



Parenting Potentials

August 2024

In this Issue:



*Shoshana Newman, PT
Director, Pediatric Potentials*

- Bubble Snakes
- Edible Kinetic Sand
- Field of Dreams - an inclusive recreational complex
- Sensory Movie Screenings
- *Inside Out 2*
- Book Corner
- Sensory Motor Class

"There are no perfect parents, and there are no perfect children, but there are plenty of perfect moments along the way."

– David Willis



Bubble Snakes

Making bubble snakes is a perfect summer activity. Just remember to blow air out and not suck in, or else you'll be eating bubbles!

What you'll need:

- empty water bottle
- shallow plastic container
- duct tape or rubber band
- any random sock
- dish soap
- scissors
- optional - food coloring



Instructions:

- cut the bottom of a water bottle off and slide the sock over the bottom of the bottle all the way up and then fold it back leaving the opening of the bottle unobstructed
- use the duct tape or a rubber band to secure the sock
- pour dish soap and a little bit of water into a shallow container and mix
- dip the sock covered bubble blower into the solution (sock side down)
- gently blow into the open end of the bottle
- optional - add food coloring drops onto the sock-covered end of the bottle to make a rainbow bubble snake



Taste Safe Kinetic Sand

Kinetic sand is a specially coated sand that causes the grains to stick together. This allows the sand to be molded almost like clay. Kinetic sand has a variety of benefits, particularly for children with sensory processing deficits. Kinetic sand can be useful in promoting...



1. Sensory Integration - it provides a unique tactile experience that helps kids become more comfortable with different textures
2. Fine Motor Skills - manipulating the sand can help improve hand strength, dexterity and coordination
3. Creativity and Imagination - children can mold and shape the sand into various forms which can stimulate creative thinking and problem-solving
4. Hand-Eye Coordination - can often require precise hand movements and visual tracking
5. Calming effect - the soft and moldable nature of the sand can have a soothing effect, helping to reduce stress and promote relaxation
6. Cognitive Development - encourages exploration, experimentation and discovery
7. Social Skills - can be used in group settings to promote social interaction, cooperative play and communication skills

Recipe for Edible Kinetic Sand:

- 1 cup baking soda
- 1/2 cup sugar
- 1/2 cup corn starch
- 1 T cream of tartar
- 1/4 cup water mixed with food coloring, glitter or extracts

Mix well and play!



RWJBarnabas Field of Dreams



The RWJBarnabas Field of Dreams is a recreational complex that intentionally addresses physical and social inclusion for people of all ages and abilities.

The complex was inspired by Gavin Kane's parents and supported by RWJBarnabas after Gavin suffered a traumatic brain injury at 19-months old. It offers children and adults with special needs an opportunity to feel typical while enjoying recreational activities in a safe

and welcoming environment.

The Field of Dreams is equipped with a baseball field, basketball court, 9-hole miniature golf course, bocce ball, and a spectacular playground area specially designed to be more accessible for wheelchairs and adaptive equipment. Other

features include a walking path with rehabilitative stations and a "quiet corner" for those with autism.

[More Information](#)

Sensory Friendly Movie Screenings

Many movie theatres including AMC, Montclair Clairidge, Regal and Cineplex are offering sensory friendly movie screenings for individuals on the autism spectrum or others in need. The idea is to create a more relaxed environment by turning up the lights and turning down the sound. Some even reduce the number of trailers to be shown before the movie starts. Guests are also encouraged to spread out, move around, sing, shout, dance and have fun!



Disney Releases Inside Out 2



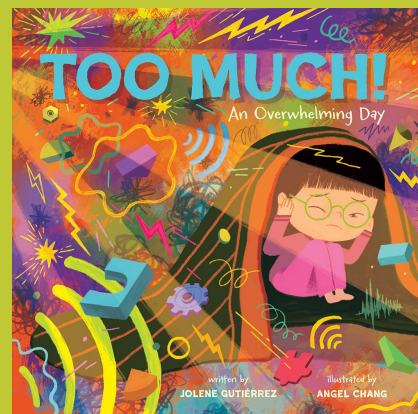
This animated film is a sequel about belonging and individuality during teenage girlhood. In the original film, Riley battles with sadness, anger, fear and disgust. Now that she's 13 years old, she confronts anxiety and the pressure of being a teenage girl trying to conform to the standards of other teenage girls.

Inside Out 2 is helping some autistic individuals navigate their own emotions thus serving not only as an enjoyable movie but also a valuable tool.

Book Corner

Too Much - An Overwhelming Day
by Jolene Gutiérrez

Sometimes everything is too much! Too loud, too bright, and all too overwhelming. Writing from her own experience with sensory processing disorder, award-winning teacher-librarian Gutiérrez compassionate picture book explores the struggles of a sensorily sensitive child and how they settle themselves.



[More Information](#)

Sensory Motor Play Class



Kids are having so much fun exploring the sensory world around them at our parent/caregiver & child class for 12-24 months old at Sports Universe in Livingston.

Their gross motor skills are building as they crawl through tunnels, skip through rings and shoot hoops.

They engage their sensory world by blowing and popping bubbles, finger painting and fishing for objects in water. Playing with other kids in the class is fostering socialization as well.

Class activities are not only fun but also help strengthen fine motor skills and encourage prewriting exploration.

If you are interested in this class for your child please call the office at 973.535.5010 or email office.pedpot@gmail.com.



Pediatric Potentials | 973-535-5010
www.pediatricpotentialsnj.com



Pediatric Potentials | 154 South Livingston Ave. Suite 204 | Livingston, NJ 07039 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!