



Parenting Potentials

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"Your greatest accomplishment may not be something you do but someone you raise."



–Andy Stanley

The Power of Yet!

The power of yet, is Carol Dweck's groundbreaking research that focuses on how the way we think about learning can impact our success. For children, the simple word **Yet** can be the key to unlocking their potential.

The power of yet encourages children to see challenges not as road blocks but as stepping stones on the path to success. It also recognizes that their abilities are not fixed but can be developed.

The Power of Yet

1. fosters resilience
2. reduces fear of failure
3. builds confidence
4. inspires a love of learning

As parents, therapists, caregivers and teachers we can support our children by praising effort and not just achievement. Use growth language such as you haven't mastered that yet but you're getting close. Adults should be modeling a growth mindset themselves and creating a safe space for mistakes.

The power of yet can change the way children approach challenges using a growth mindset rather than a fixed mindset. This allows children to achieve far more than they ever thought possible.



Age Appropriate Fine Motor Skills

2 YEARS OLD

- towers 8 - 1" blocks
- copies a train of 2-4 blocks
- holds a thick crayon in the palm
- copies both a vertical and a horizontal line
- turns pages one-at-a-time
- undresses mostly independently
- unbuttons large buttons



3 YEARS OLD

- towers 9 - 1" blocks
- grasps marker w/ thumb, index & middle fingers
- cuts paper in half
- copies horizontal line & circle
- completes 4-5 piece puzzle
- dresses self
- strings 12 small beads easily
- enjoys finger paint, paste or clay
- does finger play while singing



4 YEARS OLD

- towers 10 - 1" blocks
- builds various 5-6 block structures
- colors w/in 1/4" of the line
- imitates movement in hand games
- pours milk from small pitcher
- traces own hand
- holds pencil in adult grasp
- draws a rectangle person
- cuts w/in 1/4" of a large circle



5 YEARS OLD

- wants to write
- prints own name
- reversals are common
- large variable sized letters
- draws a person with 6 parts
- copies 6-block design
- completes 6-12 piece puzzle
- manages clothing fasteners independently
- cuts well w/scissors



A Sensory-Friendly Halloween Experience



A sensory-friendly Halloween is a celebration that is adjusted to be less overwhelming for the senses. If your child has a sensory processing disorder, greater sensitivities, or is on the autism spectrum, they will likely prefer more relaxed environments or experiences.

An effective way to help your child enjoy events and holidays is to help them establish expectations.

- show your child old photos or videos of Halloween
- encourage them to ask questions and discuss what they don't like about the holiday
- reminisce about happy Halloween moments

Practice trick-or-treating at your own door and with close friends and family.

- helps child understand the process of going door-to-door
- allows them the opportunity to practice the conversations that are had
- gives them a chance to wear their costume in advance

Consider going to a less crowded venue to trick-or-treat.

- try a trunk-or-treat event
- go trick-or-treating as early as possible
- have Halloween at a less crowded street, the mall, or community center

Costumes can be itchy, scratchy, or heavy to tolerate.

- a good option is to build a costume from your child's own clothing
- choose clothing that is typically soft, seamless, has no tags, and is extra comfortable
- have your child try their costume on before Halloween like a dress rehearsal to make sure they feel comfortable wearing it

Keep extra conversation to a minimum.

- some children with autism find mixed messages around Halloween confusing
- they are told they shouldn't talk to strangers but then are expected to interact with a lot of strangers trick-or-treating

Eliminate loud music, noisy decorations, extra scents, and bright flashing lights.

As the parent adjust your expectations to fit the child. You may not have the traditional Halloween experience that you enjoyed as a child yourself but appreciate what you do have. Pushing your child may lead to frustration and the opposite of fun.

The Importance of Recess

The American Academy of Pediatrics believes that recess is a crucial and necessary component of a child's development and, as such, it should not be withheld for punitive or academic reasons. Safe and well-supervised recess offers cognitive, social, emotional, and physical benefits.



Recess offers an essential, planned respite from rigorous cognitive tasks. It affords a time to rest, play, imagine, think, move and socialize. After recess students are more attentive and better able to perform cognitively.

In addition, recess helps young children to develop social skills that are otherwise not acquired in the more structured classroom environment. Through play, children learn valuable communication skills, including negotiation, cooperation, sharing, and problem solving as well as coping skills, such as perseverance and self-control.

Physical activity during recess is essential for maintaining good health and combating sedentary lifestyles. It helps children build healthy bodies and can prevent chronic diseases.

Vampire Donuts

Vampire donuts are a playful and creepy delicious treat to make with your child.

Ingredients:

- 1 package of plastic vampire teeth (not edible)
- 1 dozen of your favorite glazed donuts
- mini candy eyes
- black and red decorating gel
- parchment paper

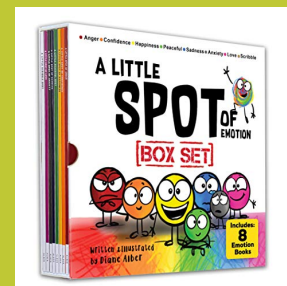


Instructions:

- line a baking sheet with parchment paper and place donuts on top
- for each donut, take a set of vampire teeth, hold them closed, and gently place them in the center of the donut - let go carefully to allow them to open
- use the black gel to create a "V" shaped hairline
- put a dollop of black gel on each candy to make eyes and place them above the teeth
- put lines of red decorating gel from the bottom of the vampire teeth down
- allow donuts to sit for 20 minutes so gel sets

Book Corner

A Little SPOT of Emotion
(box set)
by Diane Alber



A Little SPOT of Emotion is an 8-book box set that explores, anger, anxiety, peaceful, happiness, sadness, confidence, love, & scribble emotion that helps to explain big emotions to younger kids. They offer tips and tricks to handle emotions as well as how to show others what you're feeling. These books are also great at teaching children empathy and how to look for clues as to what other people might be feeling.

[Link to purchase](#)

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