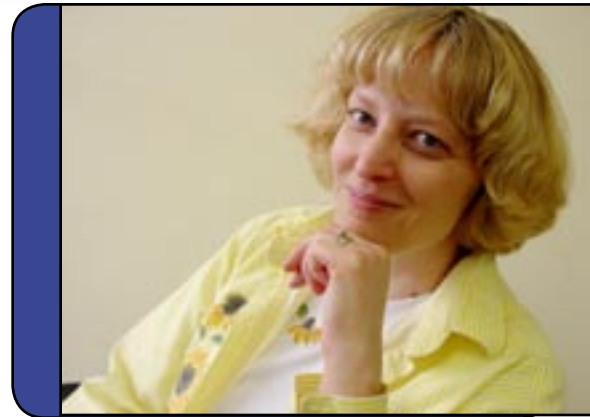


Helping Kids



Health Care & the Skills of Living for Children

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



Mary Hydorn, PT
—owner, Kids in Motion

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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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When a Pediatric Therapist treats a child, they create a change that benefits not only the child, but also the family. Pediatric Therapy is therapy specifically directed towards the needs of children. Physical, Occupational and Speech Therapists all work with children to help them reach or regain their maximum potential for independence. This is done through direct therapy hands-on techniques and by working with parents, families, teachers and doctors to create a supportive environment for development in all areas.

Children gain strength at specific muscle groups to participate in play activities and to express themselves so that they are understood. With Pediatric Therapy, kids gain skills to organize and coordinate their movements and sensory input so that they are able to play and speak the way they want to.

Parents gain a better understanding of their child's strengths and needs, and learn ways to help their child while using real life activities.

Parents state that the ideas they learn and use every day at home allow them to feel that they have a positive impact on their child's growth. These ideas are customized for each family, allowing

Pediatric Therapists treat the whole child as a child within a family unit....

children with injuries or disabilities to be a part of the daily activities and routines followed by the entire family.

The Pediatric Therapist will recommend special equipment including bracing, communication aids and toys to promote improved function and development.

Pediatric Therapists can be found in many areas including clinics, hospitals and schools. They provide many specialized programs that include aquatics, camps, pediatric fitness and therapeutic horseback riding in addition to individual or group therapy sessions.

Pediatric Therapists are familiar with the needs and developmental expectations of all ages, diagnoses and abilities. Pediatric Therapists treat the whole child as a child within a family unit; not just as a smaller version of

an adult. A Physical, Occupational or Speech Therapist can assist a parent with preparing their child to meet future challenges and needs. Let a Pediatric Therapist help you help your child today!

Is Your Child Developing Normally?



As a parent we worry if our child is developing within normal limits. There is a wide range of normal. How do you know if your child is developing normally? Do you sometimes wonder if something is wrong with your child? Is your child developing like their siblings or cousins? Do you wonder why your infant doesn't like to be on his stomach or has an odd shaped head? Do you wonder when your toddler will ever say a sound or why they won't eat different textures of food? Do you wonder



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

why your four year old still walks on his toes or doesn't like to play rough? Does your child feel stiff or floppy? Are they weak on one side? Wouldn't it be nice to have the answers to these questions and put your mind at ease?

In the following paragraphs you will learn some guidelines for normal childhood development. The first person to ask questions on your child's development is the child's pediatrician or a pediatric physical, occupational, or speech therapist. Don't "wait and see" if they grow out of the problem ask questions.

By 3 Months

Bears weight on both legs.
Pushes up on forearms while on tummy.
Lifts and turns head side to side on tummy.

Beginning to roll side to side.
Looks at hands.
Holds a rattle.
Follows moving object with eyes.
Cries, but easily soothed.
Sucks.
Makes sounds-vowels .
Jumps or blinks to loud sounds.
Smiles.
Tolerates time on the tummy

By 6 Months

Rolls from back to stomach (7).
Sits with support.
Holds head midline.
Beginning to belly crawl.
Beginning to sit without support.
Passes objects from hand to hand.
Puts toys in mouth.
Reaches.
Grasps objects
Babbling-consonance and vowels.
Turns head towards sound.
Makes eye contact.

