



Pediatric Development Center
~2009 Summer Groups~
125 Presumpscot St., Portland, ME
207-699-5531

All groups run by occupational therapists or occupational therapy assistants who have a sound understanding of child development. Using a sensory integrative framework, groups will foster social, motor, and cognitive development. All groups (except Maine Rock Gym & Bike Clinic) are 8 weeks, between the weeks of July 6 and August 28. $\frac{1}{2}$ payment due to reserve spot in group; full balance due one week prior to the first session

Pricing Special: Sign up for two groups, receive a 10% discount! Sign up for three groups, receive a 15% discount!

Cooking Group: *9-14 year olds (Wednesday's 11:30-1:00)*

The goal of this group is to introduce kids to kitchen safety and basic food preparation. Kids will learn to follow recipes and to make simple, nutritious meals they can prepare themselves. This class is designed to promote organization, sequencing, body awareness, fine motor skills, and social skills. \$275

Little Munchers: *6-8 year olds (Thursday's 8:30-9:25)*

This program is designed to assist children who are picky eaters and is based on developmental milestones and sensory integration. The program will be individualized to meet the needs of your child and may include increasing food tolerance, acceptance, textures, volume, and number of foods eaten. It focuses on increasing a child's comfort level exploring and learning about the different properties of foods, including texture, smell, taste and consistency. The program will allow a child to interact with food in a playful, non-stressful way. \$200

Movement and Music Group: *3-5 year olds (Wednesday's 9:30-10:25)*

This program will incorporate music and yoga to provide the opportunity for your child to improve bilateral coordination, spatial relations/motor planning skills, body awareness, and strength/coordination necessary for age appropriate participation in daily living. The group is also designed to improve sensory modulation, enhance social skills among peers, and improve attention/direction following in a group setting. \$200

Yoga for Kids *6-8 year olds (Tuesday's 8:00-8:55) or 9-14 year olds, (Tuesday's 9:00-9:55)*

Yoga for kids will focus on developing body awareness, postural control, motor planning, ideational/ideomotor praxis, and spatial awareness. Kids will learn skills for self-calming, relaxation, and behavior management strategies. This program is a fantastic supplement for kids learning about the "Alert" program. Parents will be provided with handouts to supplement their child's learning. \$200

Sensorimotor Fun: *4-6 years old (Tuesday's 10:30-12:00)*

For preschool-aged children who benefit from a small group setting with structure. Designed to promote gross and fine motor skills, sensory challenges as well as craft, and small motor activities. \$225

Maine Rock Gym

- *Group I (Kids entering grades 5-7 for 2009-10 school year) (Friday's 9:00-11:30; 7/10, 7/24, 8/7, 8/21)*
- *Group II (Kids entering grades 8-10 for 2009-10 school year) (Friday's 9:00-11:30; 7/17, 7/31, 8/14, 8/28)*

This program is designed with older kids in mind to expose them to an opportunity in the community that may become a "leisure occupation" as they grow and mature. Program will include instruction by Maine Rock Gym staff and a PDC staff Occupational Therapist. The program is designed to promote social skills, behavior regulation, body awareness, motor planning, praxis, spatial awareness, problem solving, decision making, organizational skills, and visual-motor integration skills. Parents will be responsible for dropping kids off and picking them up from the rock gym (located in Portland).

\$250 if 6 kids enroll or \$200 if 8 kids enroll

Drama Club: 6-10 year olds (Thursday's 1:00-3:00)

Children will participate in a social group in which they will choose a story to act out as a play. Children will have the chance to make scenery, act out a character, practice with props and rehearse for a performance for parents in Mid-August. \$225

Creative Writing 8-11 year olds (Thursdays 9:00-10:30) or 12-15 year olds (Monday's 9:00-10:30)

Children will begin with movement activities and then transition to a 10-15 minute story time. Children will then practice writing activities in order to learn strategies needed for organizing thoughts and increasing the use of descriptive words in creative stories and poems. \$225

Printing for Beginners: 5-6 year olds (Tuesday's 1:00-1:55)

Focus is on the development of the foundation skills for writing, using a multi-sensory approach, including strength, coordination, perception, letter formation, spatial awareness, posture and grasp. \$200

Intermediate Printing: 6-8 year olds (Thursday's 2:00-2:55)

For children who have learned basic printing but would benefit from a multi-sensory approach to improve spatial awareness, letter formation, pencil grasp, and posture. \$200

Sensorimotor Cursive for Beginners: 7-8 year old (Tuesday's 9:00-9:55)

For children who will be learning cursive or have learned it and require more assistance. Multi-sensory techniques are used to develop an awareness to form the lower case letters. Students will learn correct letter formation. \$200

Intermediate Cursive: 7-10 year olds (Thursday's 11:30-12:25)

For those who have learned basic cursive handwriting but would benefit from additional assistance for upper case letter formation and speed and accuracy of lower case letters. \$200

Bike Riding Clinic: Ages 6 and up (May 30 and June 13 9:00-11:00; rain date June 20)

The goal is for independent two-wheel bike riding. Children should have some experience attempting to ride without training wheels. \$150

OT/Speech Social Lunch Group: 8-10 years old (Monday's 11:30-1:00)

Activity based groups for children with difficulty in knowing how to interact appropriately with peers. Included are reading non-verbal cues, problem solving strategies, how to make friends, what to do when a friend visits, etc. 7 weeks \$375