



Parenting Potentials

Back-to-School 2022

Does your child need extra help with handwriting and fine motor skills?

Call us for a Saturday appointment



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"It's a beautiful thing when a career and a passion come together." anonymous

~ Shoshana Newman, Director, Pediatric Potentials



Top 10 Tips to Make this School Year a Success

1. Make a school/classroom visit before school starts and meet the teacher if possible.
2. Get into a school sleep schedule with a consistent bedtime and nighttime routine. Start this at least a week before school starts.
3. Create spaces and places to help your child be organized such as a hook for his backpack, quiet space to do homework, and a schedule using pictures or words for morning and/or after school.
4. Read books about going to school to young children such as Llama, Llama misses mama.



5. Create a family wall calendar, color code it for each person.
6. Build bridges right away to communicate with teachers, school nurse and other support staff.
7. Include your child in decisions about his backpack, lunch box and what he will take for lunch.
8. Try laying out 2 clothing options the night before and let them choose one.
9. Realize it is normal to be nervous about school and allow them to share their feelings.
10. Talk through the routine in a step by step way so they know what to expect.

Choosing a Backpack

10 TIPS ON GOOD BACKPACK ERGONOMICS



1. Choose a backpack with wide padded shoulder straps.



2. Wear both shoulder straps to prevent shoulder alignment issues.



3. Never overpack! Backpack should never weigh more than 15% of your body weight.



4. Always lift your backpack by squatting down and using your legs to lift, not your back.



5. Look for backpacks with a waist and chest belt to better distribute heavy loads.



6. Position the backpack below your shoulders and above your hips.



7. A backpack with multiple compartments can better distribute the load.



8. Encourage your child to remove their backpack when waiting in line or standing for a long time.



9. Every few weeks, clean out your backpack for unused items that may be weighing you down.



10. Look for backpacks that stand upright when placed on the ground.

ERGONOMIC TRENDS

<http://ergonomictrends.com>

Original Illustrations by Kate Lite

Ease Your Kindergartener into School Lunch

Kindergarten lunch is a big adjustment. Practice

with your child before she goes to school to make the transition easier.

1. If you are sending hand sanitizer discuss with them how & when to use it.
2. Make sure they can open the different types of packaging you may send.
3. Remind them not to eat food off the table.
4. Set a 15-minute timer, practice eating, and talk about how they may not finish eating everything and that's ok.
5. Practice packing everything back up and talk about what is trash and what should come back home in their lunch box.



Girls on the Run focuses on the whole girl. The program has fun activities and lessons to inspire 3rd-5th grade girls to build confidence and other important life skills through dynamic, interactive lessons and physical activity.

It's a research based curriculum that teaches kindness, decision making and the important connection between physical and emotional health.



Register for the fall session now

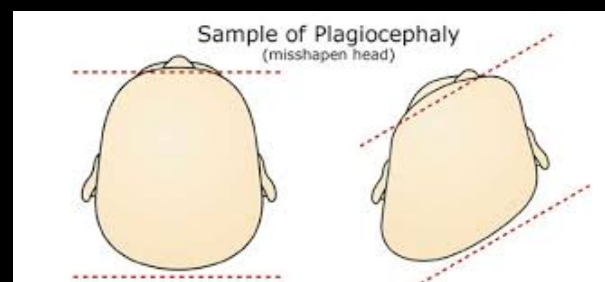
Visit their website

Baby Corner

You shouldn't have to worry about your newborns head shape. If you see any early signs of skull asymmetry, consult your pediatrician and come up with a game plan right away.

Misshapen heads, also called plagiocephaly, can typically occur at birth or any time during the first year of life. In most cases this is due to a positional preference.

This can usually be corrected conservatively if the baby is younger than 4 months when the bones are softest.



I suggest taking weekly pictures of the back and top of the head, notice any preference for turning or tilting consistently to one side, vary sleep and feeding positions, encourage tummy time, limit time flat on back during waking hours. Instead try sidelying during waking hours.

Feel free to consult with a trained physical therapist if you have any questions.

No Bake Cookies

This cookie or all-natural protein ball, is versatile, simple and easy to make.

It's filled with protein, fiber, and healthy fats. Kiddos can help in the kitchen - encourages more adventurous palates and empowers hands-on-learning experience.

Try these vegan, peanut-free, gluten-free cookies!

Ingredients:

1 1/2 cup roasted cashews
3/4 cup rolled oats
3 T maple syrup
1 t vanilla extract

Mix-In Options:

Vanilla blueberry: 1/2 cup greek vanilla yogurt + 1/2 cup blueberries
Cinnamon raisin: 1 t cinnamon + 1/2 cup raisins
Chocolate-chocolate chip: 1 T cocoa powder + 1/2 cup chips



Directions:

- pour cashews + oats into a food processor
- blend until a smooth flour is formed & transfer to a bowl
- add maple syrup, vanilla, and mix-ins
- everyone can pick their own mix-in and roll their own cookie

Personalized Books for People with Special Needs

My heart children's books offer stories about people with disabilities. You can purchase a book that's already written or create your own personalized story in three easy steps.

These books create acceptance,



understanding and empathy amongst children.

Discover more

This is the book that started it all, it is about the author's son who is non-verbal and has a number of other developmental delays. Brandon has many things he's great at and shows his love to his sister in his own sweet way.

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