



Parenting Potentials

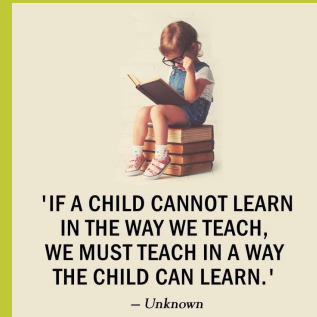
November 2024

In this Issue

- Get Crafty
- Holiday Travel Tips
- Immunity Broth
- Book Corner
- Toy Donation
- Wharton Arts Concert
- Need to Reschedule during the Holidays?



*Shoshana Newman, PT
Director, Pediatric Potentials*



Homemade Place Cards

Entertain the kids with this 30-minute craft activity. Turn this into a nature lesson for the kids and start the project with a fall leaf-hunting adventure. Allow them to discover the different varieties of shapes, textures, and colors of tree leaves that you have in your area.



Supplies Needed per Place Card:

- blank face card or folded card stock
- 1 large 1" diameter button
- 1 small chevron bead
- 2 - 6 mm wiggle eyes
- 1 artificial or natural autumn maple leaf (approx. 2-2 1/2" wide) stem removed

Tools:

- sharpie fine point marker
- hot glue gun or craft glue

Assembly:

1. With the Sharpie marker, your child can print your guest's name or initial on the right side of the card. Then draw two turkey legs on the left. The tops of the legs should be from the base of the card to about 3/4 of the way up. (get creative, your turkey legs can be standing, kicking or

- dancing)
- Centered above the turkey legs glue your autumn leaf to resemble the turkey's feathers. The edges of the leaf can extend beyond the top of the place card.
 - Glue two wiggle eyes and a chevron bead onto your big button to make the turkey's face.
 - Glue the assembled turkey face centered on the leaf so that the tops of the legs are just below the face.

Tips for Holiday Travel with your Kids

Traveling by Car

- plan seating arrangements ahead of time
- create a first aid kit & car sickness emergency pack
- create a visual timeline for kids to understand distance and time
- designate a diaper change area - a suitcase, the backseat
- to reduce boredom point out interesting sights, play car games, turn on music and audio books
- include a fun activity with your lunch break
- bring tons of snacks
- create a bag of surprises that will stop whining and bickering - see what you can find in the dollar bin at Target, the Dollar Store or 5 Below
- plan to stop driving and give yourself and your child a break about every two hours



Traveling by Plane

- choose flight times that align with your child's schedule
- review airport security procedures ahead of time so kids know what to expect
- allow extra time at security
- explain the importance of being patient and the possibility of long lines
- give each child a job at security
- encourage children to be responsible for their own carry-on item
- discuss who is sitting where before getting on the plane
- bring snacks, activities, a favorite blanky, stuffed animal or comfort toy
- dress in layers and skip shoes with shoelaces
- to decrease ear pain have your infant nurse or suck on a bottle and older children can try chewing gum or drinking liquids through a straw



Immunity Broth



Immunity Broth

Recipe Card



Ingredients

- 4 c. of chicken bone broth (homemade or store bought)
- 1" piece of fresh ginger
- 3 whole star anise
- 1 T. lemon grass
- 2 T. honey
- 2 cinnamon sticks
- pinch of cayenne pepper (optional)

Directions

- place ingredients except honey and cayenne in a pot
- bring to a simmer
- simmer for 30 minutes
- strain broth
- add honey and cayenne (if desired)

Notes

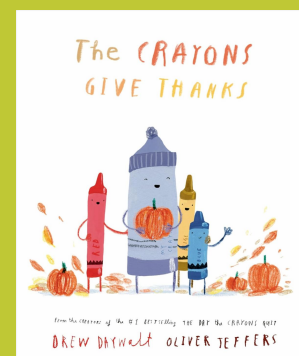
Drink warm or cold.
Shoshana offers her grandkids the broth in a covered cup with a straw!



Book Corner

The Crayons Give Thanks
by Drew Daywalt & Oliver Jeffers

The Crayons Give Thanks The Crayons are thankful for so many things—from blueberries to night skies to life jackets to their parents and the luck that brought them all together. This humorous, mini hardcover book shows that there are so many things to be thankful for, everywhere we look! A great gift for Thanksgiving—or for any day you feel grateful.



Drop off a New Toy at our Office
to Support the
Children's Hospital in Morristown



Holiday Toy Drive

**Please help to put a smile on the faces of
children at Goryeb Children's Hospital in
Morristown, NJ this season.**

**DONATE A TOY OR CRAFT FOR CHILDREN
BETWEEN THE AGES OF 2-16.**

In November of 2021, a family in West Caldwell lost their beautiful Bella to Acute Myeloid Leukemia. Each year, the Marolakos/DeFina family works to fundraise in her name. They help put smiles on the faces of children who are undergoing cancer treatments. Please join me in my efforts to help their cause this season.

All toys will need to be collected by Friday, December 6th.
(Toys must be new and no stuffed animals are allowed.)
There will be a box at the office for this collection.

Thank you in advance,
Brendan Cunha, 11th grader at James Caldwell High School



A Concert for Peace with Violins of Hope

A Concert
for

Peace

with
Violins of Hope

January 12
2025

1:30 p.m. **Pre-Concert Talk**
by Luthier Avshi Weinstein
with Display of Violins of Hope

2:00 p.m. **Pre-Concert Reception**

3:00 p.m. **Concert**

New Jersey Performing Arts Center, Newark
\$18, \$36, \$54*

Pre-Concert Talk • FREE to ticket holders

Pre-Concert Reception tickets are \$50

Pre-registration is required at WhartonArts.org

*Additional NJPAC facility fees apply

Guest Artists: Ranaan Meyer, Double Bass
Asi Matathias, Violin

Helen H. Cha-Pyo, Conductor

NJYS Youth Symphony

NJYC Coriste: Trish Joyce, Director

NJYC Camerata: Dan Malloy, Director

Harmonium Choral Society: Dr. Anne Matlack, Director

Wharton Arts proudly presents **A Concert for Peace with Violins of Hope**, a poignant tribute to human resilience and the power of music, showcasing the extraordinary precious stringed instruments that survived the Holocaust. Works by Mendelssohn, Paul Frucht, David Winkler, and Leonard Bernstein.

More information at NJYS.org

New Jersey Youth Symphony

WhartonARTS

Helen H. Cha-Pyo, Artistic Director & Principal Conductor

**Violins of Hope
Roundtable Talk**

January 11, 2025
at 6:30 p.m. • FREE

Registration required
to reserve tickets.

For more information,
including location,
visit WhartonArts.org.



This program was made possible in part by support
from Jewish Federation of Greater MetroWest NJ.

Scan for
Tickets



Holiday Schedule

ARE YOU PLANNING
TO BE AWAY FOR
THANKSGIVING OR THE
HOLIDAYS?

PLEASE REMEMBER
TO SHARE THE
DATES WITH YOUR
THERAPIST



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!