



Pediatric Development  
Center

Newsletter

March  
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 want to support parents in any way we can and would like to have a monthly meeting to discuss your concerns. Please call the office to let us know when would be good for you and we will put together a meeting. 699-5531

**Good Resources:**

www.kaboose.com  
http://familyfun.go.com

**This month's newsletter is full of fun activities to do with your child!**

**St. Patrick's Day Crossword**

FUN  
POT  
GOLD  
PARTY  
IRISH  
CLOVER  
IRELAND  
RAINBOW  
SHAMROCK  
LEPRECHAUN

**Painting With Scent**

This fine motor activity also encourages children to incorporate their sense of smell!

Materials:  
Paper (preferably stiff)  
Several flavors of Kool-Aid  
Paint brushes

To Do: Mix each flavor in a separate container with about half a cup of water. Allow children to paint on the paper with the brushes after dipping them in the flavored water. The painting looks just like watercolor paints and it smells so good!

After the painting has dried the children can scratch their painting with their finger and smell the paint on their picture. Just like scratch and sniff stickers.

**A Note of Caution:** The diluted Kool-Aid stains clothing and countertops / tables. Cover painting area and have children wear smocks to protect their clothes.

**Puzzle Trees**

Found a great easy activity for spring, you know those puzzles that seem to always have missing pieces. Draw and cut out the shape of a tree with limbs and glue or staple it to another piece of paper (yellow makes a great back ground color) and glue the puzzle pieces to the branches of the tree.

**Bagel Bird Feeder**

\*Bagel \*Peanut Butter \*Bird Seed \*Yarn or String  
Have children spread peanut butter on a bagel. When done, dip bagel in bird seed. Attach a piece of yarn and hang outside on tree branches or on fence.

**Outdoor Game: "Hot Potato"**

A different take on this game has youngsters use their feet instead of their hands.  
Materials:  
Medium size playground ball  
Group of playful kiddos

free for non-profit use

http://www.kidsdomain.com/

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To Do: Put a medium sized ball in the center of a circle along with a child chosen to be 'it'. The child who is 'it' pushes the ball with his or her feet, trying to get it out of the circle. The other children try to stop the ball with their feet. Once the ball is out, another leader is chosen. The ball is called the 'hot potato' and the children will enjoy trying to keep it in the 'oven'.

### Paper Plate Flowers

Materials:

A paper plate

Colorful construction paper

Scissors

Glue (or a stapler)

To Do: Have your child trace their hand on colorful construction paper, at least 10 times. Have them follow the traced lines to cut out each hand tracing. Then glue or staple a circle of handprint tracings (fingers pointing outwards) around the outside of the plate – fingers are the flower's petals.



Glue or staple a second circle of handprint tracings (fingers pointing outwards) just inside the first circle.



Glue or staple a third circle of handprint tracings (fingers

still pointing outwards) at the center of the plate.



Glue a small paper circle in the center of the flower.



### No-Cook Dough

Perfect for making clover shaped beads for St. Patty's Day!

For the independent modeler, this simple dough recipe is the natural choice. There's no cooking on a hot stove, and the more your child squishes, tugs and pounds it, the more this pliable stuff cooperates. Can be either painted or dyed with food coloring.

Materials:

1 cup flour

3/8 cup salt

3/8 cup hot tap water

Food coloring (optional)

Have your child combine the flour and the salt in a medium bowl, then pour in the hot water and stir well. Knead on a floured board for at least 5 minutes, working in food coloring if desired.

What to Make:

No-Cook Dough's sturdiness makes it a winner for molding chunky beads or small figures (large ones have a tendency to crack

during drying). The recipe also rolls out nicely with a rolling pin; your child can cut the flattened dough with a butter knife or cookie cutters, creating shapes that make great holiday ornaments, pendants, pins and refrigerator magnets.

Drying Time:

Depending on the thickness of the dough, air-drying will take anywhere from 1 to 5 days. Small or thin shapes can be dried more quickly by baking them on a cookie sheet at 200 degrees for about 2 hours.

Storage:

No-Cook Dough will keep for up to a week when refrigerated in plastic bags or sealed containers.

### St. Patrick's Day Word Search

	K	P	T	P	V	J	W	B	G	S
	X	G	R	E	E	N	V	T	D	E
IRELAND	X	E	E	U	G	V	M	I	Z	G
IRISH	M	B	V	L	N	S	V	R	U	O
GOLD	X	G	O	L	D	A	D	I	M	D
POT	K	T	L	U	C	K	N	S	P	O
RAINBOW	T	K	C	O	R	M	A	H	S	A
GREEN	B	B	Q	N	X	E	L	P	G	H
CLOVER	D	E	O	L	K	J	E	O	D	I
LUCK	D	F	I	K	C	I	R	T	A	P
SHAMROCK	G	L	W	O	B	N	I	A	R	N
PATRICK	E	M	N	F	S	W	O	H	Z	V

