



Beyond News

Issue No. 1

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Amber, DPT (left) and Stacey, DPT (center) show local mom how to position baby for play at their first-ever babies&BEYOND series. To learn more about this series, please see the Beyond Boundaries Facebook Event Page. To sign up for one of these classes, please email laura@beyondboundaries.us

babies&BEYOND series launched

Stacey Reek, DPT and Amber Aakre, DPT bonded over having their first child around the same time. This shared experience gave many opportunities for discussion and analyzing over milestones reached.

It also prompted them to think about the fact that they, as physical therapists specializing in pediatrics, have this knowledge, but realized that the general public may not. Flash forward

to early 2022. Amber and Stacey collaborated and created educational content on the first year of life focusing on positioning, play, container use, and sleep. They want parents and caregivers to feel confident and prepared to care for their baby. One participant said: *"I found it helpful to go over all the stages, not just the one he's in and LOVED the hand-outs to bring home."*

Stay tuned for additional topics and other areas of pediatrics coming soon!



Featured Articles

We are excited to see YOU in 2022!

Q & A with House of Everyday Learning:

Q: What is House of Everyday Learning?

A: HOEL is a local non-profit that was designed to "bridge the gap" and take away barriers related to pediatric therapy in our community. We wanted to offer unique ways to reach the children that might not be able to afford or qualify for traditional services. We are lucky enough to have Beyond Boundaries as a partner, and they are able to provide Occupational Therapists to facilitate our camps.

Q: What camps does the HOEL offer in 2022?

A: We are so excited to offer 4 camps this year; each with multiple sessions! Let's Grow OuTside (nature camp), Social Connections (social skills camp), Sensational Tykes! (sensory exploration camp for toddlers) and "Young Adult Living Skills" (community skills practice). We tried to cover a wide range of ages and skills to support the youth in our community!

Q: Does my child have to be attending services in order to attend camps?

A: Nope! These camps are open to the public and are designed for all ages/abilities. We are proud to say we are able to adapt for various needs, and we welcome any child!

Q: Where to I find information to sign up?

A: www.houseofeverydaylearning.com has the registrations, information on each camp, and scholarship forms (financial assistance is provided if a family is eligible and if funds are available.)



These preschoolers enjoyed their very own fort that they built while attending "Let's Grow OuTside" camp

Interested in more camps? Go Beyond Preschool has Science Week, All About Animals Week, and Water Week. Check it out! gobeyondpreschool.com



FUN FACTS!

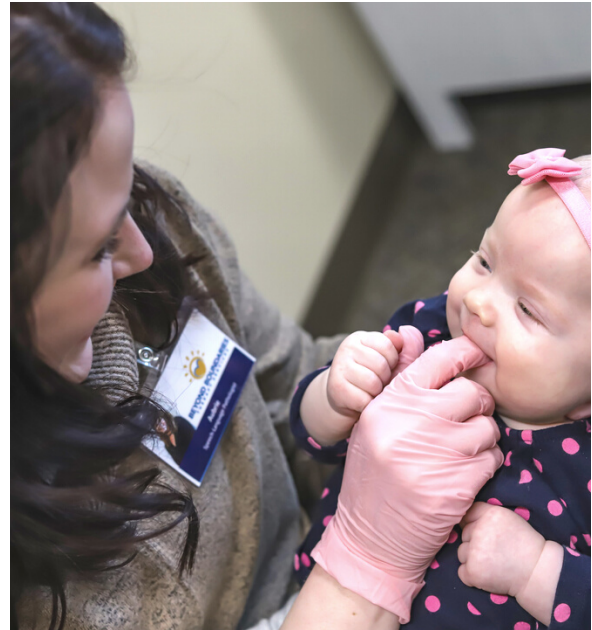
What do all these abbreviations mean?

OT: Occupational Therapy

DPT: Doctor of Physical Therapy

SLP: Speech-Language Pathologist

CLC: Certified Lactation Counselor



Aubrie Hall, SLP screens an infant for tongue-tie concerns

Common Signs of Tongue Tie

- Weak or shallow latch
- Painful latch
- Gagging, coughing, sputtering
- Lip blisters
- Spitting up/gassy/colic
- Leaking milk out of the sides of the mouth
- Clicking sounds while nursing

email info@beyondboundaries.us to inquire about a free screen!

It's Worth Noting...

Holly Osborn, OT, attended the Children's Conference in Orlando, FL in Dec. 2021 to present on pediatric incontinence.

Kat Dennison, DPT is now certified in pediatric incontinence programming.

Jessica Stetcher, SLP, CLC is now a Certified Lactation Counselor. Email lactation@beyondboundaries.us for a free consult.

Valerie Stevenson, OT and Katie Havelka, COTA, attended the American Hippotherapy Association Conference in Colorado in March 2022.

Amber Aakre, DPT has completed the coursework to utilize equine movement for physical therapy sessions.

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