



Parenting Potentials

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Happy New Year! Let's toast to yesterday's achievements and tomorrow's bright future.

Shoshana Newman, PT
Director, Pediatric Potentials



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JUST A LITTLE HEAD TILT?

Persistent head tilt is often called torticollis. If left untreated, it can result in :

- difficulty breastfeeding
- delayed motor milestones such as rolling
- decreased tolerance for tummy time
- head shape asymmetry or flat spot
- tightness or tension in other body parts



If treated within the first three months of age, torticollis will typically respond more rapidly. Treatment later may take longer to resolve and may have associated difficulties. Please consult a physical therapist if you have any questions or concerns.

Contact Shoshana Newman
PT

What does Developmental Coordination Disorder Look Like?

- delays in meeting motor milestones
- difficulty imitating movements
- struggles with bilateral coordination
- reluctance to try new activities
- has a hard time with verbal commands for movement
- frequently falls or trips
- prefers to watch children play rather than play
- lacks ideas for creative play



**What is
Developmental
Coordination
Disorder (DCD)?**

Visual Tracking "Red Flags"

- loses place when reading
- re-reads or skips words or lines
- omits, substitutes, repeats, or confuses similar words when reading
- must use finger to keep place when reading
- poor reading comprehension
- short attention span
- difficulty comprehending or remembering what is read
- confusion w/interpreting or following written directions
- writing on a slant, up or down hills, spaces letters and words irregularly
- confusion with left/right directions
- persistent reversals of letters (b,d,p,q) when naming letters
- reverses letters when writing (persistent reversals after 2nd grade)



Home to Make Playdough

Ingredients:

- 2 cups all purpose flour
- 3/4 cup salt
- 4 tsp cream of tartar
- 2 cups boiling water
- 2 TBS vegetable oil
- a few drops of food coloring



Directions:

In a plastic bowl, whisk together flour, salt and cream of tartar. Make a well in the center of the bowl and add the oil, boiling water and food coloring. Let playdough cool completely before playing with it.

Special Dragons Karate

Karate has numerous benefits including:

- builds confidence
- encourages self discipline
- promotes a healthy body

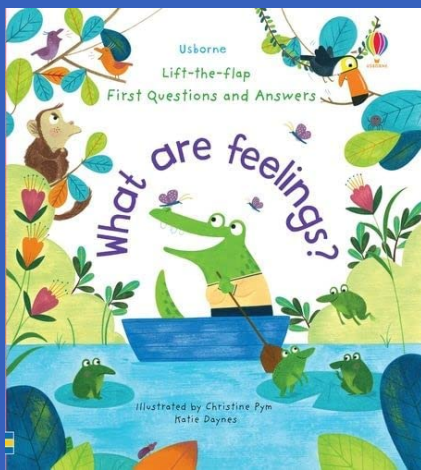
- teaches self defense
- increases body awareness
- helps with regulation
- develops focus and attention



Special Dragons classes, taught by special education teachers and black belts welcomes all children to this fun activity. Classes use basic karate techniques to make each child feel like a star.

There are three locations. Union, Belleville and Jersey City.
For more information contact:

George@specialdragon.us



[Buy Here](#)

What are feelings? **book by Katie Daynes**

This thoughtful book explores happiness, sadness, anger, fear and worry in a friendly and approachable way. Adorable animal characters experience different emotions, while imaginative flaps answer important questions such as 'Why don't I feel happy all the time?' and 'How can I cheer up my friend?' Introduces useful ways to counter stress and anxiety.

Pediatric Potentials | 973-535-5010
www.pediatricpotentialsnj.com

