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IN THE LOOP

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Updates for Patients, families & friends

Already in Birth to Three? You Can Still Come to PB!

Yes - you can do both! If your child receives Birth to Three services, you do not have to wait until those services end to pursue outpatient occupational, physical, or speech therapy. Birth to Three **AND** outpatient therapy can complement one another while supporting your child's development in different ways. Birth to Three focuses on helping children and families within their everyday routines and natural environments. Outpatient therapy provides another opportunity for individualized, hands-on treatment with access to a clinic environment, specialized equipment, and activities specifically selected to address your child's needs. For example, a toddler working toward walking may practice mobility during everyday routines with Birth to Three while also receiving outpatient physical therapy focused on strength, balance, range of motion, and movement patterns. A child with feeding, sensory, fine motor, or communication concerns may similarly benefit from outpatient OT or speech therapy alongside their existing services.

You don't have to choose one or the other and you don't have to wait until age three to contact us.

If you have questions about your child's development, our team can help determine whether an outpatient evaluation could provide additional support alongside the services your family already receives.



OVERVIEW:

- Already in Birth to Three? You Can Still Come to PB!
- Continuing Recovery After a Stroke
- Is Your Child's Backpack Weighing Them Down?
- Little Kids Have Big Jobs, Too!

Upcoming Events:

- 9/7: Labor Day, *clinic closed*
- 9/7: Ellan's 3 Year PB Anniversary
- 9/8: World Physical Therapy Day
- 9/12: National Day of Encouragement
- 9/16: National Play Doh Day
- 9/22: First Day of Fall
- 9/23: International Day of Sign Language



Shout outs!

- We are very happy with our experience here! My 9-month-old daughter has made wonderful progress since starting her swimming lessons. The instructors are patient, caring, and truly know how to work with babies, making every class enjoyable and safe.
- The staff is always friendly and professional, and the facilities are clean, well-maintained, and welcoming. We feel very comfortable bringing our child here and have been impressed with the attention and care received every visit.

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

Continuing Recovery After a Stroke

Recovery after a stroke doesn't end when someone leaves the hospital or completes inpatient rehabilitation. The brain and body can continue to adapt and learn with practice, and outpatient therapy can help individuals keep working toward greater independence and participation in everyday life. **Aquatic Therapy**  can provide a unique environment for continuing recovery.

The buoyancy of warm water supports the body and can make it easier to practice movements that may be challenging on land. Depending on an individual's needs, aquatic therapy may address walking, balance, strength, coordination, endurance, transfers, and confidence with movement. **Speech Therapy**  can address communication changes following a stroke, including aphasia. Aphasia can affect speaking, understanding language, reading, and writing while leaving a person's intelligence intact. We can work on functional communication skills while also teaching strategies that help individuals communicate more successfully with family, friends, and their community. Every stroke and every recovery is different. At PB, therapy is individualized around the goals that are most meaningful to each person as they continue moving forward.



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Is Your Child's Backpack Weighing Them Down?

Back-to-school means backpacks are back, too! Books, folders, water bottles, and everything else kids carry can add up quickly.

When a backpack is too heavy or doesn't fit properly, children may compensate by leaning forward, rounding their shoulders, or changing the way they stand and walk, contributing to neck, shoulder, or back discomfort.

A few backpack tips for parents:

- Keep the backpack at 15% or less of your child's body weight.
- Use both shoulder straps instead of carrying it over one shoulder.
- Adjust straps so the backpack sits close to the body and around the middle of the back.
- Place heavier items closest to your child's back.
- Clean it out regularly!

If your child immediately leans forward or changes their posture when their backpack goes on, it may be time to lighten the load.

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Little Kids Have Big Jobs, Too!

For babies and toddlers, playing, eating, exploring, and participating in everyday routines are important developmental "jobs." During the first three years, children are learning how to use their hands, interact with toys, experience different sensations, feed themselves, participate in dressing, regulate their bodies, and become increasingly independent. Pediatric occupational therapy can help when those everyday activities are more challenging than expected. An OT may support a young child who has difficulty using both hands together, grasping and manipulating toys, tolerating different textures, transitioning between activities, participating in dressing or grooming, or developing age-appropriate play skills.



OT can also play an important role in feeding development. For children who struggle with new foods, textures, chewing, self-feeding, or participating comfortably in family mealtimes, therapy can help identify the skills contributing to those challenges and gradually build positive experiences around eating. Because young children learn through play, pediatric OT sessions are designed to be active, engaging, and developmentally appropriate. Therapists also work closely with parents and caregivers so strategies can carry over into routines at home.

If an everyday activity consistently feels harder for your child than it seems like it should, you don't have to simply wait and see. An OT evaluation can help identify what's getting in the way and how we can support the next step. Reach out today to schedule an eval!

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