



Pediatric  
Development  
Center

Newsletter  
December 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 are offering a parent education course, divided into 3 segments. January : Sensory Processing Disorder; February: ABC of Behavior (Antecedent, Behavior, Consequence); and March: Developing as Sensory Diet. The program is limited to 15 parents. It is offered the 2<sup>nd</sup> Tuesday or Wednesday night each month. \$25 for each course. Call the office for more details and to register.

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. We will post clinic closing on WGAN early in the morning if necessary to close for the day.



**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 Holidays**

Pediatric Development Center will be closed from December 24<sup>th</sup> through January 1<sup>st</sup>, reopening on January 2<sup>nd</sup>.

**Holiday Leftovers**

- Boxes are great for creative play; to make forts, mazes, spaceships and so much more. Have your child help by painting or decorating the box to become the item they desire.
- Left over holiday wrapping paper can become a great large canvas for painting or coloring.

**Resources**

Abilitations

[www.abilitations.com](http://www.abilitations.com)

1(800)850-8602

Access Quality Toys

[www.accessqualitytoys.com](http://www.accessqualitytoys.com)

1(866)AQTOYS

Flaghouse

[www.flaghouse.com](http://www.flaghouse.com)

1(800)793-7900

Jump-In

[www.jump-in-products.com](http://www.jump-in-products.com)

1(734)878-0166

Learning Needs

[www.learningneeds.com](http://www.learningneeds.com)

1(800)362-2890

Play with a Purpose

1(888)330-1826

Sensory Comfort

1(888)436-2622

Southpaw Enterprises

[www.southpawenterprises.com](http://www.southpawenterprises.com)

1(800)228-1698

Therapro

[www.theraproducts.com](http://www.theraproducts.com)

1(800)257-5376

**Inclement Weather**

## Holiday Gift Ideas

Parents often ask for ideas for gifts for the holidays. Here are some suggestions:

Old fashion toys can always be fun and provide basic skill development. Blocks, puzzles, crayons, coloring books, craft projects, board games, memory, and card games, play and tools, pounding toys, paper dolls, and more. Look at what skills the toy will develop. Remember that at a young age motor development is important.

### Gross Motor Suggestions:

*Toys such as crawl tunnels, vibrating bugs, romper stompers, bungee jumper, sled, 24" ball, trampoline, rocking chair, climbing gym, tumble mats, hop scotch, "Hyper-Dash", Twister, etc.*

### Fine Motor Suggestions:

*Finger paints, modeling clay, sewing cards, craft kits, legos, vibrating pen, paper mache, easel, tiddley winks, popheads, tic-tac-toe, and more. Remember back to what you liked as a child. Computer games may not teach some of the basic motor skills.*

Vibrating toys may also be a great toy idea. Vibration can be calming for many kids. Vibrating pens, massagers, teething toys can all help organize a child.

## Indoor Play

- *Obstacle Courses:* Use chairs, tables, pillows, boxes or anything to create a path. Send your child over, under and through the different obstacles. Jumping off steps, crawling on their bellow under a chair, jumping over a pillow, or being squished between pillows. Most important is to be creative and have fun.

### *Crafts:*

- design their own wrapping paper (this can be a great messy play activity)
- placemats or cards for large family dinners

## The New Year

Plan a special celebration. Make confetti by shredding paper, make special hats and special snacks. What do you remember special of the last year and how should we keep it special: pictures, album, song, etc. Goals for the New Year as a To-Do List. Exercise, charity work, clean cupboards, special games together, ways to show each other how we love them.



## Outdoor Play

### *Snow Walks:*

Identifying animal tracks can be a great time to educate kids and a great time for creative play. Have your child tell you what they know about the animal, have them imitate how that animal moves, or the noise the animal makes.

Creating snow angels is a great time for some heavy work.

### *Snowballs:*

Instead of snowball fights have your child try to knock cans off a railing with snowballs.

### *Snow Creatures:*

Set a goal for what you will build. Do you want it to be realistic or mystical? Ask your child what they want the head to look like. Should it have two legs or four? Should it have a long tail with spikes or a short tail? Use food coloring and water in squirt bottles to decorate the creature to add more color.