By 12 Months

Crawls on all fours (9).
Pulls to stand (9).
Cruises the furniture (10).
Walks 5 steps (flat foot).
Stands free.
Tries to feed self.
Bangs objects (7).
Plays patty-cake and peek-a-boo.
Responds to "no".
May say one to two words.
Identifies familiar pictures in a book, Ex. Dog,

baby.

By 18 Months

Walks without help.
Crawls up stairs (14).
Holds objects in both hands.
Stacks 2-3 cubes.
Uses pincher grasp.
Scribbles with a crayon.
Open and closes cupboards.
Stacks 2-3 cubes
Follows simple directions with cues.
Uses 15 – 20 words
Labels common objects, ex. Ball.

If you suspect your child has a delay in their development ask your pediatrician to be referred to a pediatric therapist for an evaluation or call your local pediatric therapist today. In the following paragraphs you will learn what the different types of pediatric therapists are and what they can do for your child.

A pediatric physical therapist works on strengthening and stretching muscles to achieve skills such as sitting, crawling, kneeling, walking, running, and jumping. These are known as gross motor skills. A child may have a delay in these skills or may have lost these skills from an injury or illness. They may work with children on land or in the water for aquatic therapy. A pediatric physical therapist may also order equipment that help children achieve independence such as, braces, walkers, crutches, strollers, and wheelchairs. Also, they work on the skills needed for walking, like balance. A pediatric physical therapist helps children gain independence by reaching their maximum potential.

A pediatric occupational therapist works on stretching and strengthening for skills such as sitting, crawling, grasping, holding, and pinching. These are gross and fine motor skills. They also work on skills used for eating (oral motor skills) and visual/visual perceptual skills. A child may have a delay from birth or from an illness or an injury. Pediatric occupational therapists work with children who have trouble interpreting the sensations from the environment, sensory processing disorder or difficulty with sensory integration. They also may help with wheelchair fittings. A pediatric OT

Tips and Tricks

1. Lip closure? Articulation problems are often times a result of poor mouth musculature. Have your child play with different types of whistles to ensure that they are developing their oral musculature.

2. Don't let kids play with their food? Go ahead!!!
Give your child a straw and some yogurt let them develop a strong suck and have them eat yogurt or even pudding through a straw. This is great to develop oral motor skills.

3. Puzzles?
Have your child start with one piece puzzles. These puzzles often come with pegs on the pieces. This is great to develop a pinch mechanism that will be used later in life to hold a pencil. Puzzles also develop motor planning and object manipulation skills.

4. Play-dough?
Have your children squeeze it through their fingers; roll it into balls; and use utensils to cut play-dough.
Use your feet as well! Roll them with your feet, make a foot print, squeeze it with your toes!!!
This develops fine motor skills and object manipulation skills.

5. Swings?
Swings are so important. They are not just fun!!! They work on grip strength to hold onto the ropes. They work on abdominal strength to stay in an upright sitting position; and swings work on motor planning to coordinate the leg pumping action which propels the swing.

6. Balls, Balls, Balls!!!
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.



may fit children for arm splints for positioning or stretching. A pediatric occupational therapist assists children to gain independence by exercises and hard work in therapy.

A pediatric speech and language pathologist work with children who are delayed in their communication skills from birth or from an illness or injury. These children could have problems saying the words or understanding the words. They may also work on oral motor movements (moving the tongue for language and articulating sounds). A pediatric speech and language pathologist also work with children

who are nonverbal and trying new equipment to help them communicate with technology. A pediatric speech and language pathologist aides children to break through the barrier and access the world through communication and become more independent.

In general a pediatric therapist helps children achieve their full potential. The therapists along with the parents help the children become as independent as possible with a lot of hard work in therapy and in their home program. All children should have the opportunity to reach their maximum potential.

