



Pediatric Development Center

Newsletter October 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

TUMMY TIME

Many things have contributed to the decreased amount of time children are spending on their tummy. With infants spending so much time on their backs, they are not integrating primitive reflexes, developing adequate muscle tone or achieving motor milestones. Research has indicated that babies who spend extra time on their tummies roll, sit, crawl, and pull to stand earlier than babies who don't (although they all do master those skills).

Infants are born with their arms and legs flexed in toward the center of their body and flexor tone is prominent. It is important for babies to work against gravity to develop neck control and trunk stability, something that tummy time creates. Lack of development of extensor muscles and trunk stability will contribute to poor sitting tolerance and hand control. Creeping on hands and knees help to develop trunk and arm stability and the coordination of the two sides of the body. Many infants today seem to avoid creeping altogether.

TUMMY TIME ACTIVITIES

*should occur several times a day, gradually increasing the amount of time on the stomach. Babies may cry when initially placed on their stomachs as it takes effort to hold their head up, and therefore all the more reason to increase the time on their tummies.

*when on the floor for tummy time make sure the surface is clean and free of any small item they could ingest. The blanket or surface should not be fuzzy and should be firm. The baby needs to be supervised at all times.

*place the baby over a rolled towel, blanket, or pillow to encourage picking up the head.

*place baby over your lap, raising one leg slightly higher to provide an incline.

*lie on your stomach to play with your baby. Place toys on either side to encourage reaching and visual tracking.

In honor of **Dictionary Day** (October 16th) encourage your kids to have fun learning the definition of a new word or two.

Have each person peruse the dictionary and jot down an unfamiliar word on a piece of paper. Each person takes a turn pronouncing words and other players jot down what they think the words mean. Points can be awarded for those who came close to the correct definition

GLUE GHOSTS

Lay a length of thick string or yarn on a piece of waxed paper in a basic ghost shape, leaving the bottom open. Carefully fill the area inside the string with glue, then smooth the glue with a craft stick or the back of a plastic spoon. Add googly eyes and a construction paper mouth. Let the glue dry overnight. Remove the ghost from the waxed paper and trim any excess glue from the outline. Use a pushpin to poke a hole at the top and thread through a string for hanging.



Spider Handprint Craft

*dip both hands in black paint and print them fingers away from each other and heels of the hand touching

*when dry, cut out and slightly bend the fingerprints to make legs

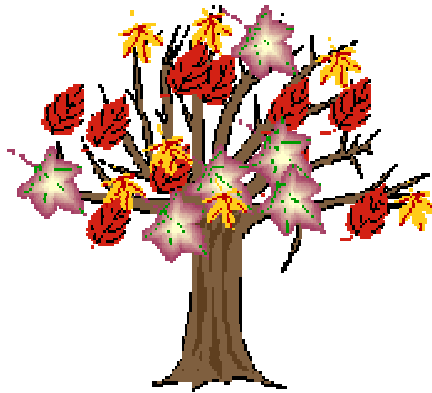
*poke a pin through the center and thread a string through taping it to the underside of the spider.

*add wiggly eyes if desired.

Autumn Tree Crafts

Fingerprint Tree

Stamp the side of your hand in brown paint to create the trunk of the tree. Press your fingertips in different colored paint (red, orange, yellow, green) to create the leaves of a fall tree. Challenge your child to create a pile of leaves and children playing in them using nothing but fingerprints and a felt tip pen for details.



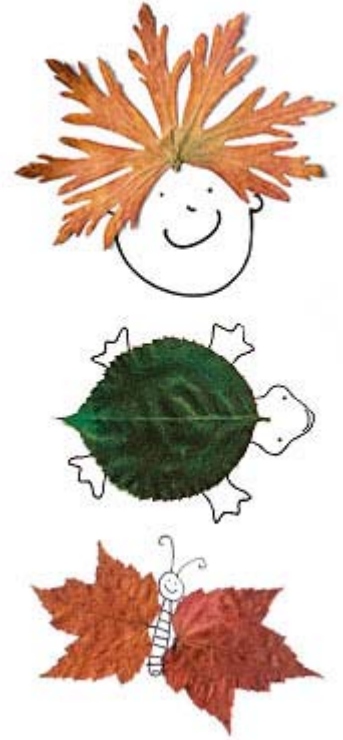
Handprint Leaves

Draw a large trunk and have your child make handprint leaves to decorate. They can use fingerprint to put leaves on, or trace their hand and cut them out.

Arm/Hand Print Trunk

Lay your child's arm on a brown piece of paper and trace their arm and hand. Have them cut out the "trunk" and glue it on to a piece of paper. Decorate with leaves. Create the leaves with paint, trace some leaf samples from outside.

LEAF HUNTING NATURE WALKS



Take your child on a nature hike and collect as many leaves, acorns, pinecones, rocks, etc.

Take the time to talk about nature, listen to the noises and check out any animals that might be around.

Use the items you collected to create masterpieces. Check out the leaf art above. Give your child some helpful hints and see where their imagination will take them.

Make-Up Sessions

We feel it is extremely important to maintain consistency with children's therapy, and encourage parents to re-schedule missed appointments.