



# Parenting Potentials

Spring 2025

## Planting Seeds for Growth



*Shoshana Newman, PT  
Director, Pediatric Potentials*

### In this Issue:

- Choosing the Proper Shoes for the Season
- Benefits of Gardening
- New Play Place to Check Out
- Book Corner
- Creative and Educational Play

*"Life isn't about waiting for the storm to pass.  
It's about learning how to dance in the rain."  
Vivian Greene*

## Spring/ Summer Shoe Guide

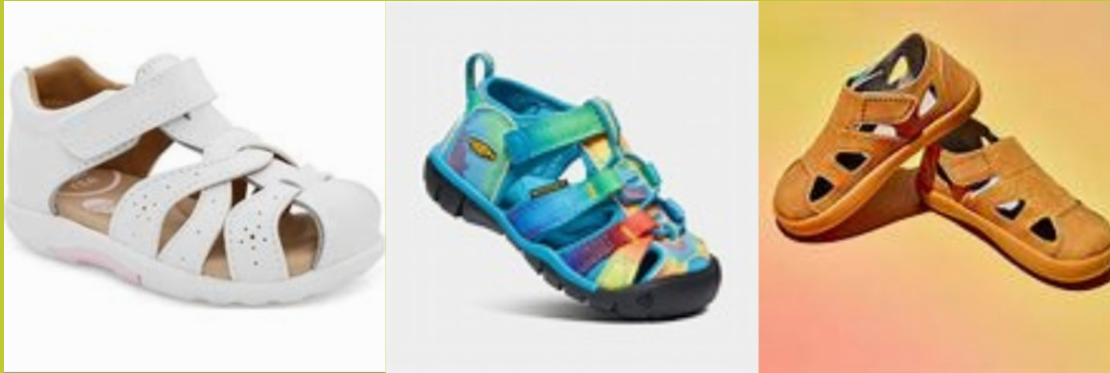


As the weather warms up, it's time to find shoes that keep your little ones comfortable and active. Whether running, playing, or heading out, the right footwear is key. Prioritize comfort and support to promote healthy foot development, stability, and mobility. Here's a quick guide to help you choose the best shoes for your child's growing feet this season.

1. **Proper Fit and Support** - Shoes should fit snugly without pinching, allowing room in the toe box for natural movement. Good support around the heel and arch helps with alignment and prevents discomfort during activities like walking or running.
2. **Stability and Cushioning** - Sneakers with cushioning and arch support absorb impact, protect joints, and aid balance. Stable shoes help improve coordination and reduce the risk of falls.
3. **Flexible Soles for Mobility** - Choose shoes with flexible soles to support natural foot movement, strength, and coordination. Stiff shoes can limit motion and affect gait.
4. **Durability for Active Play** - Choose durable shoes with reinforced toes or rubber soles to withstand wear and tear. They provide extra

support and protection, especially for kids with gait or foot position concerns.

5. **Breathable and Comfortable** - Choose lightweight, breathable sneakers or sandals with sturdy soles and arch support to keep feet cool and comfortable.
6. Finding sandals that work with orthotics for kids can be tricky, but there are some good options. Look for a removable footbed, closed heel counter, deep heel cup and adjustable straps. Stride Rite, Keen, and Ten Little's have options that fit this criteria.



## Benefits of Gardening

Gardening is more than just a fun outdoor activity—it's an excellent way for children to engage in hands-on learning while reaping numerous developmental benefits. Here are some key reasons why gardening can be so valuable for kids:



1. **Physical Development** - Gardening tasks like planting, digging, and watering improve strength, flexibility, and hand-eye coordination.
2. **Sensory Stimulation** - Gardens offer rich sensory experiences, with textures, sounds, and smells that are soothing and engaging, especially for kids with sensory processing challenges.
3. **Emotional Wellbeing**- Spending time in nature and gardening reduces stress and anxiety, offering a calming experience. It boosts children's self-esteem and emotional regulation by providing a sense of accomplishment.
4. **Promotes Responsibility**- Caring for plants teaches kids responsibility, commitment, and the patience needed to nurture living things.
5. **Promotes Social Skills**- Gardening fosters teamwork, communication, and problem-solving, helping children develop strong social skills.

6. Educational Opportunities- Gardening teaches foundational biology, ecology, and sustainability, helping children learn about plant growth, ecosystems, and the environment.
7. Boosts Creativity- Gardening sparks creativity as kids plan, design, and personalize their gardens, fostering imaginative thinking and self-expression.
8. Supports Healthy Eating- Growing fruits and vegetables boosts children's pride in their food and encourages healthier eating habits.

## The Sensory Forest: A Place for Kids to Play and Grow

The Sensory Forest in East Hanover offers a unique play environment designed to support children, especially those with sensory needs, neurodivergence, or anxiety. This new forest-themed space provides opportunities for exploration and play in a safe, calming setting. It's an ideal place for children to engage in activities that promote both physical and sensory development. In addition to open play, the Sensory Forest also offers a variety of classes tailored to different needs, as well as the option to host birthday parties in a comfortable, sensory-friendly environment. The space is inclusive, providing a setting where children can be themselves, explore at their own pace, and enjoy unstructured play. If you're looking for a place where your child can explore and grow in a safe and supportive environment, the Sensory Forest is worth checking out.

[More Information.](#)

## Book Corner

*The Feelings Garden*  
By Reynita Valentin

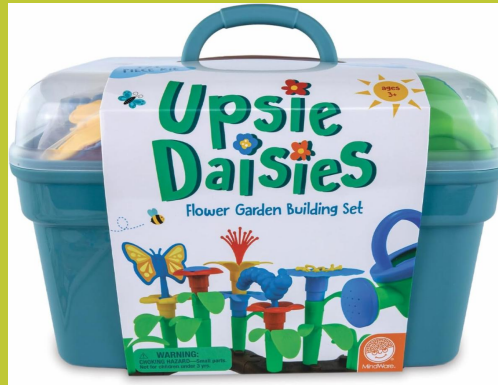
This interactive children's book helps young readers understand and express their emotions. Through the story of Rabbit, Bear, and Bird, who tend to a magical garden where each flower represents a different feeling, children learn to recognize emotions like sadness, anger, fear, and happiness. This book encourages children to talk about their feelings while fostering emotional intelligence and empathy. The Feelings Garden is a great tool for parents and educators to support emotional growth and social skills.



[Purchase Here.](#)

## Creative and Educational Play with Mindware

The Upsie Daisies Flower garden Set from Mindware is a great way for kids to explore creativity through hands on play. Children can create various flowers and build their own garden by using petals, stems, and leaves. This toy encourages imaginative play while helping kids develop fine motor skills and hand-eye coordination. Additionally, children can learn the about different plant parts and the basics of gardening.



[Purchase Here.](#)

Pediatric Potentials | 973-535-5010

[www.pediatricpotentialsnj.com](http://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!