

# Helping Kids



Health Care & the Skills of Living for Children

## Personal Message Parents Helping Kids Understanding what Pediatric Therapy can do for your child?

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Tips for Improving your child's daily life.

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Working with you to improve your child's health, our specialist can relieve pain and improve the skills of living...

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A child's development throughout the years can be thrilling and exciting! Each day your child learns to say new words, learns new skills and develops into a little person. Children develop at different rates, making it difficult for a parent to know if their child is "normal". That's when many families turn to the experts in our family—ABC Pediatric Therapy Network.

When a parent calls our office, they may not be sure of what their child needs. Our scheduling staff asks many questions to make sure they are placed with a therapist who will work best with their child and at a time that is convenient for the family. Questions will be asked on the phone to determine what services the child will need. They may be having trouble with saying words and a speech and language evaluation will be scheduled. Or, their child may be having difficulty eating certain foods or none at all and a feeding evaluation will be scheduled. Perhaps the child is not walking yet and should be—a physical therapy evaluation will be scheduled. Maybe the parent is not quite sure—the scheduler will continue with questions and perhaps recommend a screening to see if an evaluation is

**Pediatric therapists treat the whole child as a child within a family unit....**



Diane Crecelius, Susan Baenziger  
—owners, ABC Pediatric  
Therapy Network

needed. Many times a physician will refer a child for an evaluation because they are concerned with the child's current level of development in an area.

There are many ways children reach our doors. On their first day, the child will arrive, check in and their therapist will greet them in the waiting area. Each child's reaction is typically "WOW", because the first thing they see when they walk in is our large jungle gym! There are children swinging, jumping in our foam pit; bouncing on the trampoline—having a great time! This puts the children at ease and the evaluation begins. Many questions are asked, testing is completed; but the child never knows—they were just playing. The therapist will make a recommendation at that time for therapy or perhaps just some suggestions and a re-check in a couple months. Whatever the results, the family will continue to get support from our family.

## Is Your Child Developing Normally?



As a parent we often worry if our child is developing correctly. There is such a wide range of “normal”, it can be hard to tell. We often compare our child with siblings and peers—but what is the right answer?



There are many guidelines that both physicians and therapists use to help answer parent’s questions. The most important thing to remember is to not use the “wait and see” method. When a delay is identified early, it

can be handled quicker and easier.

Questions parents often ask themselves include:

- When should my child talk?
- When will my child sit up?
- When will my child crawl?
- When will my child walk?
- When should my child hold their own bottle?
- When should they drink from a cup?
- When will my child’s scribble turn to purposeful drawing?
- When should I introduce scissors?
- When should they hold their pencil/ marker correctly?

And many more! Listed below you

will find some guidelines for typical development. If you have questions about your child’s development, you should ask your pediatrician for guidance. They should be able to answer your questions or refer you on to a specialist that may include an Occupational, Physical or Speech Therapist. Always be asking questions and monitor their development.

### By 3 months

Able to drink from a bottle  
Takes 7 or 8 ounces per feeding –feeds 4-6 times a day  
Sucks well  
While on belly, pushes up on forearms.  
Lifts and turns head side to side on belly.  
When on back, will roll to both sides  
Looks at hands  
Holds rattle for a couple of seconds  
Follows objects with eyes  
When cries, is able to be soothed  
Making sounds (cooing—ga-ga)  
Startles to loud sounds  
Smiles  
Will tolerate time on belly

### By 6 months

Sits with support  
Holds head straight when upright  
Scoots/pivots on belly  
Passes objects from hand to hand  
Reaching for toys  
Makes eye contact

**Do you wonder why your four year old still walks on his toes or doesn’t like to play rough?**

Babbling  
 Puts toys in mouth  
 Grasps objects and holds onto them  
 Uses both hands/arms equally  
 Beginning baby foods; tolerates beginning stages (cereal, stage 1 maybe stage 2)  
 Rolling independently (front to back, back to front)

### By 9 months

Sits independently and maintains balance  
 Rolls back to front, front to back  
 Eats baby foods from a spoon (from parent), clears it off the spoon with lips/teeth independently (still messy).  
 Sippie cup introduced—can hold it; begins to take drinks  
 Crawls on all fours  
 Pulls to stand  
 Beginning to cruise furniture

### By 12 months

Gets into and out of sitting independently  
 Takes a few steps  
 Stands without support  
 Tries to feed self  
 Plays patty-cake and peek-a-boo  
 Responds to no  
 Says one to two words  
 Identifies familiar pictures in a book (dog, baby)  
 Independent with sippie cup

### By 18 months

Walks without help  
 Crawls up stairs  
 Stacks 2-3 cubes  
 Uses a pincher grasp (thumb and first finger on a cheerio)  
 Scribbles with a crayon  
 Open and closes cupboards  
 Follows simple directions (sit down, clap etc)  
 Uses 15-20 words  
 Labels objects (ball, drink etc)

### By 2 years

Walks with heel to toe pattern  
 Stoops to retrieve a toy and returns to standing  
 Jumps down off low surface

# Tips and Tricks

**1.** Articulation (the way a child says a word)—problems are often times a result of weak mouth muscles. Have your child play with different types of whistles to help strengthen these muscles and improve their speech.

