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As always, if you have any questions, comments, or feedback, don't hesitate to [reach out!](#)

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PRODUCT RECALL



BOPPY RECALLS THE ORIGINAL,
PREFERRED & POTTERY BARN
LOUNGERS

[REFUND DETAILS](#)

Pack and Play as an alternative

The pack and play isn't just for sleeping at grandma's house, it can be used as a good alternative to other more restrictive devices to allow baby to explore their environment. It used to be called a playpen for a reason. Beyond a

spot for sleeping, it is a safe, portable space that can foster independent play and provide an opportunity for your child to work on transitions into and out of sitting position. As your baby becomes more mobile, rolling, belly crawling and pulling to stand, the pack and play offers a safe space to play and build motor skills. I recommend cycling through two or three toys at a time.



HYPOTONIA (Low Muscle Tone)

So you've been told your child has hypotonia, also known as low muscle tone.

This may seem confusing as in some cases he looks very strong.

In other cases, your baby may feel floppy, need to put in more effort to move, have a hard time maintaining a posture such as sitting for long periods of time, and have delays in motor, feeding and verbal skills.

Many children with low muscle tone may have increased flexibility, poor posture, get tired easily and have delays in reaching their motor milestones.

Most children with low muscle tone can develop strength, increase endurance and improve posture. Some need the help from occupational, physical and speech therapists.

So what can you do to help?
Seek expert advice from your pediatrician or therapist.



In addition to structured therapy, kids can benefit from everyday therapeutic play activities that will strengthen their muscles. For babies this means tummy time, movement, and sensory stimulation. For older children introduce swimming, martial arts, gymnastics, animal walks, and lots of heavy work.

Keep in mind, that your child with low muscle tone can have great physical strength and stamina. It just may take a little extra time and

Provide warm up activities which can increase muscle activation each day. effort.

FUN ACTIVITIES TO BUILD UPPER BODY STRENGTH



- [Animal walks](#)
- wheel barrow walking
- crawling activities
- tug of war
- newspaper scrunch, crumple & toss
- stomping, galloping, jumping & hopping activities
- walking up a slide
- stair climbing/crawling

- balloon volley - keeping the balloon overhead
- yoga poses
- climbing trees or playground equipment i.e. ladders, ropes & rock walls
- drawing, writing or coloring on vertical surfaces

- monkey bars- which require not only upper body strength but coordination & visual spatial skills
- washing windows, table tops & desks
- playing catch with a large exercise or a weighted ball

SOME SAFE AND FUN TIPS FOR A SENSORY SMART HALLOWEEN



1. Prepare-read a book, watch a video or role play on what they can expect
2. Choose costumes wisely-encourage your child to help choose the costume and make sure they try on each of the parts. Sometimes creating costumes using familiar clothing is easiest

3. Have a back up plan
4. Create your own traditions
5. Be mindful of all those sugary treats and bring options you know they may like
6. Buy back treats in exchange for something else or donate the candy

For more tips from the American Occupational Therapy Association click below

AOTA Tips

QUICK AND EASY TREATS FROM THE ORCHARD

Apple Turtles

Ingredients

- 2 green apples
- 6 green grapes
- 4 mini chocolate chips

Directions

- wash the apples and cut away 1/3 of the apple
- place flat side down on a plate
- cut 2 grapes in 1/2 and place as turtles flippers
- cut the tip of the 3rd grape
- tuck 2 chocolate chips pointy side into the head for eyes



TOY CORNER

Learn to Count

Threading, color-matching and counting all in one colorful caterpillar!

Helps children learn their numbers, colors and counting

The "sewing" will keep them busy and develop their hand-eye

coordination and fine motor skills at the same time



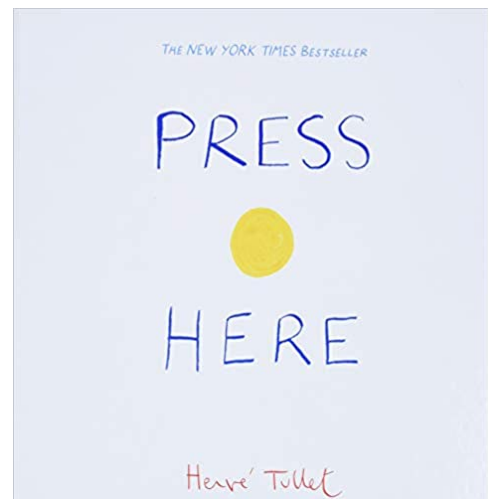
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BOOK CORNER

Press Here

An interactive picture book from *New York Times* best selling author Herve Tullet.

This unique picture book harnesses the power of imagination and interactivity on the flat surface of the simple printed page. Embark upon a magical journey that's fun for all ages.



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