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IN THE LOOP

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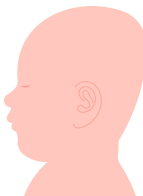
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Updates for Patients, families & friends

Helping Little Heads: PT for Babies with Flat Head Syndrome

Flat head syndrome, or positional plagiocephaly, is common in infants and occurs when a baby's head develops a flat spot from lying in one position for long periods. While some babies grow out of it naturally, physical therapy helps prevent progression and support healthy motor development. Our pediatric physical



therapists work with families to gently encourage movement that relieves pressure on the flattened area. Therapy may include supervised tummy time, guided stretching, and positioning strategies to promote head symmetry and strengthen neck and upper body muscles. Parents also learn simple activities to weave into daily

routines, turning playtime, feeding, or diaper changes into opportunities for movement and strengthening. Babies with flat head syndrome may also have tight neck muscles (torticollis) that can make turning the head difficult. PT helps improve range of motion, encourages rolling and reaching, and ensures your baby is developing the motor skills needed for crawling and sitting. With consistent support, families often see improvements not just in head shape, but in overall comfort and milestone progress.

Parent Takeaways:

- Seek PT if your baby has a flat spot or difficulty turning their head
- Exercises and positioning can improve head shape and muscle strength
- Early support promotes healthy motor milestones and improved tummy time



OVERVIEW:

- Helping Little Heads: PT for Babies with Flat Head Syndrome
- Got Birth to Three? You Can Have Us Too!
- Why Outpatient Speech Therapy Matters Even if Your Child Gets School Therapy
- Dry Nights Ahead: Tips for Bedtime Potty Training

Upcoming Events:

- 10/3: Dezerae Birthday
- 10/6: World Cerebral Palsy Awareness Day
- 10/10: World Mental Health Day
- 10/13: Arika, OT Birthday
- 10/14: Renee, HVA 1 year PB Anniversary
- 10/21: Martha, SLP Birthday
- 10/29: World Stroke Day
- 10/31: Halloween



Shout outs!

- I love this place. Took my son here as his speech therapist was off for the summer time. It's here that they suggested occupational therapy and my son has been thriving since! Plus the front desk is so nice and personable. You feel right at home when you walk in. Thank you all for being so patient, loving and kind with my son.
- The staff is super friendly and the environment is very calming for my son. He looks forward to his session every week!

Visit us at www.progbeg.com | Call 920-803-1617 to schedule your appointment today

Got Birth to Three? You Can Have Us Too!

The Birth to Three program offers valuable early intervention services for children under age three. What many families don't realize is that kids can receive Birth to Three services **AND** outpatient therapy at Progressive Beginnings at the same time! Birth to Three is a wonderful resource but it doesn't have to be the only therapy. Outpatient physical, occupational, and speech therapy can occur at the same time giving children added support, new settings, and more chances to practice skills.

Why combine services? Every child learns differently. Adding outpatient therapy often means:

- More practice with milestones
- More support for families
- More progress in movement, play, and communication

No need to wait until age three. If your child is already in Birth to Three, Progressive Beginnings can partner with you now to help your little one thrive.

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Why Outpatient Speech Therapy Matters Even if Your Child Gets School Therapy

Many children with speech and language challenges receive services at school, but for some, school therapy alone may not be enough. Outpatient speech therapy can provide the

additional boost kids need to succeed. Adding outpatient therapy makes a difference because it offers:

1 More Time for Individual Attention

School therapists often have large caseloads and limited time. Outpatient sessions offer one-on-one support, allowing for deeper focus on your child's specific needs.

2 Faster Progress

With more frequent and targeted practice, outpatient therapy can help children meet their goals more quickly, especially when combined with school-based services.

3 Family Involvement

Outpatient therapists often work closely with parents, providing tools and strategies to support progress at home, something that's harder to do in a school setting.

4 Support During Breaks

School therapy pauses during holidays and summer, but outpatient therapy continues year-round, helping maintain skills and prevent regression. School and outpatient speech therapy work best together. If your child is getting speech services at school but still struggles with communication, outpatient therapy can provide the extra support they need to thrive!



Dry Nights Ahead: Tips for Bedtime Potty Training

Potty training is an exciting milestone for families, but staying dry overnight often takes longer than daytime success. Establishing healthy bedtime routines can make this process smoother and less stressful for both children and caregivers. One helpful approach is to decrease liquid intake after dinner, offering only small sips if needed, to reduce the likelihood of nighttime accidents. Encouraging children to use the bathroom before bed, much like brushing teeth, helps ensure the bladder is emptied and becomes a consistent part of their nightly routine. Many children benefit from continuing to wear pull-ups until they consistently wake up dry, which provides reassurance and minimizes stress during the transition. It is important to



remember that nighttime dryness is a developmental milestone that may take time to achieve and every child progresses at their own pace.

Families can increase success by:

- maintaining a calm and predictable bedtime environment
- praising dry nights to encourage progress
- avoiding punishment for accidents

Ensuring children get adequate rest also supports healthy progress. Above all, consistency and patience are key, approaching bedtime potty training with positivity helps children build confidence and gradually develop the skills needed to stay dry through the night.



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