



Parenting Potentials

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"Find the beauty in everyday."

Strengthening Hands at Home!



Squeezing activities are a great way to help children strengthen the muscles in their hands, fingers, and palms. When kids engage in squeezing, their hand muscles work hard, and the more they squeeze, the better they become at tasks like holding a pencil, opening jars, or tying their shoes. Here are five fun ways parents can help their kids strengthen their hands using common household objects.

- **Squeeze a Sponge:** Soak a sponge in water and have your child squeeze it out as hard as they can. The more they squeeze, the stronger their hands will get!
- **Play with Playdough:** Encourage your child to roll, pinch, and squish playdough to strengthen their fingers and palms. They can even make shapes or little animals for extra fun!
- **Use Clothespins:** Let your child clip clothespins onto the edge of a container or string. Pinching and releasing them will help build finger and hand strength.

- Turkey Baster Water Squeeze: Have your child use a turkey baster to suck up and squirt water into a container. It's a fun way to strengthen hand muscles while playing with water!
- Pom-Pom Tweezer Challenge: Provide tweezers and challenge your child to pick up and move pom-poms (or cotton balls) from one bowl to another. This activity helps strengthen fingers and improve coordination.

Developing Fine Motor Skills with the help of Lakeshore Learning

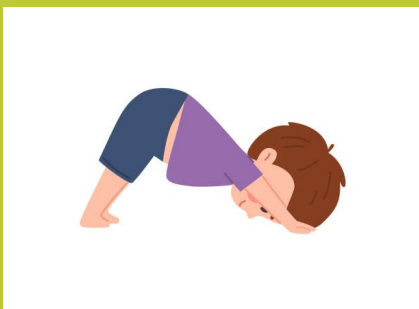


Lakeshore Learning's Feed-The-Animals games help kids improve fine motor control and hand-eye coordination while feeding a silly animal with oversized tweezers. Children use the tweezers to grab pretend treats, refining their motor skills with every bite. It's a fun, interactive way to build strength and have a blast!

[Purchase the set here.](#)

10 Yoga Poses for Toe Walkers

Yoga can be a highly effective tool in addressing tight hamstrings and calves, which are common issues for children, especially those who tend to walk on the balls of their feet—a behavior often linked to muscle tightness or imbalances. For these young toe walkers, incorporating regular stretching into their routine is essential. Learning to stretch properly not only helps alleviate discomfort but also promotes better posture and overall movement patterns. Let's explore 10 poses that can help improve flexibility and support our little ones.



1. Downward Facing Dog



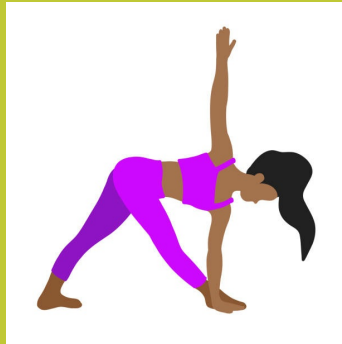
6. Seated Forward Bend



2. Standing Forward Fold



7. Low Lunge



3. Pyramid Pose



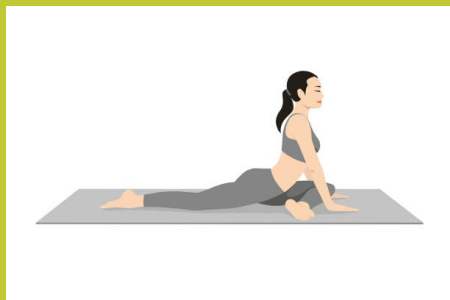
8. Butterfly



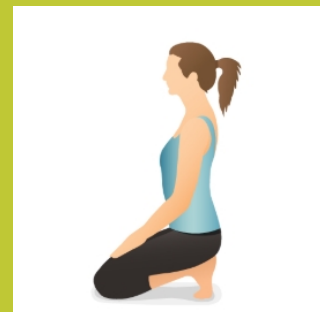
4. Garland Pose



9. Legs up the Wall



5. Pigeon Pose



10. Toe Stretch

Active Play at Home: Discover Cosmic Kids Yoga

Cosmic Kids Yoga on YouTube is a fantastic way to get your kids active at home. The channel



offers a range of videos that guide children through various movements and yoga poses, fostering mindfulness and relaxation. You can also find videos featuring popular characters from themes like Minions, Super Mario Bros, and Encanto. With videos of varying lengths, there's something for everyone!

[View the Youtube Channel here.](#)

Staff Spotlight: Welcome Michelle Bruskof

Michelle Bruskof recently joined the staff at Pediatric Potentials as our office manager. Michelle's versatile background in running small businesses gives her the experience to keep the office organized and running smoothly. In her free time, Michelle has a very active lifestyle - whether she's playing tennis, practicing yoga, hiking or walking her dog, Kody, she is always on the move! She especially enjoys spending time with her husband, Michael, and daughters, Sophie and Matti. Stop by the office and say hello next time you are at Pediatric Potentials!

Brighten Sick Days with Sesame Street

We all know that cold and flu season can be tough, especially with little ones feeling under the weather. These Sesame Street tissues add a bit of cheer to those sick days, featuring familiar faces like Cookie Monster, Elmo, Ernie, and Oscar. These playful characters help make sniffles a little more fun for kids, turning a necessary item into something enjoyable. A tissue that's both comforting and fun—perfect for the season!



[Purchase these tissues here.](#)

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