



Pediatric Development Center

Newsletter March 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

W-Sitting

Adapted from:
Jean McNamara, PT
Advance for PT, 1995

*Other playing postures help children to develop trunk control and rotation; which are necessary for crossing midline and separation of the 2 sides of the body and is needed for development of refined motor skills and hand dominance.

*Children need to move through many different positions during play but excessive time in the w-sitting position can lead to future orthopedic problems.

*Children w-sit because they rely on it for addition trunk and hip stability which allow for an easier time with toy manipulation and play.

*The w-sitting position allows for play in front of the body but does not allow for trunk rotation and lateral weight shifts such as twisting or turning reaching for toys.

*Trunk rotation and lateral weight shifts are important as they allow the child to maintain balance while running outside or playing on the playground and are necessary for crossing midline during writing and table top activities.

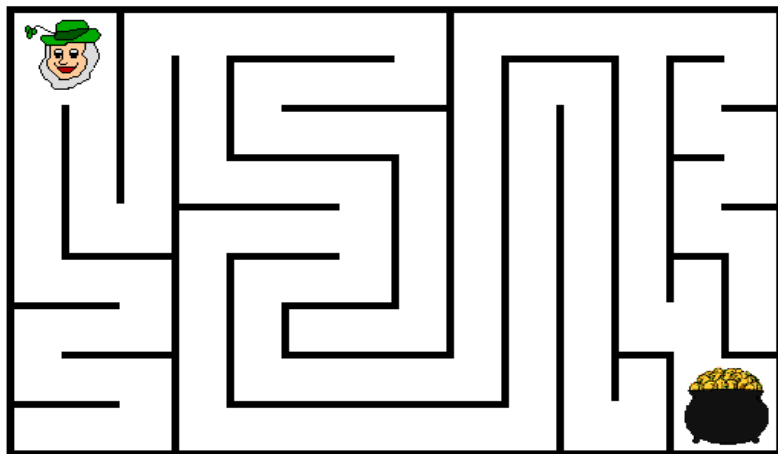
*W-sitting can discourage a children from developing a hand preference. Without trunk rotation children are less likely to reach across the body to pick up objects and will instead pick up objects that are on the right with the right hand and objects on the left with the left hand.



*Parents should discourage children from w-sit before they develop the habit to do so. If your children are already utilizing the w-sitting position be consistent in reminding them to avoid that position. Reminding them to "Fix your legs" can be a simple yet effective reminder.

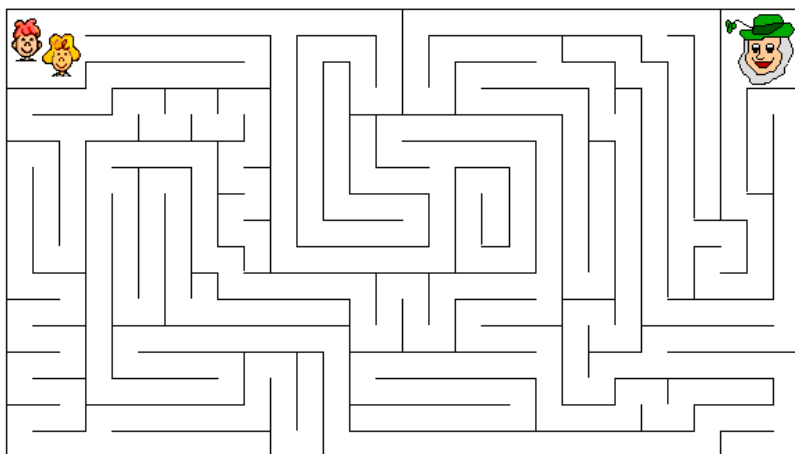
Try these St. Patrick's Day Mazes

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.