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.

3. 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 IF YOUR CHILD: Take this simple test...

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 sissors?
<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 100% intelligible to all listeners?
<input type="checkbox"/>	<input type="checkbox"/>	Ask many questions including "Who and Why?"
<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?

Quiz

Since it is so important to have age appropriate skills by the time they reach school age; here are a few skills that are essential to social and age appropriateness by the age of 4.

Results

If You answered No to any of these questions please come in for a free screening.



Featured Therapist

Mary Hydorn, PT



Mary Hydorn has worked as a pediatric physical therapist since graduating from Oakland University in 1987. She started her career at Children's Hospital of Michigan for 3 years then moved to University of Michigan Hospital/Mott Children's for one year. At the end of 1990 she left the hospital setting and did pediatric home care. She started Kids In Motion Pediatric Therapy Services in 1993. She designed and built the current location in 2003.

Mary's experience has been with a variety of diagnoses. She especially enjoys working with children who have neurological involvement. She believes that her role is to teach the parent's how to best work with their children to help them reach their maximum potential. Mary believes in a functional approach to therapy and strong home program. She started her own practice to create a warm environment closer to home for the children.

Mary is trained in neurodevelopmental techniques, electrical stimulation, Burdenko aquatic exercises, partial weight bearing treadmill training, kinesiotaping, serial casting, and many more.

If you have any questions or would like a free consultation with Mary or any therapist at Kids In Motion Pediatric Therapy Services please call 248-684-9610.

SUCCESSES What parents are saying...



Kids in Motion has been working with Morgan for about four years. They have provided Morgan with the skills and confidence to overcome her challenges. Originally the doctor's had told us that she would be severely impaired due to a major stroke during the death of her identical twin. They thought she would be blind and unable to read or write or move very well. Thanks to lots of prayers, and the wonderful therapists at Kids in Motion, Morgan is far exceeding our



expectations. She's reading, writing, talking and moving. She is a true miracle and we owe so much to Kids in Motion. Thank you!—S.H.

Over the last year, Elizabeth has made great progress. We started with torticollis, and continued with her developmental delay and cerebral palsy. She now tolerates lots of tummy time and recently started to crawl, her first time was at Kids in Motion during

a therapy visit. I appreciate how Shawn works through Elizabeth's fussing. She respects how hard it can be for her mom to watch when she's crying or fussing. She'll push her just far



enough and then gives her a short break. Doreen and the rest of the office staff are always extremely pleasant to deal with. —K.V.

Alexandra is improving each and everyday, thanks to all of her therapists at Kids in Motion. She is sitting up on her own, standing

while holding on to something, reaching with her left arm which was affected by a stroke, and so on. Alex is also eating solid foods and drinking liquids. Her speech is also improving. She is making a wide range of different sounds along with making choices. We can't thank the staff at Kids in Motion enough for your patience and encouragement. We'd also like to thank the office staff for all of their hard work and smiling faces. —The Beale Family

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 248-684-9610 for your no-charge consultation



Pediatric Therapy Services

Kids in Motion Pediatric Therapy Services specializes in physical, occupational, and speech and language therapy for the pediatric client 0 – 18 years old. We have been in business since 1993. We provide services in our clinic in Highland, in your home, and we contract therapist to schools and hospitals for temporary and permanent positions with our 50 plus staff. We have many therapists with many different specialties. We focus on a functional approach for children of all abilities. We believe in a strong home program, it is these daily functional exercises that help the child progress faster. We offer aquatic therapy at our Highland location or at your own pool. "We make therapy fun".

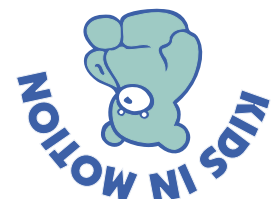


WE CARE ABOUT YOU AND YOUR CHILD!

Call us today for a free consultation at

248-684-9610

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