



Updates for Patients, Families & Friends

May is Speech-Language-Hearing Month & Pediatric Feeding Disorders Awareness Month

May is a time to celebrate the many ways communication and feeding skills shape a child's ability to connect, grow, and thrive. Speech-Language-Hearing Month highlights the importance of communication, while Pediatric Feeding Disorders Awareness Month brings attention to the complex challenges some children face with eating and drinking.

Our pediatric speech-language pathologists play a key role in supporting both areas. Communication goes far beyond talking, it includes understanding language, social interaction, play skills, and nonverbal expression. Our SLPs help children build the

confidence to express their needs, engage with others, and participate fully in daily life. Our speech team also supports children with feeding challenges. Pediatric feeding disorders can impact a child's ability to safely and effectively eat a variety of foods, often influenced by oral motor skills, sensory processing, and learned experiences. Our team uses individualized, evidence-based strategies to help children develop safe, positive, and functional feeding skills.

Through a collaborative, family-centered approach, we support progress both in therapy and at home, empowering children and caregivers every step of the way.

We're proud of our SLP team and the meaningful impact they make every day. Call us today to schedule a speech or feeding evaluation at (920) 803-1617!



OVERVIEW:

- May is Speech-Language-Hearing Month & Pediatric Feeding Disorders Awareness Month
- From Picky to Confident Eaters: How Therapy Can Help!
- Aquatic Therapy for Multiple Sclerosis: Supporting Strength, Mobility & Confidence
- Summer Therapy: Build Skills, Boost Confidence

Upcoming Events:

- May is Speech, Language, Hearing Month AND Pediatric Feeding Disorders Awareness Month
- May is Mental Health Awareness Month
- 5/4: National Star Wars Day (May The Fourth Be With You)
- 5/10: Sierra, SLP Birthday
- 5/10: Mother's Day
- 5/12: National Fibromyalgia Awareness Day
- 5/21: World Meditation Day
- 5/22: Sosi, HVA 4 year PB Anniversary
- 5/25: Memorial Day - CLINIC CLOSED
- 5/26: Lily, SLP Birthday
- 5/30: World Multiple Sclerosis Day



Shout outs!

- Amazing staff and facility. My daughter has made great gains in her speech in just a few weeks.
- My kiddo REALLY enjoys coming to Progressive Beginnings—she calls it her OT.

From Picky to Confident Eaters: How Therapy Can Help!

Picky eating is more than a phase, it can impact nutrition, growth, and daily routines. Our therapy team takes a sensory-informed, whole-child approach to feeding. Many children who are selective eaters are navigating sensitivities to textures, smells, or even the appearance of foods, while others may have difficulty with oral motor skills or anxiety around trying something new. Through play-based strategies, gradual exposure, and positive reinforcement, our therapists help children build comfort and confidence with food. We focus on creating low-pressure opportunities to explore foods while supporting positive, manageable mealtime routines for families. Our **Food Explorers** class supports these skills in a fun, group setting where kids can learn from peers and explore new foods together. Beginning in June, Food Explorers will be tailored for ages 5–10. We're also excited to introduce **Tiny Tasters**, debuting in June for ages 2–4! This hands-on lunchtime experience encourages independence, exploration, and early positive relationships with food in a supportive, therapist-led environment.

Scan to the QR code to register for either class! Classes are the first Tuesday of every month.



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Aquatic Therapy for Multiple Sclerosis: Supporting Strength, Mobility & Confidence

May 30th is World Multiple Sclerosis (MS) Day, a time to raise awareness and support individuals living with MS. This neurological condition can impact strength, balance,

coordination, endurance, and mobility, making daily activities more challenging. Aquatic therapy offers an effective environment for individuals with MS. The buoyancy of water reduces the effects of gravity, making movement feel easier and less taxing on the body. This allows individuals to work on strength, balance, and coordination with greater confidence and reduced risk of fatigue or falls. The warm water can help reduce muscle stiffness and improve flexibility, while providing gentle resistance for strengthening. For many individuals with MS, aquatic therapy supports improved endurance and functional movement compared to land-based exercise. Our therapists tailor each session to individual needs and goals supporting safe movement, building confidence, and promoting independence.



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Summer Therapy: Build Skills, Boost Confidence

Summer is a great time to build skills for the upcoming school year without the pressure of a full schedule. You may want to explore therapy if your child is...

At School:

- Struggling with handwriting, coloring, or cutting
- Having difficulty staying seated or focused
- Frequently losing items or forgetting directions
- Avoiding classroom tasks or becoming easily frustrated
- Having trouble keeping up with peers academically or socially

With Movement & Play:

- Difficulty with balance, coordination, or strength
- Avoiding playground equipment or physical play
- Getting tired more quickly than peers



At Home:

- Melting down during homework or structured tasks
- Seeming unusually clumsy or frequently tripping/falling
- Struggling with organization (toys, routines, transitions)
- Having difficulty expressing thoughts or being understood
- Avoiding certain textures, foods, or everyday activities

Starting or continuing therapy in the summer helps children return to school with greater confidence, improved skills, and a stronger foundation for success.



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