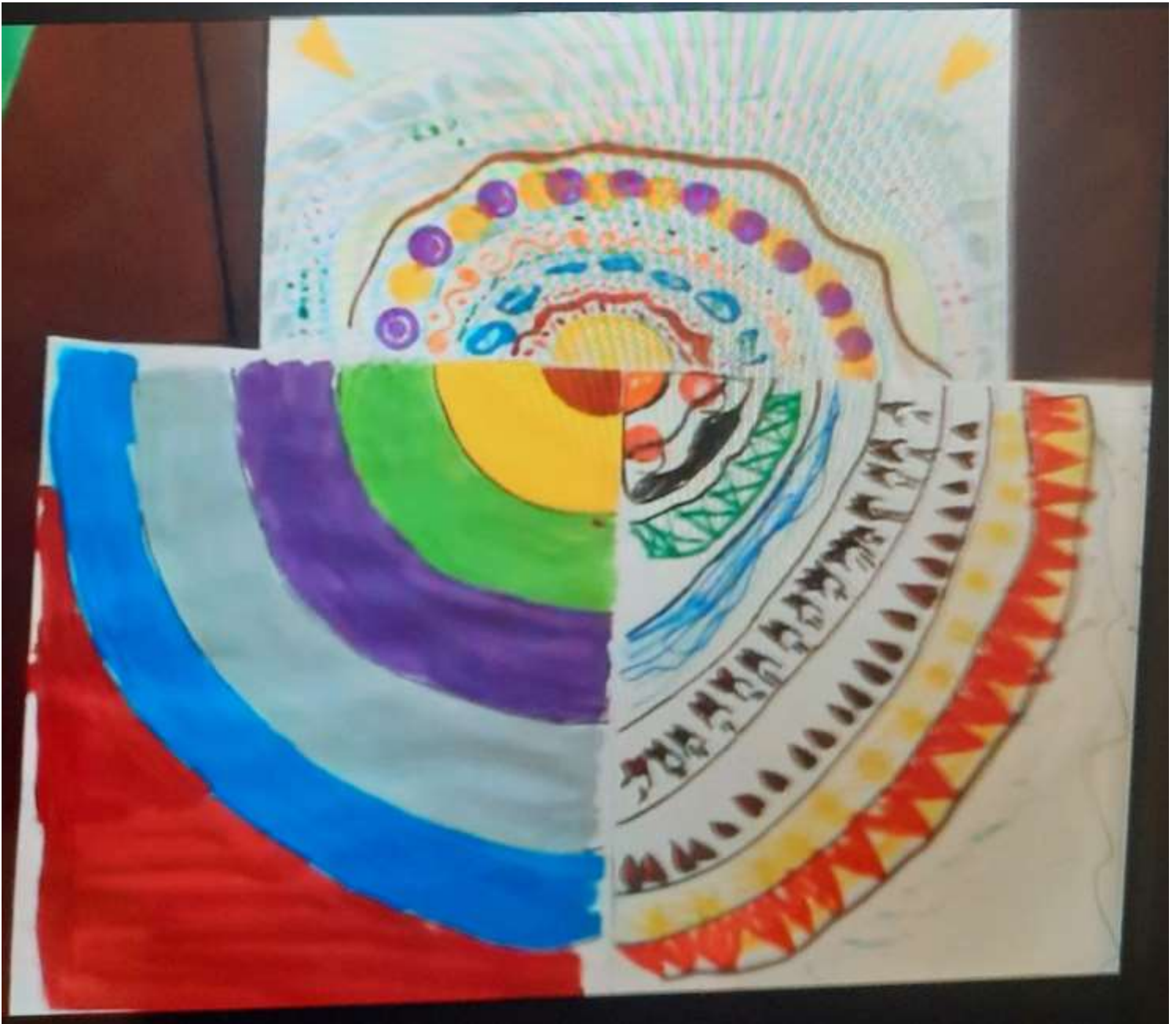
In these times of stress and uncertainty, our Art Therapist, Kristin, has continued to work through some emotional challenges and school stresses within her sessions, while also producing beautiful art.



The first picture is a one-liner facial drawing working on expressions and emotions. The last two are from our Siblings Group.



This one is collaborative artwork using circular painting and working together



The last picture is where each child individually made a hand to represent their personality and then they worked the hands together in one to make a unified beautiful piece of artwork.

She has also been working with families and siblings in our first “Sibling Group” with nice success. Kristin is now adding another day for clinic appointments. Please let us know if your child would like one of these popular spots!

We have been asked recently, what does play based therapy mean? So, we thought we would give you a run down on the philosophy of our play-based therapy practice.

Our therapists use a form of therapy known as played-based therapy. The word “play” means involvement in enjoyable activities. Therefore, “play-based therapy” involves the use of enjoyable activities to target a child’s therapy goals. In order to plan a play-based therapy session, it is important to understand the five stages of play.

- Stage I. Onlooker play – watching and observing (under 1 years old)
- Stage II. Solitary play – playing by themselves (between 1-2 years old)
- Stage III. Parallel play – playing near others but not engaging with others (between 2-3 years old)
- Stage IV. Associative play – playing with others but sometimes playing by themselves (between 3-4 years old)
- Stage V. Cooperative play – playing with others and will not continue to play without a partner (above 4 years old)

Play-based therapy is beneficial because it helps children:

- Maintain increased attention towards objects and others
- Improve cognitive abilities
- Improve participation in therapy through fun activities
- Build positive adult-child interactions
- Socialize with peers
- Progress with their therapy goals

Different types of play can be targeted in play-based therapy sessions including:

- Functional play – investigating how common objects work and are used
- Construction play – building things with objects
 - Game play with rules – board games that have a clear set rules for playing
 - Outdoor and movement play – activities that involve physical movement
 - Symbolic, dramatic, and pretend play – common activities done in everyday life as play

When designing a play-based therapy session, therapists must keep in mind the specific goals for each child. It is often helpful to plan out a play-based therapy session using familiar objects. The terms “playful learning,” “guided play,” and “structured communicative play”, all refer to teaching a child during structured play activities instead of during activities that feel like “work.” Playful learning is therapy goals while guiding the learning through play.

When interacting with a child in a play-based therapy session:

- Allow the child to take the lead as much as possible without straying from the overall goals.
- Avoid using terms such as “say this” or “do that” which can make therapy seem more like work than play.
- Show the child how to accomplish a task by modeling.
- Make the session fun and focus on the child’s interest to increase participation.

When play-based therapy is performed correctly, it can help the child make associations with real life events and movements and create lasting memories needed to develop speech, language, social, gross and fine motor skills.

****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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