

Recognizing & Treating the Infant with Developmental Delays

Jenna Zervas, MSPT



Jenna received her Masters of Science degree in Physical Therapy from Washington University in St. Louis, Missouri.

Jenna worked as a pediatric Physical Therapist at St. John's Medical Center in Tulsa, Oklahoma. There she pioneered the hospital's inpatient, outpatient, and neonatal Intensive Care Units pediatric therapy programs.

Much of her outpatient practice was spent caring for children following their release from the hospital. Jenna found that many of the cases of delayed development and clumsiness could have been prevented with constructive play-time activities. Her research led to the development of the Baby Builders exercise program.



ProKids, Inc., (A on the map) is conveniently located at 77th & Shadeland Avenue (near Community North Hospital). Enter the Hillside Business Complex from 77th Street (look for the M&I Bank).

ProKids, Inc.
6923 Hillside Ct.
Indianapolis, IN 46250
(317) 472-5602
(877) 434-6085

Recognizing & Treating the Infant with Developmental Delays



**Two Workshop Sessions
for Professionals Working
with Infants**

**Thursday, December 2, 2010
8:00-12:00 or 1:00-5:00**

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6923 Hillside Ct.
Indianapolis, IN

Audience

First Steps providers (PT, OT, SLP, DT), nurses, home visitors and child care providers working with infants at-risk or experiencing developmental delays will benefit from this workshop.



Workshop Objectives

- Learn to assess/recognize hypotonia, hypertonia, asymmetry, delayed motor skills and poor postural control.
- Understand postural control and how to identify weakness in the postural control musculature.
- Gain an understanding of how to incorporate the Baby Builders program into the infant's activities of daily living.

This workshop provides four (4) hours of continuing education and .4 First Steps credential points. Certificates of attendance are provided to all participants.

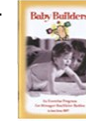
Workshop Materials

All participants will receive the Baby Builders book and DVD. The DVD contains detailed video instruction by Jenna Zervas, MSPT that can be shared with families. The Baby Builders book includes purpose of each exercise, detailed "how-to" instruction, correction for undesired movements, photos and developmental milestones for babies birth through walking.



The Baby Builder's Program was designed to help "at-risk" infants, preemies, and infants born with physical challenges (Down Syndrome, Cerebral Palsy, etc). The exercises in Baby Builders specifically build strength in the trunk (for control of posture), hips, shoulders and tummy. These muscles are most often weakest in children who are at risk or behind in their motor skills. Bad movement patterns and muscle imbalances often must be corrected before the actual delay can be treated. This not only further delays motor skills, but also cognitive development. Many problems could be prevented or significantly reduced with some simple, constructive playtime activities.

The first year is especially critical because as the baby learns to move, his environment begins to expand, which allows more cognitive, fine motor, and visual development to occur. Premature infants are not the only babies at risk. All babies are spending more and more time in car seats, carriers, swings, bouncers and walkers which can slow development.



**Two Hands-On
Workshop Sessions
8:00am to 12 noon
or
1:00pm to 5:00pm**

All participants are asked to bring a large, soft doll baby for practice. Additionally, each half day workshop will include two hands-on instruction sessions with babies 3 months and 9 months of age.

Space is limited - Register now!



Registration, including DVD and Book is only \$139.

Register online at www.utsprokids.org

Questions....

Contact UTS-ProKids at:

(317) 472-5602 or (877) 434-6085
Email: registration@utsprokids.org