



Parenting Potentials

March 2022

Although mask mandates in certain situations have been lifted, this does not apply to health care settings. We still require all individuals aged 3yo and up to wear a mask when entering our facility.



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Hang in there. Spring is almost here!

~ Shoshana Newman, Director, Pediatric Potentials

Fun and Games



10 Super Fun Unplugged Indoor Activities for Kids

1. indoor bowling - use common household items such as water bottles for the pins
2. create a blanket fort using chairs and tables
3. shaving cream fun in the bathtub
4. cook/bake
5. make slime
6. indoor campout
7. flashlight tag
8. card games
9. learn a magic trick together
10. obstacle course

Puzzles with Purpose

Why do therapists love puzzles so much? In the current age of technology, puzzles may seem old fashioned, however they are a powerful tool in skill building. Puzzles are helpful in developing fine motor skills, hand-eye coordination, problem solving, focus, attention and spatial skills. They can also be an excellent social and together time activity for the family.



Benefits of Ball Pits

Ball pits are a fun sensory experience that offer many therapeutic benefits including body awareness, motor planning, proprioception, and tactile input. They can provide a calming space for children as well as work on their eye hand coordination, visual scanning skills and motor development.

CDC Updates Guidelines

For the first time since 2004, the CDC has changed the checklist of



developmental milestones for infants and young children in order to make identifying delays easier. These delays could be a sign of autism or other social/developmental-communication differences. The updates made with the American Academy of Pediatrics, raised the percentage of children who typically meet certain milestones from 50% to 75%. The expectation is that the **majority** of children should be capable of certain behaviors and achievements at specified ages.

The CDC has also added developmental milestones at 15 and 30 months. Further, crawling has been eliminated as a milestone. In the past, I have written about the importance of crawling. I caution parents to trust their gut, and discuss any concerns with their pediatrician and/or therapist. **Intervening early is always best and "wait and see" is not the answer.**



Chuck E. Cheese
Sensory-Friendly Sundays



Chuck E. Cheese offers a sensory-friendly experience on the first Sunday of every month at participating locations

- Stores will open two hours before their normal opening time
- Trained and caring staff make sure each guest has a fun experience
- Reduced lighting and noise
- Food and game options
- Limited appearances by Chuck E.
- All ages and siblings welcome
- No admission fee

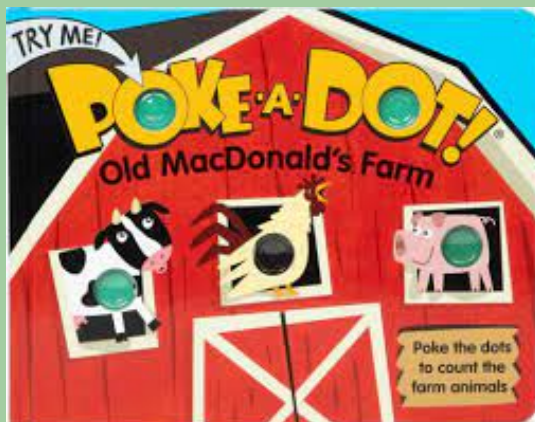
Locations

Minecraft Fans

Minecraft exhibition launches a world tour at the Liberty Science Center. Minecraft fans can enjoy an immersive, interactive experience, stepping into the world of the game and surrounding themselves with blocky life size characters. The exhibit runs now through September 5, 2022. Please note that this is a premium exhibit with an added admission fee.



Poke-A-Dot! by Melissa & Doug



A series of books that encourage interaction and rich language experiences. Reading interactive books together can promote language development.

These books are a great alternative to screen time. *Poke-a-Dot* books encourage language development, counting, and fine motor skills.

