



Pediatric Development Center

Newsletter February 2007

We provide occupational therapy evaluation, treatment and consultation for children with developmental delays, autism/Asperger, cerebral palsy, Down's syndrome, sensory processing disorders, attention, behavioral concerns, handwriting, and other areas of weakness.

361 US Route One,
Falmouth
(207) 781-4830

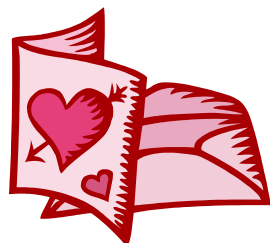
Parent Support Group:

We want to support parents in any way we can and would like to have a monthly meeting to discuss your issues. Please call the office to let us know when would be good for you and we will put together a meeting. 781-4830

Valentine's Day Activities

Valentines Treasure Hunt

Collect a variety of inexpensive treats and design a wild room-to-room adventure. Provide the first rhyming clue that will lead to the first prize, and there leave a clue to find the next prize. Hide as many clues and prizes as you want. Fun, no cost coupon prizes are fun too, such as "one extra bedtime story", etc. You can also provide picture clues, single word clues, or descriptions to the various prizes



Cinnamon Candy Cider

Stir 1-quart apple cider and 1/4 cup hard cinnamon candies in a medium saucepan over low heat. Bring to a simmer, stirring constantly, until heater through and candies have melted completely, about 8 minutes. Serve warm.

Paper Hugs

Materials: strip of medium weight paper approximately 36" long and 8" wide, pencil, scissors, markers/ crayons, ribbon.

Directions: Trace right hand on right end of paper and left hand on left end of paper. Draw 2 horizontal lines to connect the hand outlines and form one long "arm". Cut out the hug and decorate it using markers, stickers, paint, or crayons. Help your child with the message, such as "I love you this much". Then roll up the hug, tie it with a ribbon, and give it to your valentine.

Prints Charming

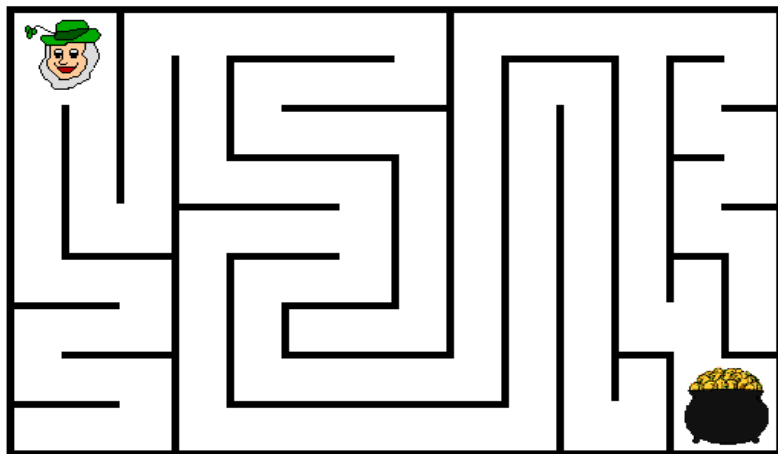
Use the child's fingerprints to create personalized cards. Challenge them to create various shapes and creatures using nothing but their fingerprints and a felt tip pen to add details and a special message.

Gum Guy

Use a small package of gum, pipe cleaners, googly-eyes, pom-poms, etc to create a guy to carry valentine messages.

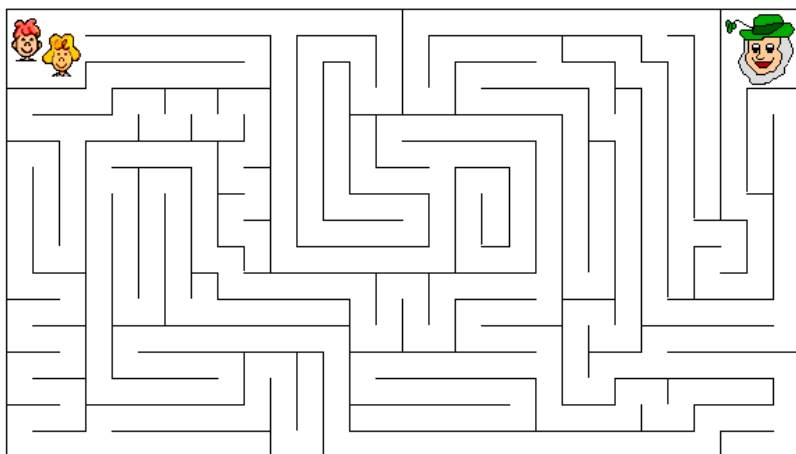
Try these St. Patrick's Day Mazes

Happy Saint Patrick's Day!



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Create your own Maze:

- Find items to create a human maze (couch cushions, boxes, blankets, etc.) Encourage the child to move the objects around to create the perfect pathway. Encourage them to search the maze for different hidden objects. Have them navigate the maze in the dark to see if they can feel their way through their creation.
- Using graph paper have your child create their own maze. Give them tips on how to follow the grid to create the borders. Remind them to include dead ends and lots of twists in turns to create a difficult maze.

PUDDLE JUMPING

Have your child jump in puddles

*who can make the biggest splash

*who can jump from puddle to puddle without touching dry land

*can you jump with one foot

*can you jump with two feet

*can you do jumping jacks in a puddle

*if you are feeling particularly adventurous have the child explore the puddle with their hands.

Discovering what hides on the bottom of a puddle can create a whole new tactile experience.

*once back inside and dry have the child draw you a picture of playing and exploring in the puddle

*have the child write or tell you (depending on their capabilities) a story about what they did in the puddle or create a make-believe adventure

SIMPLE CLAY

Ingredients:

*3 cups flour

*1/4 cup salt

*1 cup water

*1 Tbsp. Oil

Directions:

*Mix the flour and salt

*Add the water and then the oil

*Add more water if the mixture is too stiff, and add more flour if the mixture is too sticky.

*Alum may be added as a preservative but is not essential in a cool climate.