

Parenting Potentials

news & updates

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"Meet your child where they are at, not where the world expects them to be."

Shoshana Newman, PT
Director, Pediatric Potentials



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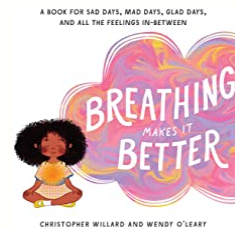


Chasing the Winter Blues Away



Here are a few fine and gross motor activities to keep you from feeling like a couch potato on days you can't go out to play..

- Musical towels
- Play some beach music



**Breathing
Makes It Better:**
A book for sad days, mad days, glad days, and all the feelings in-between

by Christopher Willard and Wendy O'Leary

- Yoga on the beach
- Limbo contest
- Hula dance
- String a fruit loop Lei necklace
- Balloon volleyball
- Pretend sunscreen using lotion
- Play with kinetic sand
- Make tropical fruit shish kebab

Read aloud and breathe along with this sweet story teaching children how to navigate powerful emotions like anger, fear, sadness, confusion, anxiety, and loneliness.

Make Fake Snow



Looking for a fun indoor activity to entertain your kids this winter? Make fake snow for sensory play using two edible ingredients—and it will actually be cold to the touch!

Ingredients:

- baking soda (about 1 cup)
- ice cold water

Directions:

- freeze baking soda overnight
- pour frozen baking soda into a big bowl
- slowly pour in some ice water, one tablespoon at a time, mixing with a metal spoon between each addition
- keep pouring until the fake snow reaches the consistency you want

Once the water is mixed in, you'll have instant snow...

[More Info](#)

Cakes4Kids



Cakes4Kids bakes and delivers free birthday cakes for underserved children who might not otherwise receive one

[Visit their website](#)



Thank you to all who donated soup helping Livingston Neighbors Helping Neighbors!



[Visit LNHN website](#)

Everything and How do I Reduce it?



Chewing is an oral sensory seeking response and typically involves the proprioceptive system (deep pressure), gustatory system (sense of taste), and tactile (sense of touch). It can have a calming and regulatory effect for many children and adults. To reduce this behavior, try swapping it out for one of these.

- give crunchy snacks
- permit gum chewing
- offer water or thick liquids through a straw
- provide safe, chewable items such as chewelry or a handkerchief
- let them have hard candy (not for under age 3)
- provide heavy work throughout the day

What You Need to Know about Toe Walking

- A typical skill that emerges around 30 months
- Serves as a way for baby to find stability in early standing
- Excessive toe walking can indicate sensory sensitivities
- If your child cruises on tip toes, lower the surface
- Prolonged toe walking can lead to tight heel cords and low back pain
- Toe walking more than 50% of the time is not typical and should be evaluated



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