

Parenting Potentials

news & updates

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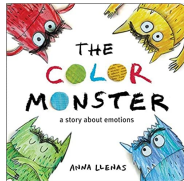
- Make holiday time easier for families
- Encourage your baby to move
- Balance milestones
- Book corner
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"The greatest thing we can do is to let people know they are loved."

Shoshana Newman, PT
Director, Pediatric Potentials

The Color Monster: A story about emotions
by Anna Llenas



As this adorable monster learns to sort and define his mixed up emotions, he gains self-awareness and peace as a result.

Everyone will enjoy sharing this concept book that taps into both socio-emotional growth and color concepts in a simple, friendly way.

[To learn more](#)



Managing Your Child's Stress and Anxiety During The Holidays

The holidays can be a fun and joyous time but also a very busy one that can lead to stress and anxiety for the whole family. Changes in schedules, routines and bedtimes can be particularly challenging for children.

As a result, kids may feel anxious and experience increased stress which can lead to meltdowns. Here are some tips to lesson the stress of the holidays for the whole family.

- Set a calm example
- Manage your expectations
- When possible avoid triggers such as crowded malls, uncomfortable clothing, noisy situations, bright flashing lights
- Remember the importance of routine
- Let your child know what will be happening or better yet involve them in the planning
- Be mindful of what they eat
- Keep your child moving!
- Avoid overscheduling
- Practice your breathing exercises
- Have your child help you- wrap presents, cook, bake, decorate
- Focus on helping others

Busy Cube

The busy cube aims at promoting the development of sensory and fine motor skills and provides endless sensory stimulation and



entertainment.
Best for ages 3+
[More Info](#)

Toilet Roll Trees



Supplies
toilet &
paper
towel
rolls, scissors, craft paint

1. flatten the cardboard rolls a little
2. draw your tree shape on the cardboard & leave a bottom for your tree to stand up
3. cut around the lines making sure to have the roll still connected on some part of the tree
4. fluff out your tree so the bottom part is rounded again and can stand up
5. paint your trees & be creative

Encourage your Baby to Roll

Babies are not lazy. If your little one seems stuck, or is struggling to move, there is a reason. Babies have an innate drive to learn and explore which happens through movement. If your child isn't reaching their milestones, please consult with your pediatrician or a therapist.

Here are some simple ways to encourage rolling:

- TUMMY TIME- tucking arms in will help
- Encourage reaching for toys by placing them at their sides and not directly in front of them
- Minimize time spent in baby equipment
- Use a toy, music or your face to promote having baby turn their head
- While baby is on their back, encourage them to reach for both feet (try placing a folded towel under their bottom)
- Roll them from side onto back with each diaper change
- Try initiating the roll, then let them complete on their own and give praise
- Play in sidelying
- Facilitate rolling to both sides



How to Assess Child's Balance

Acquiring and practicing balance is an important part of a child's motor development. Balance is the ability to distribute your weight in a way that lets you stand or move without falling. Static balance is the ability to hold your body in a specific position or posture whereas dynamic balance is the ability to maintain alignment while moving your body. If you have concerns regarding your child's balance, consult your pediatrician, or a physical or occupational therapist.

Here are some guidelines for static balance. Have your child stand on one leg and track how long they can balance. Guidelines suggest -



7 Activities to Improve Balance

- Wheelbarrow walking
- Hopscotch

- 1 year old: 1 second
- 2 years old: 3 seconds
- 3.5-4 years old: 8 seconds
- 6 years old: 10 seconds
- 8 years old and older: 30 seconds

- Bike riding
- Stepping on pillows or cushions
- Freeze dancing
- Yoga
- Jumping, hopping, galloping, skipping

Holiday Gift Guide

Need some gift guide ideas? Check out our curated list of items by age group.



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