



# Parenting Potentials

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"We delight in the beauty of the butterfly, but rarely admit the changes it has gone through to achieve that beauty."

-Maya Angelou

## Reminder: Discuss your Summer Schedule with your Therapist

### Sun Salutations for Kids

Awaken the body and the mind with movement and breath.

Sun Salutation is a series of movements that activate all the muscles in the body. Research shows that kids gain enhanced awareness of their bodies, how it moves and how it experiences emotions.

Yoga creates a sense of calm and can help with focus and self regulation. It also energizes the body, builds strength and flexibility.

Practicing with your kids is a great way to connect, model good exercise habits and provide them with lifelong tools.

# SUN SALUTATION FOR KIDS

## Look up at the sky

Stand tall with your legs hip width apart, feet facing forward, arms alongside your body. Inhale deeply, look up and reach your arms to the sky. Say, "Hello, sun in the sky!"



## Pretend to be a jellyfish

Exhale, bend your upper body, reach for your toes and pretend your arms are jellyfish tentacles. Say, "Hello, jellyfish in the sea!"



## Pretend to be a sand castle

Place your palms flat on the ground, inhale and step your right foot back. Keep your back flat and your chest open, pretending to be a sand castle. Say, "Hello, sand castle on the beach!"



## Pretend to be a dolphin

Exhale and step your left foot back to create an upside-down V. Straighten your legs, relax your neck and look down between your legs. Imagine being a dolphin gliding through the waves. Take 5 deep breaths. Say, "Hello, dolphin in the waves!"



## Pretend to be a crab

As you inhale, shift forward, drop your knees, and come to an all-fours position. Imagine you are a crab scuttling across the sand. Say, "Hello, crab on the sand!"



## Pretend to be an urchin

As you exhale, sit on your heels, keeping palms flat in front of you, rest your head on the mat. Bring your arms back alongside your body and imagine being an urchin floating. Say, "Hello, urchin resting on a rock!"



Reverse the steps back to standing. Then repeat the sequence on the left side.

## Sensory Benefits of Outdoor Play

Nature provides opportunities to explore and create. The wide open spaces and change of environment can be a great way for children to enjoy some unstructured playtime.

Nature promotes the use of executive function skills: these are the life skills we use at every age, and help us stay organized and



**The Benefits of Playing Outside**

Playing outside promotes...

- Exploration & Creativity
- Executive Function Skills
- New Sensory Experiences
- Motor Skills
- Relaxation & Emotional Regulation

Children can have new sensory experiences in nature: the sounds of birds chirping, the smell of fresh cut grass, the feeling of warm sunshine -it's all new and helping your little one to learn.

Being outside can reduce feelings of anxiety in children: they focus less on internal feelings of worry or fear. Learning and exploring promotes confidence, which can help reduce feelings of anxiety in the long term.

independent. Children work their flexible thinking skills by testing boundaries and learning how to stay safe while exploring, creating & having fun.

Playing outside promotes physical exercise and motor skill development:

from running to biking to scooping sand, so much of outdoor play includes fine and gross motor movements



## Importance of Summer Routines



For some families summertime can be a cause for stress and anxiety. Most children benefit from a summer routine as a means of knowing what to expect on a daily basis, which can reduce stress and anxiety.

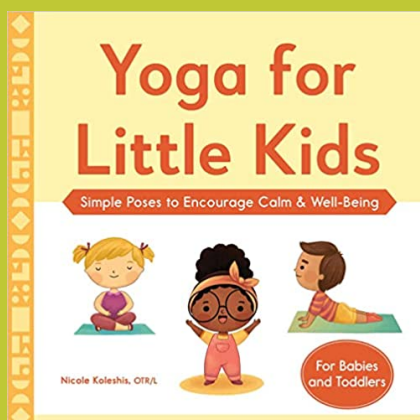
Morning meeting - start your day with a brief family meeting to discuss plans and responsibilities for the day

Consistent wake and bedtime - a consistent sleep/wake routine will keep your child's

body rhythm on track

3. Regular meals and snacks - this is essential to maintain blood sugar levels and avoid the moody moments when your child is low on fuel - include your child in meal planning
4. Plan some down time - avoid overscheduling, kids enjoy summer activities but often look forward to relaxation and "me time" over summer break
5. Assign responsibilities - helping a child feel that they actively contribute to the family unit can help improve self-esteem
6. Keep a visible calendar for the whole family to see

## Book Corner



### "Yoga for Little Kids" by Nicole Koleshis

Even little kids can enjoy the benefits that yoga offers. The book's illustrations feature 20 simple poses and sequences with clever descriptions that are easy for kids to follow. Each pose is designed to help kids learn how to channel their toddler energy into something healthy and relaxing.

This book is written by a pediatric OT and is geared for toddlers and up.

# Recipe for Protein Chocolate Chip Cookies

## Ingredients:

- 2 1/2 ripe bananas
- 2 eggs
- 1 serving protein powder
- 1 3/4 cup quick oats
- 1/4 cup cacao nibs
- 1/4 cup applesauce
- 1/2 tsp vanilla extract



## Directions:

1. Preheat oven to bake 350°.
2. Line a baking sheet with parchment paper.
3. Mash bananas in a mixing bowl.
4. Add egg and protein powder and stir well with a fork.
5. Add oats and mix well.
6. Then add in the cacao nibs & applesauce.
7. Use a tablespoon to measure out portions of the dough and drop them onto the baking sheet. You can shape these into balls and press and flatten each cookie with a spoon.
8. Bake 15 minutes or until lightly browned.
9. Remove and let them cool on a rack.

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