

QUARTERLY NEWSLETTER

Key Rehab Associates, Inc. | January - March 2022 | Vol. 2 Issue 1

STARTING 2022



At Key Rehab, we decided to reign in the New Year with a Quarterly Newsletter. We hope the information provided will benefit you in some way. This issue focuses primarily on the kids - specifically, ways we can all contribute to their development and safety. We will publish the next quarterly issue within the months of April-June, but until then... *Happy New Year!*

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Toys, toys, and... more toys!

HOW YOUR CHILD'S CHRISTMAS TOYS CAN FACILITATE GROWTH



Is there more to the building blocks, doll houses, scooters, and even the iPad that Santa left with you? *(Yes!)*

There is no secret knowledge or degree that is required for you to facilitate speech, language, sensory, and physical growth when playing with a child.

As long as you are present and engaged, your child is growing! As you play with dolls, action figures, kitchen supplies, etc., you are modeling routines, greetings, conversations, procedures, and expanding vocabulary. Allow them to follow your lead, talk through everything you do, and encourage their participation.

The more information we introduce to a child, the more their brains soak up this information and become independent when following directions, understandings/interacting with others. Encourage them to burn energy on toys that build strength and stability (bikes, scooters, etc.), feel various textures (homemade slime, play-doh, etc.), play games that require following directions, pretend writing (even scribble) and read books by shared book reading (reading left-to-right, turning pages, etc.).

Upcoming Events

2ND ANNUAL Eggccessible Eggstarvaganza

DATE: APRIL 2ND

TIME: TBD

PRICE: FREE!

LOCATION: CORNERSTONE CHURCH

Join the fun and enjoy face painting, games, pictures with the Easter bunny, and more! The activities will be wheelchair accessible. Tune in to the Key Rehab Facebook and Instagram for details to come. The event will be outdoors and we encourage face masks for those who would feel better protected.

New Year, Newly Revamped Website

CHECK OUT WWW.KEYREHAB.NET

If you have a question regarding the services we provide or want to learn more about the members of our team, visit our website! You can also find helpful tabs such as 'Before You Visit,' which provides you with the documents necessary to make your visit go as smooth as possible. Properly get to know us, our values and our story, gain access to each quarterly Newsletter, and more.



CAR SEAT & BOOSTER SEAT SAFETY

If this heading made you yawn, keep reading. **Ignorance isn't bliss when it comes to car safety and kiddos.**

Fact: Automobile accidents are the leading cause of death among infants and children in the U.S.

- The good news - **According to the National Highway Traffic Safety Administration (NHTSA), a properly used car seat can reduce the risk of death for a child by 71%.**
- The bad news - **46% of car seats and booster seats are used incorrectly.**
- These statistics are eye-widening because they prove that when it comes to safety, *even our best efforts are limited to the best of our knowledge.* Therefore, **increasing our knowledge of car seat and booster seat safety is the most effective way to improve our child's safety.**
- Here's How: The NHTSA provides thorough instruction for car safety and recommendations for the best car seats and booster seats to meet your individual needs broken down by age (from birth to 12 years) on their website at www.nhtsa.gov.
- The answers to your questions about which way to face a car seat, installation, and the process of choosing the right one can all be found on their website. Videos are included for additional instruction.
- Remember: Even the most cautious driver is not exempt from being a victim of car wrecks. Let's hold ourselves accountable for expanding our knowledge and skillset to keep children safe. Be an advocate for children by sharing your knowledge with others.

Highlighting Milestones: Fine Motor Development

Clap hands together
Wave good-bye
Build 2 block tower
Scribble with crayons on paper
Scoop objects with spoon

12-18 mo.

Manipulates play-doh
Can turn doorknobs
Pick up small objects with index finger and thumb
Makes snips on paper with scissors
Will wash hands independently

2 yr

Put rings on peg and remove rings from peg
Can turn one page at a time
Begins holding crayon with fingertips and thumb
Begins to cut paper with scissors (close to 2)

18 mo. - 2 yr

Can open loosely wrapped packages

Will fasten and unfasten large buttons
Can draw circle after being shown model
Cut paper in half
Sorts objects
Can cut along a line within 1/2" accuracy
Copies prewriting lines of vertical, horizontal, and circular shapes
Will string 1/2 inch beads

3 yr

