

Pediatric Development Center



~ Newsletter ~
January
2012

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

Good Resources:

www.do2learn.com

<http://familyfun.go.com>

Inclement Weather

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, whether the roads will clear early or a storm will come in later. Your therapist or the office will contact you to determine the best route of action. In case of very severe weather we will list a clinic closing on WCSH 6. Also, please remember to call if your child is sick and will not be coming to the clinic.

Proprioceptive-Pressure Touch Activities

By: Kimberlee Wing, OTR/L

- * roll up in a blanket or towel
- * back rubs or massages
- * heavy covers at bed time
- * wear a weighted vest or backpack with books in it
- * push down on shoulders when sitting to do work
- * lay prone on elbows for reading, hearing a story, watching TV, etc.
- * brushing program, if appropriate
- * jumping on a mini trampoline
- * jumping or crashing into a pile of pillows
- * jumping on a bed
- * crawling activities (obstacle courses in, under, around, and through spaces)
- * roll them out like "cookie dough" with large ball over them

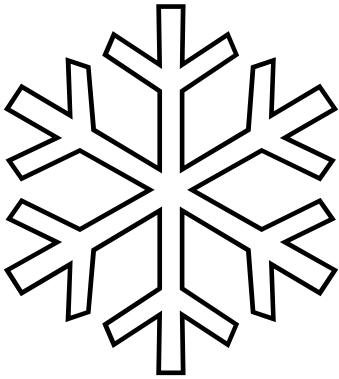
- * sandwich between 2 bean bag chairs or pillows
- * wheelbarrow walking
- * roll over large ball onto arms
- * pull around the floor on a carpet square, folded towel or sheet of plastic (depending on floor surface) by use of a long rope with loops at each end
- * trapeze bar swing to land in a pile of pillows or inner tubes
- * jump rope
- * heavy work patterns such as moving furniture, laundry, trash cans, etc.
- * pulling others on a carpet square or scooter board
- * tug-of-war
- * play dough use with a rolling pin, cookie cutters, pulling and squeezing it
- * silly putty play by squeezing and pulling
- * tactile play with beans, rice, pudding, GAK, cornstarch and water, cornmeal, sand, or pasta
- * identifying objects felt in a bag, without looking
- * describing what certain items feel like
- * chewing stiff or dense foods, such as gum, tootsie rolls, gummy fruit, licorice, etc.

This month, discover activities to get your children through cold winter days

Paper Snow Flakes

Fold paper in half several times (2-3). Cut shapes such as half circles, triangles,

squares, rectangles, etc. along edges of the paper, making sure to leave the folded sides partially intact. Unfold and enjoy! Challenge your child to see how many different designs they can create.



Finger Paint Recipe

Materials:

- 1 cup laundry starch
- 1 cup cold water
- 4 cups boiling water
- 1 cup Ivory Snow soap flakes
- ¼ cup talcum powder

Mix the starch with the cold water, and slowly add the boiling water. Cook over low heat until clear, stirring constantly. Remove from heat. Add the soap flakes and talcum powder. Beat with an egg beater until smooth.

Tweet Treats Birdseed Wreaths

Make a batch of edible seed wreaths for feathered friends. Bring 6 tablespoons of water to a boil. Empty one ¼ ounce package of unflavored gelatin into 2 tablespoons cold water in a

large bowl. Let gelatin sit for 1 minute, then add boiling water and stir for 2-3 minutes or until gelatin has dissolved. Next, stir 2 cups of wild birdseed into gelatin, mixing thoroughly. Let mixture set for a few minutes, then stir again. Repeat this process a few times. Spoon seed mixture into three 4 inch mini bundt or fluted pans. Place pans in refrigerator and let stand 3 hours. Remove wreaths from molds and allow to dry overnight. Place a colorful ribbon around your wreath and hang outside.



Pinecone Bird Feeder

Have your child use their hands to apply peanut butter to a pinecone, making sure it fills in all the holes. Roll the pinecone into wild birdseed so that it covers the pinecone. Tie a ribbon around the stem and hang from a tree branch.

Chocolate Bark

Materials:

- 1 cup shelled pistachio nuts
- 12 oz semisweet chocolate, chopped

- 8 oz white chocolate, chopped
- ¾ cup dried, sweetened cranberries

Heat oven to 350 and lightly toast nuts on baking sheet (10 minutes), stirring occasionally. Melt semi-sweet chocolate in double boiler set on simmering water, stir until smooth. You can also melt chocolate by microwaving and stirring frequently. Melt white chocolate separately, in the same manner. In a small bowl combine nuts and cranberries, then stir half into the semisweet chocolate. Spread to ½" thick on a cookie sheet. Drop white chocolate by spoonfuls over the spread chocolate. With the tip of a butter knife, swirl the chocolates together in a marbled effect. Sprinkle on the rest of the nuts and cranberries. Refrigerate bark for 1 hour until firm, then break or cut into pieces. Keep in an airtight container.

