



Parenting Potentials

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NEW YEAR, NEW OUTLOOK



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Happy 2025!

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"Hope has energy, and it has its own life. It can be passed on to those willing to embrace it." - Gloria Vanderbilt

10 Heavy-Work Activities for School



Did you know that engaging in heavy work activities is key to improving our ability to learn, concentrate, and tackle everyday tasks? All of us, especially children benefit from the calming and organizing sensory input that these activities provide. Heavy work tasks deliver important proprioceptive feedback through the muscles and joints, helping individuals feel more balanced and focused. These activities involve movements like pushing, pulling, or lifting, which require muscular effort and create resistance, offering valuable sensory feedback that helps regulate and soothe the sensory system. By incorporating these strategies, parents and teachers can significantly support their children's development and learning abilities.

10 Examples at School

1. Erase chalkboards or whiteboards
2. Take down chairs at the start of the day
3. Stack or place chairs on desks at the end of the day
4. Sharpen pencils with a manual sharpener
5. Open and hold doors for people
6. Climb on playground equipment
7. Carry books against chest with two hands
8. Staple paper to bulletin boards

9. Help with recycling, mopping, sweeping, etc.
10. Rearrange desks or classroom furniture

Balancing Parenthood: Self-Care and Strategies for Recharging

You can love being a parent and still... struggle to find a work-life balance, feel exhausted, need time to yourself, find it hard to prioritize, and be burnt out. Remember that taking care of yourself is just as important as taking care of your family. Creating a self-care routine, practicing mindful time management, and setting clear boundaries are all helpful steps. As parents, it's crucial to carve out time for ourselves to recharge and clear our minds. Only then can we show up as the strong, present, and engaged people our kids need us to be.



Pixar's *Float*: A Story of Acceptance and Understanding



Pixar's short film *Float*, created by Bobby Alcid Rubio, is a heartfelt story about acceptance and embracing differences. Inspired by Rubio's experience as a father of a child with autism, it follows a father who tries to hide his son's ability to float, out of fear of judgment. The film highlights the challenges of being different while

emphasizing the power of love, support, and unconditional acceptance. It encourages parents to embrace their children's uniqueness and help them navigate the world with confidence. Check it out on Disney+.

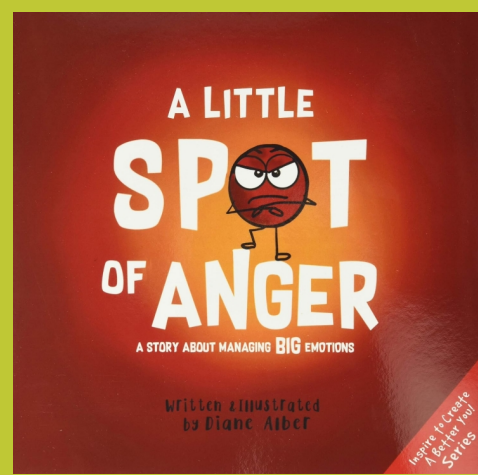


Book Corner

A Little Spot of Anger
By Diane Alber

We all know that feeling when our little ones get hit by a wave of BIG emotions, especially ANGER! It can be hard for them to regulate their big emotions. Diane Alber provides us with some helpful techniques throughout Angry Spot's journey.

By linking anger to a visual cue, like a bright red spot, children can better recognize when mild feelings, such as frustration, are turning into full-blown anger. They will learn from Angry Spot that they can manage their emotions through breathing techniques, counting, and other tips and tricks.



Check out the other little spot of emotion books for social-emotional learning.

[Listen to the story here.](#)

[Purchase the book here.](#)

Making Mealtime Fun and Educational!



Who would've thought paper plates could be so educational? Glad for Kids Sesame Street paper plates make mealtime fun while also teaching kids numbers, colors, shapes, and letters. Featuring beloved Sesame Street characters like Elmo, Abby Cadabby, Cookie Monster, Big Bird, and more, these plates offer interactive lessons by posing questions to kids directly on the plate.

[Purchase these plates here.](#)

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