



Parenting Potentials

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"Your phone keeps you close to the people far away but far away from the people close to you."

Author unknown

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Tips for Making the Holidays Less Chaotic

- Resist the temptation to do everything
- Pick and choose which events to attend
- Delegate responsibilities
 - partners can help cook or shop
 - kids can help set the table, decorate or throw away wrapping paper
 - ask guests to bring a dish to contribute to the meal
- Less is more - limit the number of gifts your child gets or opens at one time
- If your child has sound sensitivities, don't wrap the presents, put on a bow instead
- Discuss the days events with your child so they know what to expect
- Have an escape plan - find a spot where your child can retreat if they need a break



Benefits of Movement Songs

These songs combine the joy of music with physical activity, creating a holistic learning experience.



Benefits

- encourages physical activity
- promotes cognitive skills
- strengthens language development
- stimulates emotional expression
- facilitates bonding
- spurs learning through repetition
- introduces concepts of rhythm, timing and rhyming

Favorite Movement Songs

- Head, shoulders, knees and toes
- Wheels on the bus
- Twinkle, twinkle
- Hokey pokey
- Itsy bitsy spider
- Shake your sillies out
- 5 little monkeys
- Open, shut them

How to Lose Gracefully



Losing with grace is a skill that all children need to develop in order to deal with life's inevitable highs and lows.

Here are some strategies to promote good sportsmanship and encourage losing gracefully.

1. Shift the focus: center your conversations around always doing your best and having a good time.
2. Let them win-sometimes: this presents an opportunity for you to display the skills of losing graciously.
3. Be careful with firsts: take turns being first at home so they don't come to expect it in other situations.
4. Read books about good sportsmanship: sometimes kids need to see sore losers in action to understand what it's like when they act that way too.
5. If your child is really upset, walk them through their loss: determine if they need to practice more or if their loss was just bad luck.

Reindeer Sloppy Joes Sandwich



Ingredients:

- Ground turkey or beef
- Ketchup
- Brown sugar
- Worcestershire sauce
- Brown mustard
- Garlic powder
- Salt
- King's Hawaiian rolls
- Decorating - cherry tomatoes, black olives, white sliced cheese, raisins, pretzel twists

Directions:

- In a large saucepan, cook turkey/beef over medium heat until no longer pink, drain
- Stir in the ketchup, brown sugar, Worcestershire sauce, brown mustard, garlic powder and salt
- Bring the mixture to a boil, reduce heat, cover and simmer for 15-20 minutes
- Place sloppy joes on rolls and have fun decorating!

Thanksgiving Scavenger Hunt

WINTER TREASURE HUNT

Wrap up warm and go on a hunt
Can you find everything on this list?

- Icicle.
- Frost.
- Star.
- Christmas decoration.
- Holly.
- Pine cone.
- Pine needles.
- Berries on a branch.
- Footprints.
- Animal tracks.
- Feather.
- Birds Nest.
- Firewood.
- Chimney smoke.
- A frozen puddle.
- A tree without leaves.

- A robin.
- Acorn.
- Snow covered roof.
- Red mittens.
- Pom pom hat.
- Colourful lights.
- Cup of hot chocolate.
- Something red.
- Something cold.
- Something you only see at winter.
- The letter S.
- A dog with a jacket on.
- Someone running in the rain.
- A broken umbrella.
- A shovel.
- Winter boots.

Holiday Gift Guide

Holiday Gift Guide



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