



Pediatric Development
Center

Newsletter



2009

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.

Contact us for further information:

125 Presumpscot St. Portland, ME. (207) 699-5531.

Parent Support Group:

We currently have a parent support group scheduled for Thursday April 16 from 6:00-7:30 p.m. Sign up soon, this group is limited to 10 parents! (207) 699-5531

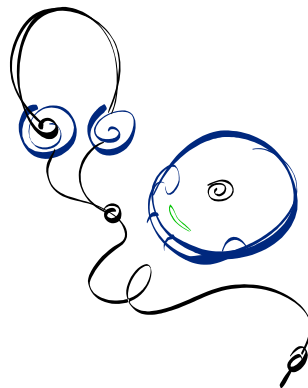
Good Resources:

www.vitallinks.net

www.integrationscatalog.com

Therapeutic Listening

Therapeutic Listening® is an evidence-backed protocol that combines a sound-based intervention with sensory integrative activities to create a comprehensive program that is effective for diverse populations with sensory challenges. Therapeutic Listening can impact sensory modulation, attention, behavior, postural organization, and speech and language difficulties. Trained therapists learn to use modulated CDs to set up programs for clients in homes, schools and clinics. Listening is a function of the entire brain; when we listen, we listen with the whole body. *(Excerpt taken from www.vitallinks.net)*



The Pediatric Development Center now implements the use of Therapeutic Listening! We offer skilled information, assistance and a lending library to help you and your child get the most out of this exciting therapeutic tool.

Kimberlee Wing, OTR/L and Jillian Bergeron, OTR/L have completed the Therapeutic

Listening workshop and have shared the program information with our entire staff. They are always available for consultation to assist our therapists in using this effective sensory integrative tool with their clients.



Set up Process:

We use the Listening Skills Inventory to gather information about each client in order to decide the appropriate set of CDs to use with each child. Parents are then given the Vital Sounds Modulation Order Form containing our course completion number so they can order their personal set of headphones. The program is designed to be used with specific headphones that are engineered to the same quality at which the CDs are recorded in order to provide the full potential of the modulated discs. PDC also offers a lending library so families who enroll have access to a full range of CDs. An annual fee of \$63 gains each child the ability to borrow one disc for the duration of two weeks at a time. CDs are also used during treatment sessions to supplement other sensory processing activities.

Please contact the Pediatric Development Center to learn more!

Integrations catalog director Sue Wilkinson, OT, compiles "Bright

Ideas” to offer great tips for helping you and your child make it through your daily routine:

What is CAPD?

**PDC does not diagnose CAPD, a referral has to come from your school to a speech & hearing clinic*

CAPD stands for Central Auditory Processing Disorder. Many people now refer to it as APD. When an educator or professional is concerned about APD in a child, they are concerned about whether a child can actually PROCESS what is heard. Auditory processing is a crucial aspect of integration, combining sensory input, language, memory, attention and timing to draw conclusions from information that has been heard. Since the auditory mechanism is located so close to the movement center of the brain, it becomes clearer that learning is not all in your head. The basic sensory systems, especially movement, play a key role in learning, according to the latest in brain-based research.

There are several preventive measures you can take with APD children: allow children additional time to process what has been said; talk slowly and rhythmically and ask the child if talking like this helps; obtain advice from your educators and professionals.

Why Use an Auditory Organizer?

You can have a profound effect on how daily tasks are performed by using auditory input as a tool. By modifying the environment, the “just right” amount of sensory input can increase an individual’s ability to successfully participate in an activity.

Listening is powerful! It affects the state of the whole body. Whether you choose soothing sounds of flowing water, nature, a methodical ticking sound, instrumental selections specific to concentration, relaxation, or energizing music—the effects are dramatic! Remember, each person’s system is unique. Use observations to make sure your selection is a match.



It’s a Noisy, Noisy World

When a child says his ears hurt, believe him! A child may be painfully oversensitive to volume or to frequency—either higher frequencies like a hair dryer or lower frequencies like a rumbling truck. Kids can also have trouble telling where a sound is coming from. Take a multi-step approach. First, reduce painful sound sources that bother most people. For example, speak with the school about ways to reduce sound in cafeteria, from fire alarms, and so on. Then, protect oversensitive ears from noxious noise with sound dampeners like earmuffs and earplugs, for short periods only (to avoid having the child’s hearing habituate to the decreased input). For example, allow him to wear earplugs during fire drills. At the same time, increase the auditory system’s underlying ability to handle a variety of sounds through one of the many capable therapeutic listening programs. Meanwhile, help the child to unlearn fear of particular noises such as a toilet flushing, thunder, and fire alarms with CDs specially engineered for that purpose.

20 Simple Ways to Improve Concentration

1. Take movement breaks BEFORE working.
2. Listen to music scientifically arranged to promote focus.
3. Perform wall or chair push-ups.
4. Chew gum or a chewy.
5. Set a metronome to 60 beats per minute.
6. Use Brain Gym before work activities.
7. Minimize visual distractions.
8. Use bright, natural lighting.
9. Wiggle on a ball chair or in-seat concentrating cushion.
10. Use a white-noise machine to minimize auditory distractions.
11. Suck on an atomic fireball or Altoid candy.
12. Fidget with a small toy while reading or listening.
13. Diffuse essential oils such as tangerine, basil or rosemary.
14. Set a timer to avoid obsessing about time constraints.
15. Fidget with your legs by shaking your foot or using a moving footrest.
16. Rock rhythmically in a chair with two x-shaped holes cut in tennis ball “socks” placed on the chair legs.
17. Swing or start a runner’s club on the playground before school.
18. Jump on a trampoline or Bungee Jumper between assignments.
19. Create a way to kinesthetically learn the material.
20. Move, move, move...MOVE!