



The

Kidz Lounge

Related Services, LLC


www.confidentkidzny.com

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Howard Beach NY 11414

(718) 848-0875

kidzlounge.netthekidzloungenyny@gmail.com
www.languageloungenyny.com

Check out our
website
kidzlounge.net



Empowerment Workshop For Teen/Tween Girls

We are excited to be one of the 3 locations to offer this wonderful experience.

An empowered girl is successful, not only in the classroom, but in all areas of her life.

Thursday
Tweens 4:30-5:30
Teens 6:00-7:00

To register and for more info visit
lessonsformydaughters.com

**THE KIDZ LOUNGE WILL BE CLOSED
FOR SPRING BREAK
MARCH 30- APRIL 8.**

UPDATE ON KIDZ CLASSES

Special Touch yoga (Sun) - 1-2 spots left
Mommy and Me group (Fri)- New session starting April 13th
3-4 y/o Painting Class - 1 spot left
4-8 y/o Painting Class (Mon) - 2 spots left
8-12 y/o Painting Class (Mon) 4 spots left
Sensorimotor (Thurs) - 2 spots

Ladies
Shopping Nite
April 27th

Free Gross Motor screens

We are now offering free physical therapy screenings to assess the gross motor skills of children ages 3months to 4 years old. The Peabody Development Motor Scales 2nd addition will be used to look at the various age appropriate skills.

Weekend Therapy

We have a few spots available for occupational therapy on Saturday afternoon.

2ND ANNUAL CDH 5K

Saturday, April 28, 2018

ROCKAWAY BEACH BOARDWALK, 102ND STREET

9:00am to 10:15am | Race Registration
Registration and bib pick up at Community House

10:30am | Diaper Dash

10:45am | Kids Race

11:00am | Adult 5K Walk/Run
Carriages are welcomed

COMPLIMENTARY BEER TO FOLLOW AT
COMMUNITY HOUSE

101-19 Rockaway Beach Blvd, Rockaway Park, NY 11694

For Additional Information Contact Jean Marie Williams at 646-335-6349
or visit:

WWW.ROCKAPULCORUN.COM



Ms Sheila will be offering a music together class at The Kidz Lounge.

Saturday 9:30

www.sheilasings.net

Email: sheilasings@gmail.com

Yoga with
Maggiepoje@gmail.com

Ms.Maggie
Saturday
AM

Torticollis



The following techniques will help to decrease the torticollis as well as strengthen your infant's neck and shoulder girdle.

Positioning: When sleeping on his/her back or when in a reclined position, try to position your child's face away from the affected side. This can be achieved with a towel roll or by rolling a soft blanket. When feeding your baby be sure to switch sides; don't just feed to one side. Hang the Mobile or hanging toy on either side of a stroller or car seat to encourage head rotation to both sides.

Tummy Time: Placing your child on their tummy and encouraging him to lift and rotate his head. Encourage her to lift up onto her arms and reach for toys.

If child is not yet tolerating tummy time, Lay your baby on a safe flat surface with a towel roll or boppy pillow under their upper trunk and encourage head lifting.

Positioning

The foot ball carry – hold baby in front of you. If the babies tight side is on the right, use your left arm around babies torso and onto her right shoulder. Use your other hand to gently push her head to the left.

- If baby is small enough hold baby in front of you with his belly across your forearm turned to his tight side.

Play while in a sidelye position on shortened side. Encourage head lifting using toys to strengthen opposite side.

Place babies face against your chest with chin turned to the opposite side.

Hold the baby at the trunk up above you, tilt side to side and encourage head movement.

With the baby laying down support him at the trunk/waist and gently pull him up allowing him time to activate his abdominals and pull head up

Find more information on our website.



Mommy and Me Fridays

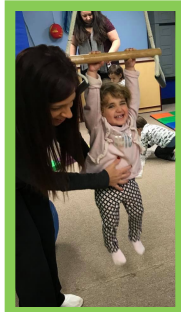
8-12 months 9:30-10:30

12-30 months 10:30-11:30

Starting April 13

Email:

thekidzloungeney@gmail.com



ShannonMarie Caparatta, DPT received her Doctor of Physical Therapy degree from Stony Brook University in 2017. During her schooling, she spent several months shadowing PT Director, Heather Hurley-Cook, and obtained a position at Kidz Lounge shortly after graduation. Shannon currently works with children in pre-schools and adults, specifically in an outpatient setting. She is also also has a MOVE International certification.

Shannon enjoys being a dance teacher for children of all abilities. She has been dancing since she is 7 years old and loves to share her passion with her students. She also enjoys spending time with her family and soaking up the sun on the beach.