

Step by Step: Baby!

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The position of a baby's head is critical in vision development.

Plenty of good resources exist for parents including great books on child development that tell you what your child's milestones are. However, they don't tell you how to ensure that your child reaches these milestones, what to do if he or she misses them, what the repercussions could be, or how and where to get additional support if it is called for.

Baby classes will be presented in small groups, providing hands-on instruction to promote early motor development, improve tummy time for waking hours, and prevent flattened areas of the head and tight neck/trunk muscles.

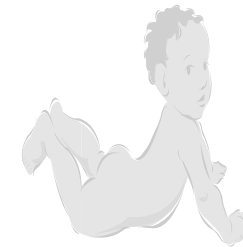
Step by Step: Baby!

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Step by Step: Baby!

Learn what
matters most to
your baby in the
first 9 months of
life



Head's Up Babies!

Tel: 585-427-2977
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6 classes to give your baby the best possible start!

You will be able to:

- Teach your baby to move through play
- Use different positions for play and understand why offering different positions is important
- Use a variety of toys at the appropriate age & household items for toys
- Know when to use baby furniture for play and/or positioning
- Recognize the importance of using a variety of sensory experiences to enhance your baby's play
- Use baby massage to enhance development
- Use proper positioning to decrease the potential for flattening of the head and tight neck/trunk muscles
- Improve tummy time when awake
- Prepare your child for using a cup and eating solid foods

6-Class schedule:

Class 1: Positioning/Carrying your baby

Class 2: Sensory stimulation/Tummy time

Class 3: How/when to use baby furniture and toys

Class 4: Baby massage/Feeding tips

Class 5: Fine motor skills—reaching, grasping, shaking, banging, and simple signing

Class 6: What are the next developmental steps to look for?

Facts about infant development:

- **Because tummy time can be uncomfortable, babies sometimes cry and parents may become reluctant to encourage play in this position, which can result in developmental delays**
- **Tummy time is one of the most important developmental positions and can be modified in many ways for success and comfort**
- **Keeping babies in car seats, swings, and bouncy seats for long periods can promote flattened areas on the head and tight neck muscles, which can impact motor development, oral-motor skills, and vision development**
- **Preterm infants have traditionally been considered at risk for positional deformities and delayed development. During the last decade, however, similar problems have increasingly been documented in normal infants born at term gestation since the “back to sleep” campaign began in 1992 for prevention of SIDS****
- **Positioning an infant appropriately is one of the easiest ways to provide postural support that has both an immediate and lasting impact on an infant's development***
- **Proper positioning can prevent muscle tightness and asymmetry***
- **Proper positioning can enhance infant self-regulation and physiologic stability***



Most babies learn to stand and walk between 9-16 months of age.

****Effect of Sleep and Play Positions on Infant Development: Reconciling Developmental Concerns With SIDS Prevention—article**

****“Why Motor Skills Matter”, Tara Losquadro Liddle**

Class schedule/payment information:

Sign up for:	Date/Time	Price
<input type="checkbox"/> Class 1	1/2011	\$30.00
<input type="checkbox"/> Class 2	2/2011	\$30.00
<input type="checkbox"/> Class 3	3/2011	\$30.00
<input type="checkbox"/> Class 4	4/2011	\$30.00
<input type="checkbox"/> Class 5	5/2011	\$30.00
<input type="checkbox"/> Class 6	6/2011	\$30.00
		Subtotal: _____
		Tax: _____
		Total: _____
<input type="checkbox"/> All Classes in series for \$150.00		

Name _____

Address _____

Phone _____

Method of Payment

- Check
 Bill Me
 Visa
 MasterCard
 American Express

Credit Card # _____ Exp. date _____

Signature _____

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