**2.** To improve oral motor skills (and decrease messy eating!) let your child drink yogurt or pudding from a straw. This will help to improve speech and strengthen those oral muscles.

**3.** To improve your child's "pinchers" have the child play with puzzles that have small pegs. Having a good pinch aids in the future with writing skills.

**4.** To increase hand strength, play with playdough! Have your child squeeze it through their fingers, cut it with scissors, make small balls and pinch them with your hands and their feet.

**5.** Swings are not just for fun! Put your child on a swing and you are working on: grip strength to hold onto the rope, abdominal strength to stay sitting upright, motor planning to coordinate leg pumping and balance to stay on the swing.

**6.** Ball skills are lots of fun and important! Throwing and catching works on motor planning and hand/eye coordination. Kicking not only enhances strength and coordination, but it also develops balance skills. Think about it, you have to stand on one foot in order to kick a ball!



Jumps forward about 4 inches  
 Jumps in place  
 Goes up stairs without a rail placing both feet on each step  
 Throws ball 3 feet overhead  
 Kicks a ball 3 feet forward  
 Has a bank of at least 100 words  
 Puts 2 words together—I go, get down etc.  
 Begins to eat with utensils (spoon and fork)  
 Able to hold writing utensil and scribble  
 Eats finger foods independently  
 If you suspect your child has a

delay in their development, ask your doctor to be referred to a pediatric therapist for an evaluation or call your local therapist today.

# FAQ

## - Frequently Asked Questions About Pediatric Therapy

### 1. Does my child have Attention Deficit Disorder?

Lack of attention can be seen as a symptom of a problem, not the whole problem. An Occupational Therapist will assess if a child is having problems with how their eyes and hands work together. They will also evaluate whether they have problems with their ability to tackle a task, break it down into simple steps and follow through to completion. This can often be the cause of decreased attention. If a child is unable to perform one part of the motor plan their attention to that task will significantly decrease. Ask an Occupational Therapist for an evaluation and help your child to succeed today!

### 2. What is the usual prognosis for children with difficulty in organizing and producing speech?

The outcomes will vary with each individual child and the severity of the child's difficulty or apraxia. The following factors contribute to prognosis:

- family participation and involvement and follow-through at home
- how therapy is tailored to the child's unique case
- the presence of other speech/language or medical issues
- the individual characteristics of each child; i.e: receptive language, cognitive ability, desire to communicate, attention span and the age that treatment is begun.

### 3. When will my child walk?

Look at what the child is currently doing and identify the other skills that need to be achieved in order for walking to occur. For example, if your child is pulling to stand, he must cruise along and between furniture next. Then you could encourage walking with a push toy. He will probably begin to walk independently from there. Each small skill in this process should be celebrated. Therapist, parent and child must work together to close the gap to their peers.

### 4. Why is it important for an infant to be on their belly? The doctor said sleeping on the belly could cause SIDS.

Encourage your child to play on their belly. They do not need to sleep on their belly. Play on their belly strengthens their neck and trunk extension and increases their endurance for activity. The child will first prop on his elbows; then move up to extended arms; then begin to weightshift and reach to play with toys. This will help with their future sitting balance. Weightbearing through the hands first stretches out the hand muscles to get these muscles ready for the child to use for small motor skills like putting balls into a bowl. Eventually, the quality of the hands muscles will determine the quality of handwriting. All of these pieces of development build on the next making each step important.

## CALL YOUR PEDIATRIC THERAPIST:

### Take this simple test...Can your child do these skills by age 4?

YES	NO	
<input type="checkbox"/>	<input type="checkbox"/>	Can your child hop forward 6 inches on 1 foot?
<input type="checkbox"/>	<input type="checkbox"/>	Can your child catch a large ball from 5 feet with their hands only?
<input type="checkbox"/>	<input type="checkbox"/>	Can your child hop 8 consecutive times on each foot?
<input type="checkbox"/>	<input type="checkbox"/>	Can your child cut out a circle with scissors?
<input type="checkbox"/>	<input type="checkbox"/>	Can your child make a square or a cross?
<input type="checkbox"/>	<input type="checkbox"/>	Can your child help with dressing?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child use 4-5 word sentences.
<input type="checkbox"/>	<input type="checkbox"/>	Is your child 100% intelligible to all listeners?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child ask many questions including "Who" and "Why" questions?"
<input type="checkbox"/>	<input type="checkbox"/>	Does your child follow multi-step directions without repetition?
<input type="checkbox"/>	<input type="checkbox"/>	Does your child have a vocabulary of 1500 or more words?

