



# Parenting Potentials

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*Shoshana Newman, PT  
Director, Pediatric Potentials*

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"That which makes you different is actually the thing that makes you special."

- Pharrell Williams

## Back To School Transition Tips



### Practice with your child:

- Being away from you for several hours
- Putting on and taking off their backpack
- Opening and closing zippers & buckles on their backpack
- Recognizing their name
- Being independent in the bathroom
- Opening and closing their lunch box/cooler and any containers they may use

### Other Helpful Tips

- Visit the school and classroom
- Consider adding a note in your child's lunch box
- Talk to them about what is expected of them: sitting on the rug, listening skills, waiting in line
- Read a book about the 1st day of school
- Talk to your child about their feelings about starting school, friends, teachers or new activities
- Go school shopping for supplies together

## Backpack Safety

- Choose a backpack with wide padded straps
- Backpack should weigh no more than 10-20% of child's body weight
- The bottom of the pack should sit at your child's waist
- Organize the backpack so heavy items are closest to the center
- Remind your child to use both shoulder straps



## 10 Ways to Build Confidence in Children

1. Give praise when it is due
2. Make feedback meaningful and positive
3. Allow your child to make their own decisions
4. Be a role model
5. Allow them to problem solve
6. Avoid labeling them
7. Allow them to express their creativity
8. Let them be proud of their accomplishments
9. Create opportunities for success
10. Provide constructive criticism



## Lunch Box Ideas



### Kebabs:

- Use a popsicle stick or toothpick to skewer pieces of meat and cheese and add veggies such as tomatoes, lettuce, peppers and avocado

### Creative Roll-Ups:

- Bagel & Lox Wrap - Use a tortilla wrap and add cream cheese, cucumber ribbons and smoked salmon
- Pizza Wrap - Use a tortilla wrap and add pesto, provolone, pepperoni & spinach

### Yummy Sides:

- Crackers, pretzels, fruit, berries with yogurt, and cut up veggies such as tomatoes, carrots, peppers and avocado

## Back-to-School Shoe Shopping Tips

To make things easier at the shoe store, the American College of Foot and Ankle Surgeons (ACFAS) offers these helpful guidelines



### Shoes should fit

- your child's foot can grow up to two sizes in six months
- don't buy shoes that are too big, a good fit is about a finger's width from the end of the shoe to the tip of the big toe

### Shoes wear out

- shoes lose their shock absorption over time, so inspect shoes for proper cushioning and support
- when buying shoes, check to see that the toe box is flexible and the shoe doesn't bend in the middle of the sole

### Children with flat feet

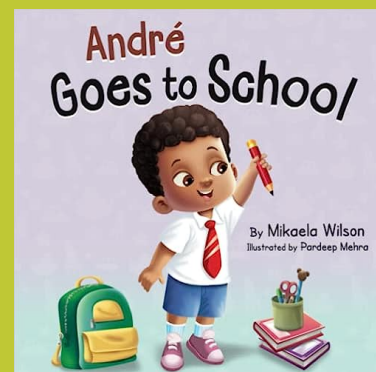
- need shoes with a wide toe box, maximum arch support and shock absorption
- the best shoes to buy are oxford, lace-up shoes that have enough depth for an orthotic insert, if necessary

In addition, our PTs recommend you look for shoes that are lightweight and somewhat flexible with a firm back to support heel alignment.

## Suggested Book Title: *André Goes to School*

### *Andre Goes To School*

A story about being brave on the first day of school. Going to school can be overwhelming for a young child. André is no exception as he experiences a rollercoaster of emotions on his big day, all while trying to maintain a positive mindset



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