



## Early Intervention

Preventing postural  
and movement  
difficulties before  
they happen...



## Enroll today

Sign Up by emailing me at  
[janethale@pacephysio.com](mailto:janethale@pacephysio.com)  
Sign up for 1, 2 or 3 classes  
Visit my website for other  
information.  
[www.pacephysio.com](http://www.pacephysio.com)

-  **Infant**
-  **Motor**
-  **Develop**
-  **Classes**

## PACE Physio Vision

Provide family based physiotherapy to infants, children and youth.

Provide early intervention - to prevent postural and movement difficulties.

Offer evidence based practice - linked to "best practice".

Respect family choices and decisions. Value the family and child dreams.

Play based physiotherapy - have fun, develop, play with peers, functional play.

**"Helping Infants, Children & Youth achieve their dreams**

**CLASSES "LIVE" IN THE PARK OR ONLINE  
TODDLER CLASSES UPCOMING**

## Why Register

- Tips for New Parents
- Preventing postural difficulties before they happen.
- Promoting healthy development

## Our Classes

### EARLY INFANCY BIRTH TO 3 MONTHS

**Class Focus:** practical experience with...  
Back to sleep, tummy to play.  
The different ways to do tummy-time.  
Preventing head tilts, head flattening.  
Sleep-time & positioning  
Carrying & Lifting  
Positioning - car seat, stroller

### 4-6 MONTHS CLASS

**Class Focus:** experience with...  
Stimulating rolling - tummy to back; back to tummy.  
Tummy-time play  
Play on the Exercise Ball  
Tips to prepare for sitting control  
Purposeful play  
Infant Equipment - pros & cons  
Lifting & Carrying; Wearable carriers

### 6-12 MONTHS CLASS

**Class Focus:** experience with...  
Tips on stimulating moving in & out of sitting, crawling, early standing  
Play to both sides, asymmetries, bottom scooting  
What is tone; hypotonia, stiffness  
Purposeful Play: early learning & social communication.