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IN THE LOOP

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PROGRESSIVE BEGINNINGS
Rehabilitation Specialists

Updates for Patients, Families & Friends

Teacher Conferences: How PT & OT Can Help Your Child Thrive

November brings parent-teacher conferences! While academics are often the focus, these conversations can also highlight challenges with movement, coordination, independence, and classroom participation. Did you know physical therapy and occupational therapy can help?

Here are ***common concerns*** teachers may share:

- Difficulty sitting still or staying focused: OT can help with classroom positioning, movement breaks, and sensory strategies to support attention.
- Struggles with handwriting or scissors: OT addresses fine motor coordination, hand strength, and classroom tool use.
- Trouble keeping up at recess or gym: PT builds strength, balance, and coordination for running, jumping, climbing, and playground activities.
- Difficulty managing coats, backpacks, or lunch containers: OT helps develop independence with everyday school routines.
- Frequent tripping or avoiding physical activities: PT supports balance, motor planning, and confidence with movement.
- Feeling overwhelmed by noisy or busy environments: OT can provide sensory strategies to improve classroom participation.





What if your child's teacher shares a concern?

Every child develops differently, and not every challenge requires therapy. However, when difficulties affect learning, play, or independence, PT or OT may help! We're here to help your child build confidence and thrive at school and beyond!

OVERVIEW:

- Teacher Conferences: How PT & OT Can Help Your Child Thrive
- Is Your Toddler Tripping Over Their Own Two Feet?
- Why Does My Toddler Do Everything EXCEPT What I Ask?
- Handprint Turkey: More Than Just a Cute Decoration!

Upcoming Events:

- 11/1: Dia de los Muertos
- 11/11: Veteran's Day
- 11/13: Sosi, HVA Birthday
- 11/13: Sara, OT 9th PB Anniversary
- 11/13: Giving Tree Forms Due
- 11/26: Josie, PT Birthday
- 11/26: Happy Thanksgiving!
  - Clinic Closed

Shout outs!

- "Such a welcoming environment! Our child looks forward to therapy every week, and we couldn't be more thankful!"
- "We've seen so much progress! The entire team is patient, encouraging, and truly cares about our family."
- "The therapist makes therapy fun while helping our child build confidence and reach new milestones."

Is Your Toddler Tripping Over Their Own Two Feet?



Does your toddler frequently trip, walk with their toes pointing inward, or seem extra clumsy when running? While occasional tumbles are part of growing up, these patterns may leave parents wondering if something more is going on!

Why are those little toes turning in?

In-toeing, sometimes called "pigeon-toed" walking, is common in children ages 2–4 and often improves naturally with growth. It can result from the alignment of the feet, shinbones, or hips.

However, decreased hip strength and stability can also affect how children control their legs during movement. The gluteal muscles, especially the hip abductors and external rotators, help stabilize the pelvis and support balance, coordination, and lower-extremity alignment.

How can physical therapy help?



Through playful activities like climbing, obstacle courses, balance games, and stepping over hurdles, pediatric PT helps strengthen hip muscles and improve movement control.

When should parents seek support?

If your toddler frequently trips, struggles to keep up with peers, avoids physical activities, or demonstrates uneven walking patterns, a PT evaluation may be beneficial.

Why Does My Toddler Do Everything EXCEPT What I Ask?

You ask your toddler to put on their shoes, but suddenly they're playing with toys instead. Sound familiar? Before assuming they're simply not listening, consider what's happening developmentally! Toddlers are still developing attention, impulse control, motor planning, and the ability to follow multistep directions. These skills take time and practice!

Try these simple strategies:

- Keep it simple: Give one direction at a time.
- Get connected: Make eye contact and get down to their level before giving instructions.
- Make it visual: Show your child what you want rather than relying on words alone.
- Offer choices: "Red shoes or blue shoes?" encourages cooperation and independence.
- Make it playful: Turn cleanup into a race or silly game!

If following directions consistently interferes with daily routines, OT can help support attention, regulation, and independence. Remember, little brains are still learning big skills!

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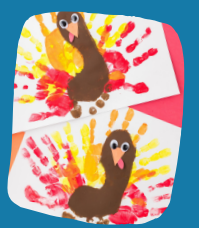
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Handprint Turkey: More Than Just a Cute Decoration!

What looks like a simple Thanksgiving craft is actually a wonderful opportunity to build early childhood skills! Creating a handprint turkey allows little hands to practice important developmental skills while making a keepsake families will treasure.

Here's what your child is learning along the way:

- Fine Motor Skills: Grasping crayons, peeling stickers, and gluing feathers help strengthen small hand muscles needed for future writing and self-care tasks.
- Sensory Exploration: Feeling paint, glue, paper, and different textures encourages sensory exploration and builds tolerance for messy play.
- Hand-Eye Coordination: Placing decorations, coloring within shapes, and positioning their hand on paper help little eyes and hands work together.
- Body Awareness: Spreading fingers, tracing around their hand, and identifying each finger build awareness of their body and how it moves.
- Bilateral Coordination: Holding paper steady with one hand while decorating with the other encourages both hands to work together.
- Creativity and Independence: Choosing colors, following simple directions, and making decisions build confidence and early problem-solving skills.





Try it at home! Trace your child's hand or use washable paint to create a turkey. Add feathers, googly eyes, or colorful paper decorations. Remember, the goal isn't a perfect turkey, it's the learning that happens along the way!

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