



# Parenting Potentials

April 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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~ Shoshana Newman, Director, Pediatric Potentials



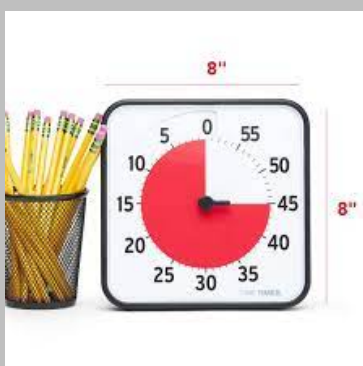
## Sneaker Fundraiser for Autism

Help Pediatric Potentials fundraise for [gotsneakers?](#), a sneaker recycling program that collects sneakers and donates funds to different nonprofits.

We are donating the funds we earn to [POAC](#), a nonprofit helping the autism community.

Bring your sneakers, tie shoe laces together, and put in the dropbox in our waiting area before May 25th.

## Tips to Help with Transitions



These techniques when used consistently can help reduce anxiety and give a sense of predictability to transitions

1. Use a timer. Time is an abstract concept, using a timer gives a child a visual of how much time is left before the transition.
2. Allow adequate time for the transition. No one likes to be rushed. Giving a child time to process the transition and move on to the next activity can avoid

- a meltdown.
3. Provide a transition object. Sometimes carrying a familiar object through each transition can add a sense of comfort.
  4. Give your child something to look forward to on the other end of the transition, It helps to know what is coming next.

## Tips to Encourage Walking

Learning to walk is a process. Walking typically occurs between 12 and 15 months of age. One of the best ways to encourage walking is to allow your toddler to explore in a safe environment. Here are some tips to encourage those first steps.

- Leave an enticing trail of toys at their eye level.
- Line up stable furniture to promote cruising.
- Hold her hand for balance. (I always prefer holding the hands at their shoulder height if your back can tolerate that)
- Use a push toy or weight down a pampers box for them to push.



- Do not use seated infant walkers.
- Limit the amount of time they spend in other containers such as activity centers.
- For typically developing toddlers, barefoot is best inside, and comfortable shoes outside.

If you have any questions, contact your therapist.

## Tips to Promote Hand Strength



Hand strength develops over time as a child matures and masters new skills.

Here are some activities to promote hand strength:

The best way to help encourage hand strength is to have your child participate in every day activities and assist them only when necessary.

Grip strength refers to the entire hand being able to grasp an object. Pinch strength relates to the fingers and small muscle of the hand, most specifically the thumb and index fingers. Both are important in developing hand strength for function.

- rolling, squeezing and kneading dough
- squeezing clothespins and spray bottles
- building and stacking with blocks or even measuring cups
- squeezing glue, ketchup or mustard
- popping bubble wrap
- opening packages
- using tongs or tweezers



## Explore Typing Games

These games promote hand eye coordination, challenge kids without risk and teach keyboarding.

- [Typing.com](http://Typing.com)
- [Typinggames.zone](http://Typinggames.zone)
- [Typingclub.com](http://Typingclub.com)
- [Freetypinggame.net](http://Freetypinggame.net)

## Fun with Magic Stix

Magic Stix markers are a revolutionary new product to bring safe, creative fun to your crafts! Magic Stix are guaranteed to bring long lasting color to the page with the cap off for up to 7 days without drying out. With vibrant colors, these washable and non-toxic markers will remain fresh use after use, project after project.



## Create-a-Space Organizer

- STORAGE: All in one storage center features all the space you need to keep clutter free
- MULTIFUNCTIONAL SPACE SAVER:



Carousel style storage center comes with eight removable containers sized for glue sticks, colored pencils, and more

- GRAB AND GO: Each removable container comes with an easy to hold handle, so you can always grab the materials you need
- PROMOTE CLEANLINESS AND ORGANIZATION: Big enough to hold your kids supplies, or hand sanitizer bottles for germ free hands

product link

## Recipe Chocolate Quinoa Bowl



### INGREDIENTS

- 1 cup uncooked white quinoa
- 2 cups unsweetened almond milk, coconut milk or water or combination of liquids
- 1 pinch sea salt
- 2 Tbsp unsweetened cocoa powder
- 2-3 Tbsp maple syrup or coconut sugar
- 1/2 tsp pure vanilla extract (optional)
- 3-4 squares dark chocolate (roughly chopped)

### FOR SERVING

- Mixed berries
- Sliced banana
- Hemp seeds or chia seeds

### INSTRUCTIONS

- Cook quinoa according to package instructions
- Once the quinoa is cooked remove from heat and add cocoa powder, maple syrup and vanilla (optional)
- Stir to combine
- Taste and adjust flavor as needed
- Best when fresh, though leftovers will keep covered in the refrigerator for 2-3 days

This breakfast bowl is incredibly simple, requiring just 7 ingredients, 30 minutes, and 1 pot to prepare.

The amount of protein and staying power in quinoa is hard to ignore - 1 cup cooked contains about 8 grams protein, 5 grams fiber, and tons of iron and magnesium!