



*Pediatric Development  
Center*

*Newsletter  
February 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.*

#### *Courses:*

February 5 or 6, 2008  
The ABC's of Behavior

March 4 or 5, 2008  
Developing a Sensory Diet

#### **Insurance Changes:**

Don't forget to notify the office of any changes in your insurance.

#### **Credit Card Payments**

Good Books!!

Understanding Regulation Disorders of Sensory Processing in Children by Patrisha Reebye and Aileen Stalker

#### Meghan's World, The Story of One Girl's Triumph Over Sensory Processing Disorder

By Diane Renna and Regina Stark

Starting Sensory Integration Therapy: Fun Activities That Won't Destroy Your Home by Bonnie Arnwine



#### **Valentine's Day Cards**

Rather than buying cards, make cards with your kids.

Decorate a shoebox with construction paper, doilies, lace, and stickers. In the box provide red, pink and white construction paper, doilies, stickers, glitter, glue stick, scissors, and crayons. Work with them and demonstrate how to fold the paper and make a card. Provide samples of sayings they can write on the card and demonstrate how to make a variety of cards. They will learn by your demonstration and then have hours of fun on their own.

#### **Counting**

Children instinctively enjoy counting, sorting, finding patterns, solving puzzles, matching, and doing activities which will eventually be identified as "math". Many fun games can be incorporated into daily activities to encourage these skills.

1. Match and count the fruit in the refrigerator
  2. Putting away groceries, matching where they go and counting how many (good heavy work pattern too!)
  3. Following a recipe for making play-doh, cookies, jell-o, shakes...
  4. Set up a pretend store to develop money skills
  5. Count items when out for a walk or driving, such as trees in a cluster, ducks on the shore, mailboxes in a row....
  6. Counting by groups of 2, 5 and 10 to learn clustering or grouping
- Games that involve math, such as: Crazy 8's card game, Uno, Mancala, Pass the Pigs, Blokus...

#### **Learning Styles**

**Visual Learner:** this child will rely on visual input for information and organization, tending to "think in pictures". Many may be quite verbal, but need the visual input. They may be artistic and seek out drawing and using visual input. It will be helpful to put things in writing, charts, lists, etc. With spelling words provide a visual connection with the word, having the child think of an image that will remind them of the word. When given an assignment to write about a subject, draw it first, then write about the drawing.

**Verbal Learner:** this child may learn to speak early and have a way with language, finding phonics easy. With difficulty in academics, such as math, use language to assist, by talking their way through the task, explain what they are doing or need to do.

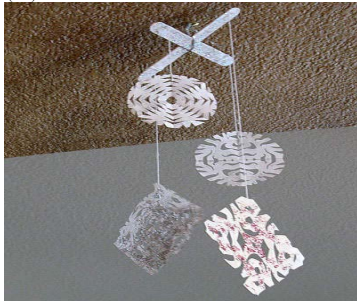
**Auditory Learner:** this child loves to talk, and learns best when the information is presented verbally. They may like to listen and discuss information. It may be helpful for them to talk themselves through tasks, read directions out

loud, read a book out loud, have them repeat directions. They may perform better in a busy environment rather than total silence.

**Kinesthetic Learner:** this child learns by touching and feeling and will seek out fidgeting with items, wiggling in their seat and moving. It will be important to not misunderstand this as an attention deficit. These children learn best when allowed to move. Provide for fidget toys, gum chewing, doodling, opportunities to get up and move. View this as a strength, not a weakness.

## Sparkly Snowflake Mobile (or use hearts!)

(0/5)



[Click to view larger](#)  
[What you'll need:](#)

white paper  
scissors  
2 large craft sticks  
white acrylic paint  
glitter (silver, white, pink or blue)  
white string  
silver ribbon  
white craft glue  
paint brush  
thumbtack

### How to make it:

1. Cut paper snowflakes out of white paper. To do this, fold paper in half, then fold in half again. Take the bottom right corner of the rectangle and fold it up and over the left side to make a triangle. Use scissors to remove the excess strip of paper at the bottom. This gives you a perfect square. Now cut small strips and triangles from all edges of the paper, leaving enough room in the center so that it does not fall apart. Unfold your snowflake.
2. To flatten out the creases from the folds, press snowflakes in

a heavy book as you cut the next one, continue until you have cut-out four snowflakes.

3. Mix white craft glue with some water, about half and half.
4. Use paint brush to paint glue mixture onto the paper snowflake.
5. Sprinkle heavily with glitter. Let dry completely.
6. Tap off excess and repeat on other side.
7. While snowflakes are drying, paint one side of the craft sticks white. Before paint has a chance to dry, sprinkle with glitter. Let dry, then repeat on other side.
8. Cut white string into 4 different lengths and glue one to the back of each snowflake.
9. Glue craft sticks together in the shape of an "X" and let dry.
10. Tie ribbon around center of the "X", leaving enough ribbon at the top to hang mobile.
11. Tie the snowflakes onto the mobile, one string on each end of the craft sticks. Put a dot of glue one the string to secure it in place. You can wrap the string around the craft stick one or more times if the lengths are not to your liking.
12. Press a thumbtack into the ribbon and push into the ceiling or door jam to hang.

### Tips:

- Instead of painting the snowflakes with the glue mixture you can pipe on white school glue and then sprinkle with glitter.
- There are many elaborate ways to make snowflakes. Let children experiment with different cuts and shapes—just have a trash can nearby for the scraps.
- You can purchase glitter spray paint that you can use instead of sprinkle glitter. Simply spray the paper with silver glitter paint and you are finished. Spray paints should only be handled by adults



*Snow Fun!*

- *Cut food coloring in a squirt bottle and draw or write in the snow*
- *Scavenger Hunt for hidden colored eggs or balls*
- *Snow ball soccer, using a chunk of frozen snow or a real ball*
- *Build a snow fort from the plowed snow*
- *Snow angels*



### Valentine's Day Riddles

*What did the bunny say to his girlfriend on Valentine's Day?  
Some-bunny loves you!!*

*What did the bear say to her boyfriend on Valentine's Day?  
I love you bear-y much!*

*What did the squirrel say to his girlfriend on Valentine's Day?  
I'm nuts about you!*

### Artist in Residence

Children learn to color and draw by participating and seeing how it is done. Don't just plopp the kids down with markers or crayons and run off, sit and color or draw with them. Put large butcher block paper or shelf liner paper up on the wall and draw, start with a doodle and see what it turns into. Work together on a nursery rhyme or theme. Show them how to color in different directions to get different effects. Experiment with various mediums such as paint, finger paint, crayons, textures, put barley in the finger paint, fluorescent colors, fabric paint, etc. Have fun!!!!