



Pediatric  
Development  
Center

November  
Newsletter  
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 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.  
781-4830

Good Books:

**Sensory Integration and the Child**, by A. Jean Ayres  
**Raising a Sensory Smart Child**, by Lindsey Biel  
**Parenting a Child with Sensory Processing Disorder**, by Christopher Auer

## Sensory Processing Disorder

Sensory Integration is a theory developed by A. Jean Ayres in the 1960's to explain the connection between sensory processing, learning disabilities and motor deficits in school age children. Her background was in neuroscience, educational psychology as well as occupational therapy. The SI theory has sparked more research, controversy, and treatment modalities, than any other area of occupational therapy.

Sensory Processing Disorder (SPD) encompasses the areas of weaknesses in sensory modulation/regulation, sensory discrimination and motor delays. Ayres defined sensory integration as "the neurological process that organizes sensation from one's own body and from the environment and makes it possible to use the body effectively within the environment." We begin as young children learning to interpret the information we receive through our senses and how to perform many skills automatically. It is necessary to know where the body is in relation to the environment, and the child must feel safe and know where and how their body is being touched. It is also necessary to know, without being told, what information we need to attend to and what to ignore. There are many children who are unable to sort out and cope with the information they receive from their senses. The information is disorganized and the child's performance is then effected. As Jean Ayres, the founder of the theory of sensory integration, states, "Disorganization of processing is like a rush hour traffic jam."

Treatment begins with understanding.

Parent Support  
Pediatric Development Center  
is dedicated to help parents better understand sensory processing, how it impacts their child's daily life, how to interpret the behaviors, disorganization, inattention, motor delays, impact on academics, and to develop the appropriate strategies for success.

## Parent Courses

**January 9, 2008**  
**Sensory Processing Disorder**  
**6:30 to 9:00**

**February 6, 2008**  
**Analyzing and Understanding Behaviors**  
**6:30 to 9:00**

**March 5, 2008**  
**Developing a Sensory Diet**  
**6:30 to 9:00**

**Cost: \$25 for each night**  
**Place: PDC**  
**Limit: 15**  
**Includes refreshments as well as a notebook of information. Call the office early to reserve your place.**



## How to say "NO"

Children are always asking for something and we often want to give in to keep the peace and to save time. But sometimes we have to use "tough love" and be the bad guy.

- I want/need...

Have the child explain why they need the item or put it in writing. If the item is not necessary explain why they do not need it or it may be something they can save up for or earn.

- Stalling at bedtime...

Develop a routine for bedtime and let the child know the consequences for stalling, such as not getting the story if run out of time. Give a warning that bedtime is nearing. If the child has difficulty settling down at bedtime, he may need to be "downshifted" to move him from high gear to low gear. Activities such as wheelbarrow walking, rolling tightly in a blanket and rubbing his back, hugging when wrapped in a towel, low lighting, soft music.

- Avoidance of homework..

When children avoid homework, it may be too difficult, they don't know where to start, fatigue, etc. Make sure they have the attention and arousal level to maintain focus. Have a specific homework time and place, and provide organizing sensory input, such as music, chewing gum, fidget toy, etc. They may need help in organizing their time and sequence of activities. Rather than to

keep at them, question them to find out if there is difficulty with organization and knowing where to start.

## Thanksgiving Word Search

L W Q K X T J I R F  
O R S X S A I L Y P  
S F A M I L Y E U I  
C K D F I A K T I E  
O T N L Q R X W P X  
R T L A U Y G D B N  
N A U T H K N L C I  
F F E A S T N R I K  
K N I N D I A N S P  
H C O L O N Y I S M  
H A R V E S T U N U  
G T C O O K R C U P

Words: colony, cook, corn, fall, family, feast, harvest, Indians, pie, Pilgrims, pumpkin, sail, thanks, turkey



## Hand and Foot Turkey Craft

[More Kinder Crafts](#)

This cute turkey is made from your child's handprints and footprints, cut out of construction paper. It makes a very nice Thanksgiving decoration.

### Supplies:

- Brown, red, orange and yellow construction paper
- Pencil
- Scissors
- Glue
- Googly eyes (optional)

Trace around the child's feet using brown construction paper. These two pieces will be the turkey's body.

Trace around the child's hands using red, orange, and yellow construction paper. These 6 pieces will be the turkey's feathers.

Glue the two footprints together to make the turkey's body. (The heels make the head area.)

Glue the handprint "feathers" to the back of the turkey.

You can now decorate your house for Thanksgiving with these cute turkeys. Don't forget to put the child's name and age on the back of the turkey.

Cut out a round wattle and an orange beak. Glue the wattle, beak, and googly eyes (or paper eyes) to the turkey's head. Make two legs from paper and glue them to the back of the body (or use pipe cleaners and tape them to the back).

