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IN THE LOOP

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Updates for Patients, families & friends

Trick-or-Treating Without the Sensory Fright

Halloween is full of excitement but for some children, all those sights, sounds, smells, textures, and surprises can feel like sensory overload! Costumes may be itchy or restrictive, decorations can flash or make unexpected noises, neighborhoods are busier than usual, and even the familiar routine of bedtime may look completely different.

A little preparation can help make trick-or-treating more enjoyable. Let your child practice wearing their costume ahead of time and consider comfortable clothing underneath if certain fabrics or seams are bothersome. Walk your trick-or-treating route during daylight, practice knocking on a door and saying or signing "trick or treat," and talk about what your child might see and hear. Noise-reducing headphones, a favorite sensory tool, or a wagon or stroller can also provide a break when needed.

Most importantly, follow your child's cues.

They don't have to visit every house, wear every piece of a costume, or verbally say "thank you" to participate successfully.

Occupational therapy can help children better understand and respond to sensory experiences while building skills for participation in everyday routines and special events.

Sometimes the best Halloween memories happen when we make room for children to celebrate in the way that works best for them!



OVERVIEW:

- Trick-or-Treating Without the Sensory Fright
- Falling Doesn't Have to Be Scary
- Don't Let Picky Eating Haunt Your Holidays
- Creepin', Crawlين' & Growing

Upcoming Events:

- Physical Therapy Awareness Month
- 10/6: World Cerebral Palsy Awareness Day
- 10/10: World Mental Health Day
- 10/14: Renee, HVA 2 year PB Anniversary
- 10/21: Martha, SLP Birthday
- 10/29: World Stroke Day
- 10/31: Halloween



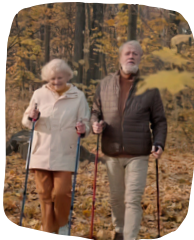
Shout outs!

- Love the opportunity that people get here at Progressive Beginnings to use the pool!
- We've seen so much improvement in our baby's head shape and love having exercises we can work on at home!
- Everyone here is so welcoming! My child actually gets excited when I tell them it's a therapy day!

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

Falling Doesn't Have to Be Scary

Ghosts, goblins, and haunted houses might be scary this October but feeling unsteady on your feet doesn't have to be! Falls can happen at any age, but changes in strength, balance, vision, medications, mobility, or confidence can increase fall risk as we get older. And sometimes, the fear of falling becomes a problem of its own. When someone begins avoiding stairs, walks, community outings, or other activities because they are worried about falling, they may become less active. Over time, decreased activity can contribute to additional weakness and reduced balance, making everyday mobility even more challenging. Fall is a great time to pay attention to balance before Wisconsin winter adds slippery sidewalks, snow, ice, and bulky footwear to the mix. Physical therapy can address lower-extremity and core strength, balance reactions, walking, transfers, stairs, endurance, and safe use of an assistive device when needed. You can also reduce risk at home by keeping walkways well-lit, removing clutter and loose rugs, using hand rails, and wearing supportive footwear. If you or someone you love feels unsteady or has experienced a fall, physical therapy can help improve balance, strength, and confidence so falling doesn't have to be scary.

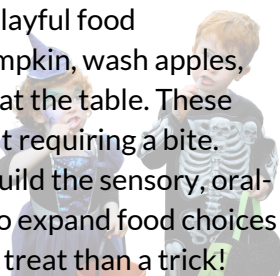


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Don't Let Picky Eating Haunt Your Holidays

Halloween kicks off a season filled with unfamiliar foods, candy, parties, family meals, and disrupted routines. For children with feeding challenges, all that excitement can bring extra pressure around eating. Sensitivities to textures, smells, tastes, or even the way a food looks can make trying something new feel overwhelming. Instead of encouraging "just one bite," take the pressure off and let your child explore foods at their own pace. Looking, touching, smelling, licking, or helping prepare a food are all valuable steps toward becoming more comfortable with it. At meals, offer at least one familiar food alongside new choices. Fall is also perfect for playful food exploration! Scoop seeds from a pumpkin, wash apples, stir ingredients, or help serve foods at the table. These experiences build familiarity without requiring a bite. Feeding therapy can help children build the sensory, oral-motor, and mealtime skills needed to expand food choices —making new foods feel more like a treat than a trick!



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Creepin', Crawlin' & Growing!

Before little ones are running from house to house collecting Halloween treats, there are a lot of gross motor skills brewing behind the scenes! The first three years are packed with rapid changes in strength, balance, coordination, and mobility.

🎃 **Little Pumpkins (0–12 months):** Building strength through tummy time and learning to roll, sit, crawl, pull to stand, and eventually take those exciting first steps.

👹 **Little Monsters (12–24 months):** Becoming increasingly adventurous with walking, squatting to pick up toys, climbing, navigating different surfaces, and beginning to run.

🕷️ **Busy Boos (2–3 years):** Taking movement to the next level with running, jumping, kicking, throwing, stairs, and playground activities.

Children develop at different rates, so milestones aren't about checking every skill off on an exact date. It's also important to look at how a child moves. Consistently favoring one side, difficulty bearing weight through the legs, frequent falls, unusual walking patterns, or difficulty progressing to new skills may be worth a closer look.

Pediatric physical therapists evaluate strength, balance, coordination, mobility, and movement patterns to help children build the foundation for future skills.

From creeping and crawling to climbing and running, those first three years are filled with some pretty spook-tacular motor development!

