



## **Pediatric Development Center**

### **Newsletter**

**January 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



## **Snow Fun**

### **Snow Pie Game**

- Create the course by stomping a large shape into the snow.
- Create the pathways by stomping lines connecting the sides of the shape.
- Identify who is "it" and send them to the middle of the course.
- The "it" person chases the other players who must run on the pathways without passing others.
- If you meet someone head on one player must reverse their direction.
- The first player to be tagged by the "it" person becomes "it"

### **Paper Snow Flakes**

Fold paper in half several times (2-3). Cut shapes such as half circles, triangles, squares, rectangles, etc. along edges of paper making sure to leave the folded sides partially intact. Unfold and enjoy! Challenge your child to see how many different designs they can create.

## **Snow Contests**

- Who can roll the largest snowball within a certain amount of time.
- Create a course of snow-sculpted hurdles, cones to run around and other obstacles and have a relay race.
- Stomp a line in the snow then have players at either end of a long rope and have a slippery tug-of-war.
- Stack empty cans or plastic bottles on top of mounds of snow and take turns with target practice.

### **Finger Paint Recipe**

Materials:

- 1 cup laundry starch
- 1 cup cold water
- 4 cups boiling water
- 1 cup Ivory Snow soap flakes
- 1/4 cup talcum powder

Mix the starch with the cold water, and slowly add the boiling water. Cook over low heat until clear, stirring constantly. Remove from heat. Add the soap flakes and talcum powder. Beat with an egg beater until smooth.

## **Inclement Weather**

Throughout the winter we will experience snow and ice. Our office is usually open unless the weather is extremely bad. It is unpredictable how the day will go, clearing early or storming up late. Your therapist will call you to let you know if he/she will not be in the office. Also please remember to call if your child is sick and will not be coming to the clinic.

## **Make-Up Sessions**

We feel it is extremely important to maintain consistency with children's therapy, and encourage parents to re-schedule missed appointments.



## **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

## **Tweet Treats Birdseed Wreaths**

Make a batch of edible seed wreaths for feathered friends. Bring 6 TBS of water to a boil. Empty one ¼ ounce package of unflavored gelatin into 2 TBS cold water in a large bowl. Let gelatin sit for 1 minute, then add boiling water and stir for 2-3 minutes or until gelatin has dissolved. Next, stir 2 cups of wild birdseed into gelatin, mixing thoroughly. Let mixture set for a few minutes, then stir again. Repeat this process a few times. Spoon seed mixture into three 4-inch mini bundt or fluted pans. Place pans in refrigerator and let stand 3 hours. Remove wreaths from molds and allow to dry overnight. Place a colorful ribbon around your wreath and hang outside.

## **Pinecone Bird Feeder:**

Have the child use their hands to apply peanut butter to pine cone, making sure it fills in all the holes. Roll into wild birdseed so that it covers the pinecone. Tie a ribbon around the stem and hang from tree branch.



## **Chocolate Bark**

1 cup shelled pistachio nuts  
12 oz semisweet chocolate, chopped  
8 oz white chocolate chopped  
3/4 cup dried, sweetened cranberries  
Heat oven to 350 and lightly toast nuts on baking sheet (10 minutes), stir a bit. Melt semi-sweet chocolate in double boiler set on simmering water, stir until smooth. You can microwave. Melt white chocolate separately, in same manner. In small bowl combine nuts and cranberries, then stir half into semisweet chocolate. Spread to 1/2" thick on cookie sheet. Drop white chocolate by spoonfuls over bark. With tip of butter knife, swirl chocolates together, in marbled effect. Sprinkle on rest of nuts and cranberries. Refrigerate bark for 1 hour until firm, then break into pieces. Keep in airtight container.