



154 S. Livingston Ave., Suite 204, Livingston, N.J. 07039 973-535-5010

pediatricpotentialsnj.com

Pediatric Potentials Recommended Sites and Apps

We've compiled some of the helpful sites and apps recommended in our newsletters here. If you've got suggestions for adding to this list, please let your therapist know.

Sites:

Fun Brain

This is a website for online educational games for kids of all ages. Subjects include math, grammar, science, spelling and history. All presented in a fun way!!

Do Yoga With Me

This is a free website that has a library of videos including classes, yoga poses and breathing exercises.

ADDitude

This quarterly online magazine focuses on improving the lives of people with ADD and ADHD. Each issue contains information about treatment options, practical advice and helpful times for living well with AD/HD at home, school and work.

understood.org is intended to help parents better understand learning differences and attention issues. The website features a series of interactive simulations and videos that allow parents to experience firsthand how children can struggle with reading, writing, math and organization. In addition, there are

apps and games aimed at specific ages and issues; a system that lets parents receive personalized recommendations for help for their children; and practical tips on dealing with daily challenges, like completing homework.

Apps:



Zones of Regulation

The Zones App helps students learn how to use strategies or tools to manage their feelings and behaviors (“self-regulation”). Students explore various calming techniques, cognitive strategies, and sensory supports, building a toolbox of methods to use to regulate and move between Zones (identified by different colors).



ScratchJr.

With ScratchJr, young children (ages 5-7) learn important new skills as they program their own interactive stories and games.!



Sensory Treat

This amazing app that was designed by parents of children with Sensory Processing Disorder. This program is packed with sensory activities.



Mental Case

This app lets you create a slide show similar to traditional flash cards, but allows you to include images, videos and text.



La La Breakfast

This app lets kids pick daily breakfasts in advance from a list of healthy choices- then it even becomes a shopping list for you.!



The Choiceworks app is a learning tool for helping children complete daily routines, understand and control their feelings, and improve their waiting skills. It has scheduling boards for morning, day and nighttime routines. It is customizable as well. This app is designed to provide support in order to foster independence, positive behavior and emotional regulation at home and in the community.



Foot Fairy

A free, fun and fast way to measure your child's foot to determine his/ her size. Created by a podiatrist, this is a great tool for making your child more comfortable with the shoe store experience.



AutisMate

An amazing iPad app created by Jonathan Izak, whose younger brother, Oriel, has autism. Jonathan wanted to give his brother a better way to

communicate with the outside world. He created Autismate, a highly-customized iPad app to meet the needs of every autistic child that uses the app. You can use existing images or build your own scenes using the iPad's camera and video recorder



Groove Book

For a a low monthly cost, create a personalized photo book with pictures you take with your iPhone.



Stepping Stones

Stepping Stones is a personal visual organizer for prompting daily routines and schedules. Designed for users with developmental disabilities, this user-friendly app assists in building independence. The simple interface allows a caregiver to create a routine, or "Path," for the user to follow. The Path then works as a reminder with visual and audio guides to act as prompts.



Breathe2Relax

Breathe2Relax is a portable stress management tool which provides detailed information on the effects of stress on the body and instructions and practice exercises to help users learn the stress management skill called diaphragmatic breathing.



KangaDo Parent Organizer

This app helps busy parents chat and organize activities with trusted friends, family and caregivers. Private, free instant messaging with photo and location sharing. Instantly set up Carpools or School Pools, Childcare, Playdates and more while on the go.



Faces iMake (ages 5+)

Right Brain creativity. Artists click and drag photos of household objects to create collages.



Dragon Box Algebra (ages 8+).

Students solve for "X" without a number in sight.



Toontastic (ages 6+)

This app guides kids through the basics of storytelling with fun cartoons.



Morton Subotnick's Pitch Painter (ages 3+)

Finger painting becomes music by turning scribbles into musical notes.



AlphaTots (ages 3+)

Learn the alphabet through fun-filled games that invite your child to look, laugh, and learn.



Love to Count by Pirate Trio (ages 5+)

Everyday math problems made easy like splitting a pizza or adding on a chalkboard.



Epic! is an eBook library for kids 12 and under offering unlimited access to over 10,000 high-quality children's books, including thousands of read-to-me and Audio books. Think Netflix for children's books. \$4.99 per month.



Calm is a free, simple mindfulness meditation app featured in the New York Times and LifeHacker, that will bring “more clarity, joy, and peace of mind into your life, at work or at home”.

Great Apps for teaching reading:



Learn with Homer

Beautiful illustrations, imaginative stories, interactive tools in a very child-friendly app.



Montessori Crosswords (ages 3+)

Spelling with phonics, with great interactive graphics.



Booksy (K-2)

High quality children's books with digital features, including reading out loud. Two books free, 30 additional titles for \$1 each.



Felt App

Write and send real, handwritten cards and personalized photos in the real mail—all from your iPad.



Handwriting without Tears

Builds and reinforces good handwriting habits for capitals and numbers, and is especially helpful for teaching correct formation and orientation habits. Looking like a chalkboard, there's a personal audio coach to lead your child through the 1 steps to form each letter.

Click below for a list of

[Autism Apps from Autism Speaks!](#)