

VOL 29 | MARCH 2023

IN THE LOOP

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Updates for patients, families, and friends

Eat the Rainbow Cooking Class

Join our feeding team of Speech and Occupational Therapists for our Eat the Rainbow Cooking Class! The class is designed for kids 8-14 years old to be able to:



- Improve executive functioning skills by following a recipe
- Challenge sensory processing skills for picky eaters or children with texture resistance
- Improve social pragmatic skills by being able to interact with similar aged peers
- Learn about appropriate nutritional intake and what should be on a plate or in a lunchbox

Date: March 28th-30th
(Sheboygan Area School District's Spring Break)
Time: 11:15am-12pm
Cost: \$110/participant



Scan the QR code to register or go to www.progbeg.com/events

OVERVIEW:

- Eat the Rainbow Cooking Class
- World Down Syndrome Day
- Water Therapy to Improve Balance
- Skip the Spout Sippy Cup
- The Impact of Unintegrated Reflexes

Upcoming Events:

- 3/2: Dr. Seuss' Birthday
- 3/15: Jessica's Birthday
- 3/17: St. Patrick's Day
- 3/20: Alyssa S' Birthday
- 3/21: World Down Syndrome Day
- 3/22: Emma's Birthday
- 3/25: National Cerebral Palsy Awareness Day
- 3/26: #PurpleDay/Epilepsy Awareness
- 3/30: Doctor Appreciation Day



Shout outs!

- We have only been here three times and OT has helped my daughter a lot so far. I'm excited to see how far she gets.
- My son says that both the kids and the adults have fun while learning new things and he enjoys coming here, his sister agrees.
- {The clinic is} a safe space of acceptance and support for my son. I appreciate his team of support at PB so very much.

Tuesday, March 21st is World Down Syndrome Day!

Help us spread awareness of Down Syndrome by wearing your most colorful socks to therapy on 3/21! It will be a fun way to celebrate everyone's uniqueness in honor of the #LotsofSocks campaign.



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

Water Therapy to Improve Balance

Did you know that aquatic exercise can improve overall balance and decrease the fear of falling?



There are 3 main systems that contribute to our overall balance- vision, vestibular, and somatosensory. Our body uses these 3 systems simultaneously to keep from falling.

VISION: the eyes provide feedback of where we are in relation to the world around us.

SOMATOSENSORY: sensors in our feet and ankles give our brain information about what type of surface we are standing on and how our body is positioned in space.

VESTIBULAR: our inner ear senses gravity as well as if we are moving and in which direction.

Therapy in our pool allows decreased pressure on joints and provides a safe environment to exercise due to the low risk of falling. Buoyancy reduces the impact of

gravity and allows for greater ease of movement. Viscosity offers more time for individuals to react to balance changes. Warm water promotes relaxation and decreased tone. Come experience water therapy and work towards your goals! Schedule your eval today!



Skip The Spout Sippy Cup



Spout sippy cups limit the child's ability to develop a more mature swallowing pattern, especially with continued use after the first year. The spout blocks the tongue tip from rising up to the alveolar ridge (the bumpy part on the roof of your mouth) just above the front teeth and forces the child to continue to push his/her tongue forward and back as he/she sucks on the spout to extract the liquid. As a baby matures, so does their swallow pattern, and over-use of hard sippy spouts may get in the way of development. When a tongue can't elevate, it tends to rest forward in the mouth, which can impede speech and language development. When a tongue rests forward, the mouth tends to stay open, which can alter appropriate facial development.



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The Impact of Unintegrated Reflexes



A reflex is a response to a stimulus, think of the doctor tapping below your knee and your foot kicking up, this is a reflex that remains

throughout our lives. Babies are born with several primitive reflexes that, in contrast, integrate as the child develops, therefore the reflexes have been inhibited. When these reflexes do not integrate, they may interfere with the development of a child's advanced motor skills limiting their development and academic performance. An example of a primitive reflex is the Tonic Labyrinthine Reflex (TLR). If the TLR is not integrated, a child may demonstrate any of the the following symptoms:

- Balance and coordination difficulties
- Difficulty judging distance, depth, space, and speed
- Toe walking
- Hunched posture
- Fear of heights
- Poor sports skills
- Poor muscle tone/fatigues quickly
- Difficulty copying from board in class
- Visual, speech, auditory difficulties



Our occupational therapists will assess primitive reflexes as part of our comprehensive evaluation. If a reflex has been retained, the child and parent will be instructed in a specific home exercise program as well as environmental modifications to assist with the integration!