



## Pediatric Development Center

### Newsletter June/July 2008

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

#### VESTIBULAR SYSTEM

- \*our sense of movement and gravity
- \*is located in the inner ear
- \*helps us develop an understanding of where our head is in space (up, down, right, left, horizontal, vertical, fast, slow)
- \*begins to function at 9 weeks in utero
- \*helps us understand in what direction we are moving and how fast
- \*provides a physical reference that helps us make sense of visual information, particularly where we are in relation to other things in the environment
- \*responsible for the development of muscle tone, stability, balance, bilateral coordination, ocular muscle control, body awareness, perception, internal organization for time and space, and emotional stability/lability.
- \*it paces the functioning of the entire central nervous system and prepares it for other sensory input



#### VESTIBULAR ACTIVITIES

Include those activities, which will impact vestibular processing such as movement and proprioception (heavy work patterns of joint compression/traction)

##### JUMPING:

- \*on a mini trampoline
- \*on the bed
- \*onto a pile of pillows
- \*off a curb, etc...

##### PULLING:

- \*pull a person or an object around the room sitting in a box or on a carpet square
- \*pull a sled or wagon filled with treasure

##### SWINGING:

- \*seat or sling seat
- \*inner tube swing
- \*stop the child quickly by grabbing their feet
- \*seated or standing
- \*trapeze swing to hang by their arms
- \*hammock swing on stomach or seater
- \*in a blanket held by 2 adults

##### ROLLING:

- \*over textured surfaces
- \*down an incline
- \*up in a blanket
- \*over people

##### ROCKING:

- \*on a rocking horse
- \*in a rocking chair

## SLIP! SLOP! SLAP!



“Avoiding overexposure from the sun doesn’t just help prevent skin cancer it helps you avoid premature ageing”

Sid the Seagull was part of a campaign started in Australia in 1981. Sid the seagull talked about the importance of sun safety. He attributed his youthful good looks to a healthy diet, plenty of exercise, and being Sun Smart.

### **This was Sid’s Jingle!**

*Slip, Slop, Slap!*

*It sounds like a breeze when you say it like that.*

*Slip, Slop, Slap!*

*In the sun we always say, “slip, slop, slap!”*

*Slip, Slop, Slap!*

*Slip on a shirt, Slop on*

*sunscreen and Slap on a hat!*

*Slip, Slop, Slap!*

*You can stop skin cancer – say:*

*“Slip, Slop, Slap!”*

## Cool-Off Fun

### Pool Game:

*Speedboat Relay:* the object of the game is to try to deliver their watery cargo without spilling the goods.

\*divide players into 2 teams  
\*at one end of the pool have 2 buckets of water and 2 empty buckets at the other end.

\*First player from each team has to fill up his cup from the bucket and swim across the pool to deliver it to the empty buckets. Then swim back.

\*Each other player follows until the bucket is full.

### Craft:

*Sponge Crown:* you will need 4 new sponges in different colors, marker, scissors and pipe cleaners.

1) Use a marker to draw an aquatic design on each sponge. Draw one shape per sponge and try to take up as much of the sponge as possible.

2) A different pipe cleaner is used to attach each sponge. Poke one end of the first pipe cleaner through a sponge shape. Twist the end to secure it to the shape.

3) Push the other end of the pipe cleaner through the next shape and twist it in place. Use another pipe cleaner to attach to the next shape and so on. Trim off excess pipe cleaner.

4) Soak the crown in water, place it on the lucky royal’s head, and give the sponges a good squeeze for a watery coronation.

### Craft:

*Ice Cube Necklace:* you will need 3 feet of plastic lanyard; ice cube tray; plastic beads, buttons or

plastic drinking straws cut into 1-inch lengths; clear tape.

1) Tie a knot in one end of the lanyard. Count the number of ice cube slots in one side of the tray and thread at least 1 bead, button or staw per cube slot onto the lanyard. Knot the other end of the lanyard when you’re done.

2) Center the lanyard over 1 row of an empty ice tray so that several inches drape over each end. Push the beads, buttons, or straws down into each ice cube slot. To keep the beads submerged when you add water, tape the lanyard to the edge of the tray and between each cube. 3) Use a small pitcher to fill the slots with water. To avoid ice “bridges” between the cubes, don’t overfill. Place the tray in the freezer and remove it when the ice is solid. Pop out the necklace, tie it on, then step outdoors.

### Kiddie Pool Game:

*Squash The Sharks:* you will need a bag of balloons, permanent markers, kiddie pool.

\*blow up a dozen balloons and draw shark faces on them.

\*fill kiddie pool with water and add the balloons.

\*The children have to try and sit on the balloons and pop them.

\*the player who squashes the most sharks wins.