

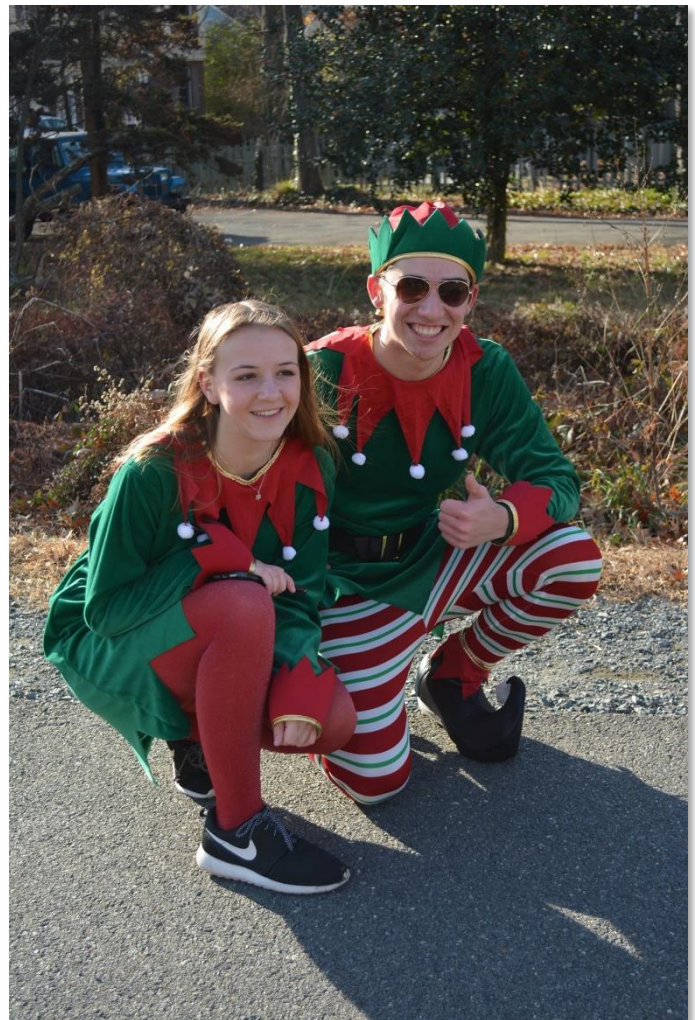


PROGRESSIVE PEDIATRIC THERAPY

progressivepediatrics1@gmail.com | 703.606.6213

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!



SECOND ANNUAL PROGRESSIVE PEDIATRIC JINGLE BELL JOG



The second 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, and City of Falls Church Mayor David Tarter, Vice Mayor Marybeth Connelly, and Councilman Ross Litkenhous. Please check out our Facebook page for more pictures!

We hope to see everyone again for next year's jog, December 5, 2020





MOVERS AND SHAKERS!

We are now planning for our winter session of the Movers and Shakers OT/PT Social Group. This group, meeting on Tuesdays at 4:30, will be 8 weeks long, beginning on January 14th. For these 8 weeks, Movers and Shakers will be led by an occupational therapist and physical therapist and will explore therapeutic, play-based activities designed to facilitate social skills such as social and group problem solving, working as a team, communication skills, and turn taking.

Cost is \$720 for all 8 weeks. Space is limited, so please contact us or your therapist if you are interested!



FROM OUR SPEECH THERAPIST



Are you concerned about your child's speech development and not sure if a full evaluation is necessary?! 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! Include your email with sign-up for confirmation. Questions? LaurenWaters@progressivepediatrics.net

<https://forms.gle/DG8J5aYQCMNLHG2bA>

Thanksgiving lends itself to some great creative crafts and tasks,
and as always super cute kids!



WHY IS ROLLING IMPORTANT?

Babies begin to roll by lifting their legs and feet towards their hands. This leads to rocking side to side and eventually rolling onto one side. Finally, they will roll all the way over onto their bellies usually between 5-7 months. Rolling lays the foundation for many other important developmental skills.

