



Pediatric Development Center

Newsletter

May 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

TOUCH

The Tactile System
Tactile activities are those that involve deep touch pressure or light touch. It is important that tactile activities are comfortable and enjoyable for your child. Most children prefer activities that involve deep touch pressure. Tickling is not a helpful response and should be avoided. Tactile activities help children grow and develop body awareness, motor-planning abilities, and focused attention.

ACTIVITIES

- *crawling under a pile of pillows
- *rubbing lotion on arms and legs
- *crawling and rolling over textured surfaces
- *being sandwiched between two large pillows
- *painting body parts using a dry paintbrush or textured fabric
- *rolling a soft, but firm ball on top of the child while lying supine or prone
- *giving and receiving big affectionate hugs
- *rolling up inside a blanket
- *running through a pile of leaves
- *playing with shaving cream to draw designs, write letters, words and numbers, playing tic-tac-toe
- *playing in the water
- *using modeling clay or playdoh
- *playing with finger paint or other messy media

*eat healthy textured food such as corn, broccoli, peaches, apples, or bananas
*drink thick fruit milkshake through a straw
Adapted from:
Therapy Skills Builders
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Make-Up Sessions

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

Happy Mother's Day



Give your child the tools to get creative with mother's day cards. Give them some paper, an envelope. Help them to design a MOM template that you can cut for them, or they can cut out an envelope to decorate themselves. Get them markers, stickers, rhinestones, feathers, photos, and magazines to clip pictures and words out of. Be there to provide help and guidance where needed encourage their own creativity.

Tissue Paper Flowers

- *cut tissue paper into rectangles of desired size.(5x7)
- *stack 4-6 pieces of tissue paper. Use the same color or different colors.
- *Accordion fold the tissue paper working from the long side.
- *Wind one end of the pipe cleaner around the middle of the accordion folded tissue paper.
- *Gently separate each layer pulling upwards toward the middle of the flower.
- *let the children make a couple of flowers to create a bouquet

Tongue Depressor Flowers

Materials - tongue depressors, a variety of colored construction paper.

Directions - Color or paint tongue depressors green. Cut petal shapes from construction paper and have the children glue the petals to the top of the tongue depressors. Cut leaf shapes from green construction paper and attach a couple to the stem. Display on your bulletin board.



Peas on Earth

Just in time for spring gardening...

To make... first frost a cooled cupcake with chocolate frosting. Place 1 oreo or chocolate wafer cookie in a ziplock bag and crush it with a rolling pin (a good heavy work activity for the kids), then sprinkle the cookie crumb dirt on top of the cupcake. With a butter knife, draw a line in the dirt, and then plant a row of pea seeds (green candy peas, mini jaw breakers, or skittles). Stick half of a gummy worm in the garden soil. Finally draw a Peas sign on a piece of paper, tape it to a craft stick, and stake it in place at the end of your garden row.

Gardening Fun

If you're hesitant to dig up the yard to create a garden with your kids, try using a kiddie pool to create a giant container garden. After cutting drainage holes in the bottom and filling it with dirt, you can plant anything you choose. Anything from flowers to vegetables (tomatoes, carrots, radishes, lettuce, and cucumbers) will work great. The fun doesn't stop with planting... help the child to understand the importance of watering, weeding, and eating the fresh vegetables from the garden you created.



Nature Sensory Box

Create a sensory experience for your child out of what nature has to offer. Using a box, cut a hole in one side just big enough for the child's hand to fit through, and then fill the box with different items. Learn about the parts of plants by filling the box with bark, seeds, flowers, stems, etc.