### Results

If you answered no to any of these questions, please come in for a free screening.



## Featured Therapist

### Sarah King, MPT



**S**arah King, MPT is the Clinical Director at ABC Pediatric Therapy Network. She joined ABC in 2001 and has helped over 300 children enhance their lives. Sarah received her Master's degree in Physical Therapy from the College of Mount St. Joseph, in Cincinnati, Ohio.

Sarah's focus in physical therapy is on gross motor skills development, orthopaedic rehabilitation, and orthotic fitting for increased function and mobility. Sarah has additional training in kinesiotaping and sensory integration. She enjoys watching her patients excel. Sarah has performed several public in-services to the parents

of all ages, including the Down Syndrome Association of Greater Cincinnati and the Autism Parent Support Group.

Sarah grew up in Milford, Ohio and went to St. Ursula Academy for high school. She currently lives in Liberty Township with her husband Eric. She enjoys cheering for Ohio State Football in between her coaching duties for local volleyball and softball teams.

"It is so exciting being a part of a child's first's. There have been so many memorable moments in my career. I will never forget when Bailey took his first steps during his first day of therapy. His mom couldn't believe it. I will also never forget the tears in Sydney's mom's eyes as she watched her daughter pedal a bike for the first time; or the hug I shared with Kara's mom as Kara walked up the stairs independently for the first time. It is moments like these that make me so proud to be a Physical Therapist!"

## SUCCESSES What parents are saying...



The therapists were always encouraging, and pushed when there needed to be pushing, and backed off when it was appropriate!

I did not feel like an outsider here! Jonathan is now age appropriate and is discharged, and I know ABC is there if I need them... all I have to do is pick up the phone.  
-Jen G.



I would strongly encourage anyone who is hesitant to do the proprioceptive brushing to try it. Thanks again ABC!- Debbie Q

My daughter **MADE PROGRESS IMMEDIATELY**. She speaks in beautiful, full sentences, and she has begun kindergarten with all her same aged peers. Most of all she has confidence and self esteem knowing she can over-

come any obstacles!  
- Judi R



Now, my little boy walks, runs, rides a bike, reads, writes and talks nonstop! It takes a lot of time, patience, special people and parent involvement to make typical a reality. ABC Pediatric Therapy Network is the group of very special people that made it our reality. – Evelyn F.

# Need Help For Your Child?



**Come and visit us for a FREE CONSULTATION**

**Find out how pediatric therapy can help you restore health and gain the skills of living for your child.**

**Call us today at (513) 755-6600 for your no-charge consultation**



## ABC Pediatric Therapy Network

About ABC Pediatric Therapy Network:

ABC is a multidisciplinary pediatric therapy practice that integrates physical, occupational, and speech therapy services in an innovative and child – driven manner. Our state of the art facility provides 11,000 square feet of fun; including a 30x12x15 foot jungle gym, foam pit, rock wall, and other developmental equipment.

Why choose ABC Pediatric Therapy to provide your child's therapy services?

The mission of ABC is to provide our families with the highest level of quality care in a nurturing and compassionate environment. Here are some of the unique features we offer:

- Multidisciplinary approach – All therapists work coherently to accomplish the greatest level of achievement for each child. Whether the child is receiving one discipline or all disciplines, our experience across therapies will promote overall improvements in the gross motor, fine motor, and communication areas.
- Home programming – Therapists assist parents/caregivers in developing successful strategies and exercises; which encourage greater independence and participation in all areas of functioning.
- Innovative treatment approach – Therapists integrate positive components of traditional therapeutic methods with innovative and creative treatment techniques and equipment.
- Convenient location – We are located within a few miles of I-75 at the Union Centre Blvd exit, just north of Cincinnati and I-275.



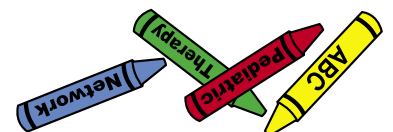
**WE CARE ABOUT YOU AND YOUR CHILD!**

**Call us today for a free consultation at**

**(513) 755-6600**

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ABC Pediatric Therapy Network



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