



Parenting Potentials

April 2023



The month of April brings multiple awareness campaigns that are near and dear to our hearts. National Autism Month and National Occupational Therapy Month. This is not simply a coincidence but rather a connection.

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"There needs to be a lot more emphasis on what a child can do instead of what they cannot do."

Temple Grandin

Benefits of an Outdoor Scavenger Hunt



Giving your child a scavenger hunt checklist (visual, written, or verbal format) for them to go and collect to tick off, is an enjoyable way of working on many skills all at once. You can incorporate both fine and gross motor skills and so much much more!

Mind and body regulation: giving your child a written, visual or verbal list helps work on executive functioning such as sequencing, organizing and problem-solving. Incorporate clues that gets kids moving e.g. skipping, jumping, or hopping.

Sensory regulation: enhance your kids sensory development by becoming aware of different senses. For example, find something

Scavenger Hunt Adventure Game

Rain or shine, at home or on the go this active game is great for the whole family.



Buy here

green & soft, something wet & cold, or something fast & noisy.

Social skills: make it a group activity so your child practices playing with other children, keeping their body in the group, following the group plan, and using their thinking eyes.

Why We Love Crawling Tunnels

Crawling through tunnels can help to improve: physical strength, mobility, problem solving, concentration, response to stress and moods.

Crawling helps to improve body awareness, works on bilateral coordination, and development of shoulder girdle strength necessary for strong fine motor skills.

Crawling tunnels can help to discourage atypical crawling patterns such as butt scooting.

Crawling tunnels are a great addition to any indoor/outdoor obstacle course.

Finally, crawling through a tunnel is a fun and exciting activity that children love to do. Not only does it provide many physical benefits, but it is also enjoyable and stimulating for them.



Benefits of Sand Play

When your kid plays in the sand, not only are they having fun, but they are doing some major developmental work that helps with fine motor skills such as digging, grabbing, building and tracing.

Sand is great for tactile sensory play and reduces tactile defensiveness (which is when someone cannot handle certain sensations, especially getting dirty). Sand play can also help reduce stress and frustrations.

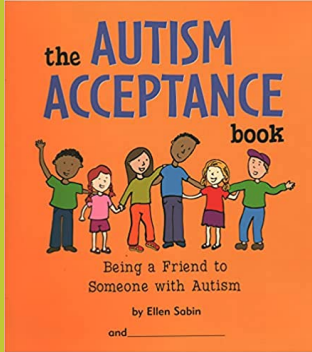
If your child tends to put in their mouth we suggest creating an edible sand box. Blend Cheerios, graham crackers or animal crackers and use this in lieu of sand.



Book Corner in Honor of Autism Acceptance Month

["The Autism](#)

["Why Does Izzy](#)



Acceptance Book" by Ellen Sobin

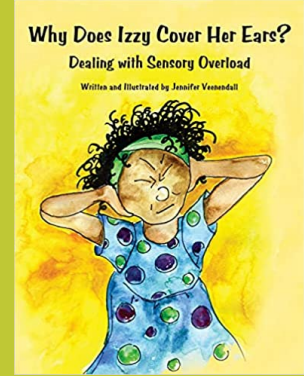
Being a friend to someone with Autism is an interactive, educational and character-

building book that introduces children to the challenges faced by people with autism while also supporting their personal journey toward appreciating and respecting people's differences. The book offers information that invites children to "walk in someone else's shoes" as they learn to treat others the same ways they would like to be treated.

Cover Her Ears? by Jennifer Veenendall

Meet Izzy, a feisty first grader, whose behavior is often misunderstood as she tries to cope with sensory

overload in her new surroundings. This brightly illustrated book creates an environment that is accepting of students with sensory modulation difficulties, including many on the autism spectrum.



Recipe for Peanut Cup Wonder Whip

What is Wonder Whip?

A delicious protein packed healthy dessert where you use Greek yogurt as a base for your flavorings to create a sweet treat similar to soft serve ice cream but much healthier. You can customize it and find your favorite flavors.

Ingredients:

- 1/2 cup 2% Greek yogurt
- 1 T powdered peanut butter or substitute w/ almond, chickpea or coconut flour if there's an allergy
- 1/2 tsp vanilla extract
- 1 tsp mini chocolate chips

Optional add ins:

- unsweetened shredded coconut
- cacao nibs
- maple syrup
- Fruit

Mix all the ingredients together and enjoy!



