



Parenting Potentials

Fall 2022

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Leaves are falling, autumn is calling.

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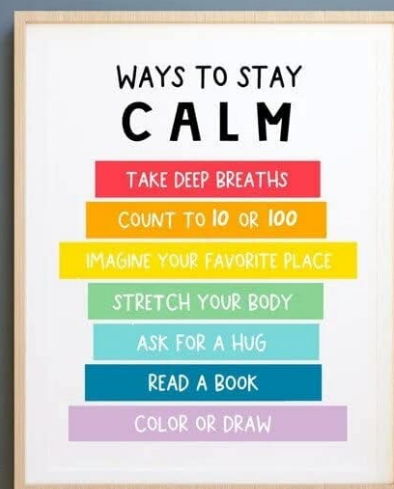
Feeling Stressed?

Many kids have difficulty regulating their emotions. Here are some fun calming skills for you to practice when your child is in a calm state.



Homemade stress balls are SUPER SIMPLE to make at home. You can use flour, rice, water beads or play dough, as a filler inside the balloon.

In order to get the flour inside the balloon, you'll also need a funnel. But no worries if you don't have one! Simply cut the bottom off a plastic water bottle to make your own funnel. It's easy, cheap and works like a charm!



Why We Love Side Sitting

The Benefits of Side Sitting at any Age

- requires core/trunk muscles and it helps to make them stronger
- encourages a more upright posture rather than ring sitting
- a great transition position as it is used to get from sitting to hands and then to knees
- decreases likelihood of W sitting
- if your little one has weakness or asymmetries, side sitting is a way to get them stronger
- if your child tends to scoot or has an asymmetrical crawl, side sitting can help
- promotes hip mobility



Good Housekeeping Best Sensory Toys

Sensory toys focus in on touch, sight, hearing, taste and smell and try to direct kids' attention to one or more of those sensations.

"Sensory toys stimulate the tactile system through various textures, vibration, temperature or weight," says Shelli Dry, ODT, a pediatric occupational therapist. "Visual toys can light up, flash, run in patterns and stimulate color receptors by changing colors.



Vestibular toys would be things like swings, rocker boards, scooter boards, skateboards and spinners — toys that move through space in different

More Information

directions and different speeds. Auditory toys may have music, metronome beats, chimes or bells."

Fun After School Snack

Ingredients :

- 1 hot dog bun
- 1 ripe banana
- 1 T peanut butter (or any nut/seed butter)
- 1 T strawberry jam + 1 T for topping

Assemble:

- Toast bun & let cool
- Spread jam on one side of the bun and peanut butter on the other
- Place one peeled banana in the middle of the bun
- Place tablespoon of jam into a ziploc bag, cut the end off
- Squeeze out jam and decorate the top of the banana



Halloween Reminders

THIS HALLOWEEN

Please Keep In Mind:

- The child who is grabbing more than one piece of candy, might have poor fine motor skills.
- The child who does not say "Trick or Treat" or "Thank You" might be nonverbal.
- The child who looks disappointed when they see your bowl might have an allergy.
- The child who isn't wearing a costume, might have Sensory Processing Disorder or Autism.
- The person who looks too old to be trick or treating, might be developmentally delayed.

Please be accepting, patient, and kind.



Celebrate & Preserve your Kid's Artwork

Want to preserve your child's artwork
without having to save bulky art

projects? Consider sending the art to *Artkive*. They take a professional photograph of each piece and showcase it in high quality books or framed posters.

Discover more



10 Free Learning Websites for Kids

Educational apps are a great and fun way to keep your kids learning outside of the classroom, but the cost of all those apps can add up fast. Luckily, there are plenty of free apps for kids that are both educational and fun but won't break the bank.

10 FREE LEARNING WEBSITES for kids

Here's a list of some fun, educational, and safe websites for your children to visit and explore!

Switcheroo Zoo www.switcheroozoo.com Watch, listen, and play games to learn all about amazing animals!	Fun Brain www.funbrain.com Play games while practicing math and reading skills!
Nat Geo for Kids www.kids.nationalgeographic.com Learn all about geography and fascinating animals!	PBS Kids www.pbs.org Hang out with your favorite characters all while learning!
Into the Book www.reading.ecb.org Go "into the book" to play games that practice reading strategies!	Star Fall www.starfall.com Practice your phonics skills with these read-along stories!
Suessville www.seussville.com Read, play games, and hang out with Dr. Seuss and his friends!	Storyline Online www.storylineonline.net Have some of your favorite stories read to you by movie stars!
ABCYA www.abcy.com Practice math and reading skills all while playing fun games!	Highlights Kids www.highlightskids.com Read, play games, and conduct cool science experiments!

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