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IN THE LOOP

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@progbeg on Instagram/TikTok



Updates for patients, families, and friends

Pain is an Alarm

Pain is NORMAL. If you were unable to experience pain, you would not survive. It is also important to remember that everybody experiences pain, but not everybody keeps hurting. Pain is an ALARM. It is our brain's way of telling us that our body is under threat or in danger. Our nerves carry the message to the brain. The brain then determines if the message is a threat.



- If there is a threat to a body part (step on a nail, back ache while gardening), the brain produces pain to help you change what you're doing.
- If there is no threat, pain is not produced.

Pain is PRODUCED by the BRAIN. Just because pain is produced in the brain, does not mean that the pain is in your head. When pain persists (chronic pain), the alarm system becomes more sensitive and is easily triggered to turn on.

Come see one of our therapists to help you decrease the sensitivity and get back to the things you enjoy!

Join us in coming together to make a difference for our community as we partner with the Sheboygan County Food Bank during the month of November for a food drive!

There will be a donation box in our waiting room from Nov. 1st- 30th

Current Most Needed Items:

- peanut butter
- canned soup
- canned tuna/chicken
- cereal/oatmeal
- canned fruit
- personal care items



Let our hearts
be full of both
thanks and giving.



OVERVIEW:

- Pain is an Alarm
- Food Drive in Partnership with the Sheboygan County Food Bank
- How to Avoid Container Syndrome
- Butter Us Up With Your Reviews- Help Us Reach Our Goal of 250!
- Upcoming Events
- Building Speech & Language Skills - Thanksgiving Edition

Upcoming Events:

- 11/6: Fall Back- Daylight Saving Time Ends
- 11/7: #CRPSOrangeDay
- 11/8: Mazal's Birthday
- 11/11: Veterans Day
- 11/13: #WorldKindnessDay
- 11/24: Happy Thanksgiving!
- 11/26: Small Business Saturday



Shout outs!

- Speech therapy has taken our son from 5-10 words to >150 words. Our therapist has helped introduce different foods and has improved our son's milestones to eat.
- This is a place not only full of great therapists, but also that caring feeling they show for all the kids. I feel confident leaving my child here. We have learned so much with our therapist; she always keeps us in the right direction.

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

How to Avoid Container Syndrome

All parents need a safe spot to put their baby down every now and then. But too much time in a "container" can end up restricting movement required for healthy motor development.

What is a baby container?

- Swings
- Jumpers
- Activity centers
- Carriers
- Bouncers
- Infant seats (bumbo, sit-me-up chair, etc)
- Car seat

Baby container guidelines

- Containers are for a caregiver's convenience- NOT to progress development
- Always choose the floor first
- Limit container use to 15 minute intervals no more than 2 hours/day
- Aim for twice as much floor time
- Don't let baby sleep in a container, transfer them to a flat surface
- Your baby's feet should be flat on the floor (not on their tip toes) when in an upright activity center
- Don't feel guilty when you need to put a baby in a container so you can take care of something important



Containers are not all bad! However, they must be developmentally appropriate, used sparingly and provide optimal alignment and support for your baby.

Butter Us Up With Your Reviews...

... but don't make it too salty! Help us reach our goal of 250 Google reviews!

There is a poster of a popcorn container on display in our waiting room. When a review on Google is written, a kernel of popcorn will be added to the poster!

Including a ProgBeg staff person's name in the review will allow them to add their own kernel! Once the container is full, we will celebrate with popcorn for a week with all of our patients and staff!



The greatest compliment you can give us is a positive review.



Scan the QR code to leave us a Google Review!

Upcoming Events

ProgBeg Giving Tree: give back to those in need - a tree will be set up in our waiting room starting Nov 28th with ornaments describing a person's want/need. Select an ornament, purchase the gift, and bring back the unwrapped gift.



Door Decorating Contest: the PB Staff will be decorating a door of their choice within the clinic to win the ability to make a donation to a favorite local charity! Photos will be posted to social media for your chance to vote for the winner!

Building Speech & Language Skills - Thanksgiving Edition

Thanksgiving is a great opportunity to build speech and language skills. Encourage your child to join in on the action by assisting with cooking, baking, table setting, etc.



Vocabulary: Cooking provides multiple exposures to novel ingredients and utensils. Vocabulary like grater, zest, sage, baste, whisk, etc. is not commonly used in every day conversation, so you will be able to introduce your child to these new concepts by having them help you out while preparing a meal.

Categorizing: You can practice categorization skills by grouping the ingredients for a particular recipe by food group: dairy, meat, vegetable, etc. For younger children, you can have them sort by size or color.

Sequencing: Following a recipe provides an excellent opportunity for working on sequencing skills. When cooking with your child, talk about what you are doing out loud ("first we need to melt the butter then pour it in the bowl") Using "first/next/last" language is a great way to increase sequencing skills.



Following Directions: Following a recipe is a great way to work on directions in a fun and functional way! Include your child by letting them add in at least 1 ingredient from the recipe. (For example, "We need 1 cup of flour. Here's the flour. Pour the flour in the bowl.")

Happy Thanksgiving from the Staff at Progressive Beginnings!

