



# Parenting Potentials

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"Play is the work of childhood."  
Jean Piaget



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### In this Issue:

- Tips for regulation
- Shoshana's favorite toy for March
- Does your child need to strengthen their core?
- 10 books to help kids move
- What is a Snuggly Buddy?
- Edible sensory foam

## Tips for Regulation

When children are upset or overwhelmed, they look to caregivers to show them how to calm down and manage sensory input.

Sensory regulation is the ability to match the response of the stimulus to the activity.

Here are 12 ways to help your child with regulation.



lower your body position



lower your voice



soften your facial expression



model deep breathing



do heavy work together



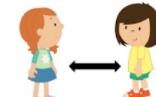
walk outside



offer deep pressure



move your body together



give personal space



model a preferred sensory activity



dim the lights



Shoshana's Favorite Rattle - NogginStik

The NogginStik is a fun, engaging rattle for infants through 12 months. It provides multi-sensory stimulation. It lights up a soft red, blue and green to promote visual stimulation and encourage visual tracking skills. The base of the NogginStik makes a soft rattle sound to please the ears. It has an easy to hold handle for mastering grasping and fun textures to delight the sense of touch.



## Does your Child Need to Strengthen their Core?

1. Slumps while sitting in chair
2. Leans head on one hand or desk while writing or reading
3. Leans on furniture/people when standing
4. Avoids the playground and sports
5. Difficulty sitting in a seat or on a rug without support
6. Difficulty with/dislikes fine motor control
7. Delayed gross motor milestones
8. Hard for them to stabilize their body during dressing and self care (pants, shoes, socks)
9. Prefers W sitting position for play
10. Can't keep up with peers as in delayed endurance



## 10 Books Designed to Get Kids Moving

1. *Dancing Feet!* by Lindsey Craig
2. *We're Going on a Bear Hunt* by Michael Rosen
3. *Barnyard Dance* by Sandra Boynton
4. *From Head to Toe* by Eric Carle
5. *Move!* by Robin Page
6. *Wiggle* by Doreen Cronin
7. *You are a Lion* by Taeun Yoo
8. *Can you make a Scary Face?* by Jan Thomas
9. *Clap your Hands* by Lorinda Bryan Cauley
10. *Clip-Clop!* by Nicola Smee



## Snuggly Buddy - Mom Invented!

- The idea came from trying to find a way to help her own little ones sleep safely and soundly as babies
- Snuggly Buddy is award winning - Mom's Choice Gold Award, for

- children's product of excellence
- Babies grow fast and Snuggly Buddy grows with them featuring adjustable snaps
- Snuggly Buddy has zippers fully down both sides, allowing the wearable lovey blanket to open flat, getting baby in and out with ease
- Snuggly Buddy donates fabrics to Project Linus! An organization that helps make blankets for babies and kids in need



Use the Discount Code: **Pedpotentials15** for 15% off

## Recipe for Edible Foam



### Perfect for Sensory Play

Ingredients:

- 1 can of chick peas
- 1/2 tsp cream of tartar
- food coloring - optional

Step 1: drain can of chick peas and save the liquid for the recipe (beans can be reserved for another use)

Step 2: Add cream of tartar

Step 3: Add food coloring and mix for 5-10 minutes with a whisk or electric mixer until stiff peaks form

Step 4: Once you reach the consistency that is similar shaving cream you are ready to play!

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