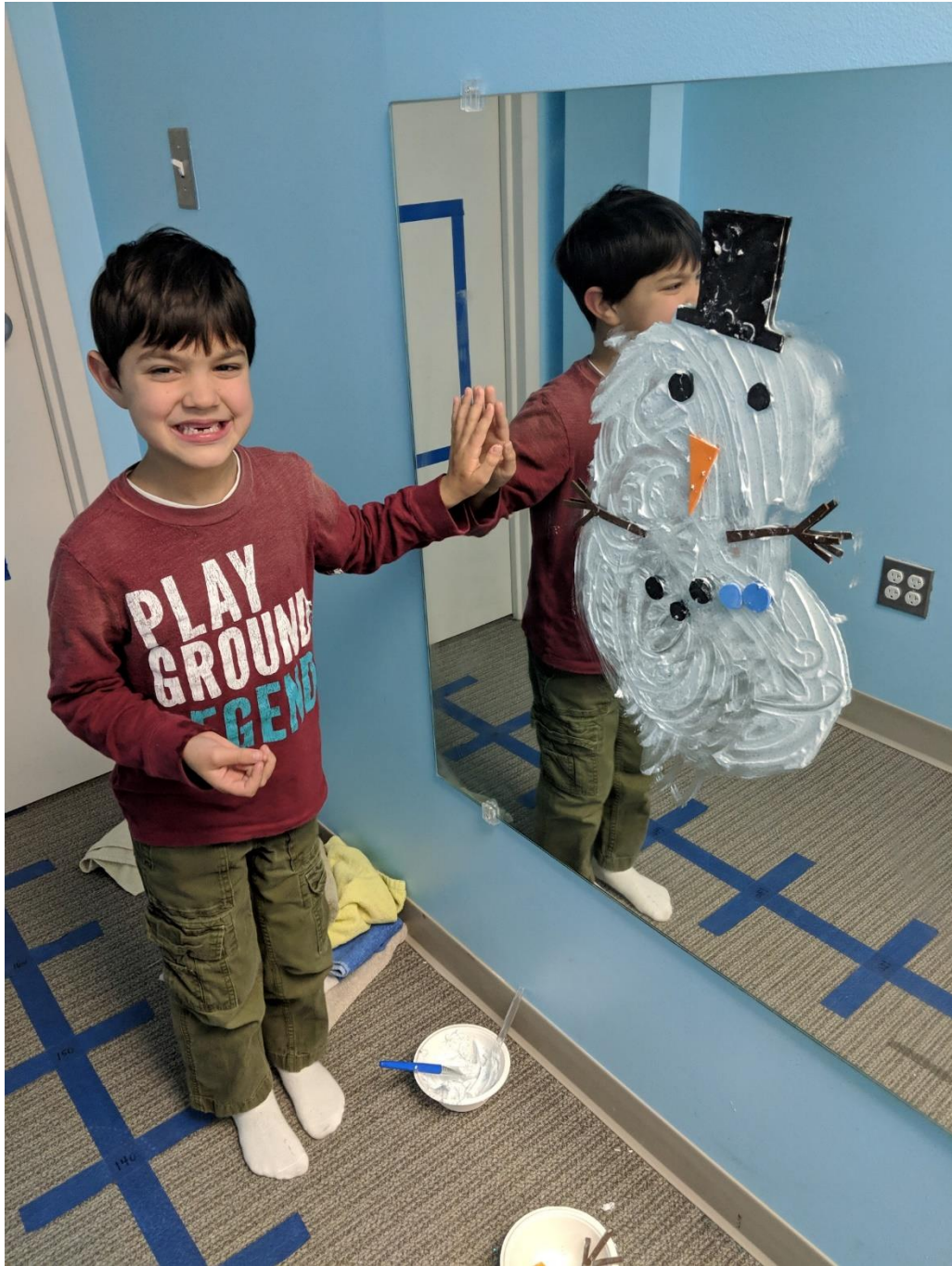
Rolling is important because it strengthens the neck, back, and core muscles for postural control. When babies roll, they are learning to use both sides of the body together, which comes into play later when they learn to crawl and walk.

How do we encourage rolling?

- Try foot rattles to encourage kicking and bringing hands to feet
- Position your baby on one side during play and place toy on the floor for her to look at
- Gently rock your baby from side to side while singing a favorite song
- Limit the amount of time your baby spends in a car seat or other equipment



****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. ****



Jill Wagner, MS, PT

703.606.6213

150 S. Washington St. #203

Owner

Progressivepediatrics1@gmail.com

Falls Church, VA 22046