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IN THE LOOP

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Updates for Patients, families & friends

Holiday Break: A Kid-Friendly OT Survival Guide

The holiday season can be fun, but it can also feel busy and overwhelming for kids. Different sights, sounds, and routines can make children feel stressed or tired. Here are some easy tips from occupational therapy to help your child enjoy the holidays.

1 Keep a Routine: Try to stick to regular meal times, bedtimes, and morning routines. Even small routines can help kids feel safe and calm.

2 Movement Breaks: Kids need chances to move! Short walks, jumping on a trampoline, or playing "Simon Says" can help children burn energy and stay focused.



3 Quiet Spaces: Make a cozy spot where your child can relax if things get too loud or busy. Soft music, a favorite stuffed animal, or a blanket can help.

4 Sensory Snacks: Chewy or crunchy snacks can help kids who need sensory input. Think carrot sticks, apples, or soft pretzels.



5 Fun Hands-On Activities: Crafts, puzzles, and building blocks give kids a way to focus and use their hands.

6 Take Small Steps: Large events or big family gatherings can be overwhelming. Plan breaks or short visits to help your child feel comfortable.



Remember, the holidays are about fun and connection. Using these tips can help your child feel calm, happy, and ready to enjoy special moments with family.

OVERVIEW:

- Holiday Break: A Kid-Friendly OT Survival Guide
- Winter Play Ideas to Build Gross Motor Skills
- Show Your Holiday Spirit including our SPIRIT WEEK!
- Early Detection of Motor Delays: Not All Crawling Is the Same

Upcoming Events:

- 12/1: Eddy the Elf Comes Back!
- 12/4: National Cookie Day
- 12/10: Giving Tree Gifts Due
- 12/13: National Cocoa Day
- 12/15: John, OT Birthday
- 12/15-12/19: Holiday Spirit Week & Giving Tree Gifts Distributed
- 12/25: Merry Christmas - CLINIC CLOSED
- 12/31: New Years Eve



Shout outs!

- The therapist is wonderful with my infant and is helping her progress so well with all her milestones!
- The aquatic pool for physical and occupational therapy is destined to help so many!
- Wonderful place with dedicated therapists and staff members that are willing to take their knowledge and expertise outside the four walls and partner with other community groups and organizations to help improve the lives of children and families!

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

Winter Play Ideas to Build Gross Motor Skills

Winter brings fun opportunities to support your child's gross motor development indoors or outdoors. With a few simple activities, kids can stay active while building balance, coordination, and core strength.

Snow Shoveling Helpers: Using a child-sized shovel to push or scoop light snow strengthens shoulders, core, and legs.

Winter Obstacle Course: Create a path with taped balance lines, stepping spots, or small tunnels made from chairs and sheets. This boosts balance and motor planning.

Snow Treasure Hunt: Hide colorful toys in the snow and have children search, squat, and reach to find them, promoting lower-body strength and body awareness.

Sock Skating Indoors: Sliding in socks on a smooth floor challenges balance and core control in a fun, safe way.

Sled Pushes and Pulls: Pulling a light sled or pushing a laundry basket of stuffed animals engages the whole body.

Cold weather doesn't have to limit movement, winter is full of playful ways to stay strong.

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You can also
"recommend" us
on Facebook!



Shop our
FAVORITE
THINGS!



Show Your Holiday Spirit!

GIVING TREE

Give back to those in need - our giving tree is set up in our waiting room and is filled with ornaments describing a person's wishlist item.

- Choose an ornament with a person's holiday wish.
- Purchase the gift.
- Bring the unwrapped gift + ornament into the clinic by Wednesday, Dec. 10th
- Gifts will be distributed the week of Dec 15th.

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 on Mon. 12/15
- Vote for your favorite door by noon on Mon. 12/22
- Winner will be announced on Mon. 12/22 at noon
- PB will make a cash donation to the selected charity

SPIRIT WEEK: Dec 15th-19th

Monday Dec 15	Tuesday Dec 16	Wednesday Dec 17	Thursday Dec 18	Friday Dec 19
HOLIDAY/ FUZZY SOCK DAY	Tree Topper Day	FLANNEL DAY	UGLY OR HOLIDAY SWEATER DAY	Pajama Day

Early Detection of Motor Delays: Not All Crawling Is the Same

Early motor milestones lay the foundation for future strength, coordination, and independence. While every child develops on their own timeline, how a child moves provides important clues about their overall motor development. One common areas where quality matters is crawling.

Crawling is more than getting from one place to another, it's a critical milestone for building coordination, strength, and brain-body connections. While many children achieve some form of crawling, the quality of movement matters.

Not All Crawling Is the Same

True hands-and-knees creeping involves reciprocal arm and leg movements, weight-bearing through open hands, and core activation. This pattern supports balanced strength, coordination, and symmetrical development needed for later motor skills.



Watch for variations that may indicate concerns:

- Dragging one leg or favoring one side
- Crawling with the belly on the floor beyond typical ages
- Using only arms or only legs to scoot forward
- Uneven, "janky," or stiff movement patterns

Why Symmetry Matters

Symmetrical crawling supports balanced strength, coordinated movement, and proper motor planning. Persistent asymmetry can lead to compensatory patterns.

When to Seek Support

If crawling appears uneven, effortful, or unusual, early evaluation by a pediatric physical or occupational therapist can identify underlying concerns. Early guidance helps children build core strength, coordination, and confidence, setting the stage for healthy, efficient movement as they grow.