



Parenting Potentials

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"Life is like riding a bicycle, to keep your balance you must keep moving."
– Albert Einstein



Make Mealtime a Screen Free Zone



Food for thought on screens from child nutritionist Kimberly Jaumot, MS, RD

As we move into summer and routines change, it's a good idea to think about how you will handle screen time for your child throughout the day.

As a nutritionist specializing in toddlers and children of different abilities, Kimberly recommends to parents that they plan for screen time. This is especially true at mealtimes. While it can seem like a quick fix to get your picky eater to finish his or her food, screen time while they're eating can set back their eating routine in the long term!

For kids with sensory differences, screens can add to an already overstimulating situation. For others, it can dull the experience so that they are not getting to know new foods.

Kimberly's Suggestions:

- play songs on Alexa or listen to a podcast as a less stimulating experience
- offer screen time before or after dinner instead of during mealtime
- set a 10-minute timer for them to stay seated at the table (whether they're actively eating or not!), so they don't dismiss their favorite meal to watch their favorite show

You can contact Kimberly at kimberly@wholechildnutrition.com or visit www.wholechildnutrition.com for more information

Summer Checklist

The summer checklist below provides a multitude of benefits to kids and adults alike. It encourages physical activity, builds critical thinking skills, and sharpens observational, gross and fine motor skills.



SUMMER CHECKLIST

Put a check mark beside all the fun things you do in the summer!

<input type="checkbox"/> Build a sand castle	<input type="checkbox"/> Fly a kite	<input type="checkbox"/> Go for a walk
<input type="checkbox"/> Play at the park	<input type="checkbox"/> Have a picnic	<input type="checkbox"/> Paint a picture
<input type="checkbox"/> Go for a bike ride	<input type="checkbox"/> Play with bubbles	<input type="checkbox"/> Read a book
<input type="checkbox"/> Color a picture	<input type="checkbox"/> Kick and throw a ball	<input type="checkbox"/> Watch a movie
<input type="checkbox"/> Clean up toys/room	<input type="checkbox"/> Cut with scissors	<input type="checkbox"/> Throw water balloons
<input type="checkbox"/> Write some sentences	<input type="checkbox"/> Play a board game	<input type="checkbox"/> Run through sprinkler
<input type="checkbox"/> Jump rope	<input type="checkbox"/> Spend time with family	<input type="checkbox"/> Color sidewalk chalk
<input type="checkbox"/> Go swimming	<input type="checkbox"/> Go to the beach	<input type="checkbox"/> Play in the sand

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Gardening Helps Kid's Motor, Sensory and Cognitive Development



Young children can develop core and limb strength, improve balance and coordination and work on motor planning as they dig, spread and plant in the garden.

Fine motor skills such as whole-hand grasping and the pincer grasp (necessary skills

for writing) are employed in gardening when children use a trowel or rake and pick up tiny seeds to plant.

Gardening is a sensory rich experience. Children touch the soil and plants, smell the earth and flowers, see the vibrant colors and hear the rustling of leaves or buzzing of bees.

Water is a critical part of gardening and, if your child enjoys nothing else, playing with the hose or the watering can can be a highlight.

Additionally, gardening fosters cognitive growth by encouraging curiosity about nature and promotes critical thinking and observational skills.

Finally, working together on your garden with your children is great togetherness time.

Swim Goggles Reimagined

Splash swim goggles are a great alternative to traditional swim goggles

Leave behind...

- broken straps
- hair tangled in straps
- frustrated kids

Instead gain...

- comfortability, durability and versatility
- better fitting goggles
- shatterproof lenses and anti-fog visibility
- wide selection of strap styles & colors
- hypoallergenic, latex and PVC - free



[More Information](#)

Tasty Sandwich Ideas for Camp Lunch



Fruity Nut Butter Pitas

- 1/4 cup peanut/other nut/soy butter
- 1 tsp each ground allspice, cinnamon and nutmeg
- 2 whole wheat pita pocket halves
- 1/2 medium apple, thinly sliced
- 1/2 medium firm banana, sliced
- Blend nut butter & spices and spread inside pita bread halves
- Fill with apple and banana slices



Humus & Veggie Wraps

- 2 T humus (try one of the flavored ones for variety)
- 1 whole wheat tortilla
- 1/4 cup mixed salad greens
- 2 T each finely chopped sweet onion, thinly sliced cucumber, alfalfa sprouts and shredded carrots
- 1 T balsamic vinaigrette
- Spread humus over tortilla
- Layer with all the veggies
- Drizzle with vinaigrette & roll up tightly

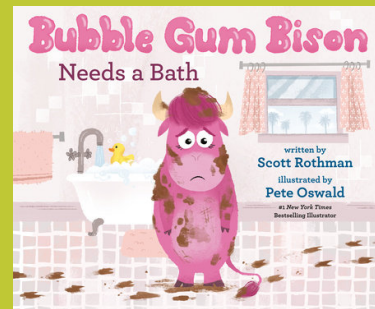


Pizza Wraps

- 1 - 8 oz. package of sliced pepperoni
- 4 - 8" flour tortillas
- 1/2 cup chopped tomatoes
- 1/4 cup each chopped sweet onion, fresh mushrooms, ripe olives and chopped green pepper
- 1 cup shredded part-skim mozzarella cheese
- Arrange pepperoni off center on each tortilla
- Top with remaining ingredients
- Fold sides and bottom over filling and roll up

Bubble Gum Bison Needs a Bath
by Scott Rothman

Bubble Gum Bison, Blue Bison's little sister, is having too much fun with her playground associates to take time out for a bath. In fact, she escapes through the bathroom window to avoid the inevitable. But when Bubble Gum Bison slips in the mud, gets covered with bubble gum, and has bird feathers stuck all over her, she finally decides its time for a bath. But, what's this? There's no water! Could Blue Bison's ramming habit have anything to do with the hole in the water tank?

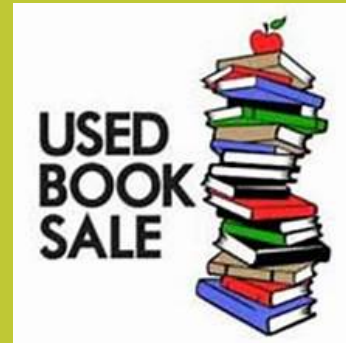


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Book Donation

The College Women's Club of Montclair wants your old books to stock their next used book sale. The organization raises funds for college scholarships for local high school senior girls.

Bring your donations of used books, movies and music to our office by August 10th and we will deliver them directly.



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