



# Parenting Potentials

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As always, if you have any questions, comments, or feedback, don't hesitate to [reach out!](#)

A new year means a new chapter. I hope 2022 is an incredible part of your story.

~ Shoshana Newman, Director, Pediatric Potentials

## IMPROVING BODY AWARENESS THROUGH PLAY



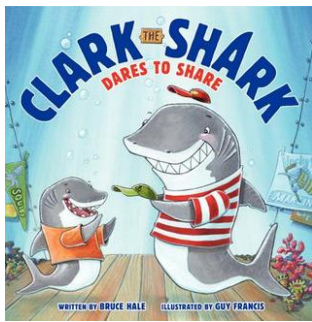
Body awareness is the internal understanding of where the body is in space

### 5 Ways to Improve Body Awareness

1. Work on directional terms (up, down, over, under). Have the child set up an obstacle course and discuss the actions while completing the task.
2. Play games like Twister, Simon Says, Limbo and Hokey Pokey - helps teach where our body is in space.
3. Play the mirror game - have the child copy a pose as in a mirror image.
4. Self portraits - draw and label body parts (use a mirror if needed).
5. Provide increased movement as in heavy work tasks. Some suggestions: pushing or carrying laundry basket, animal walks or wall push ups.

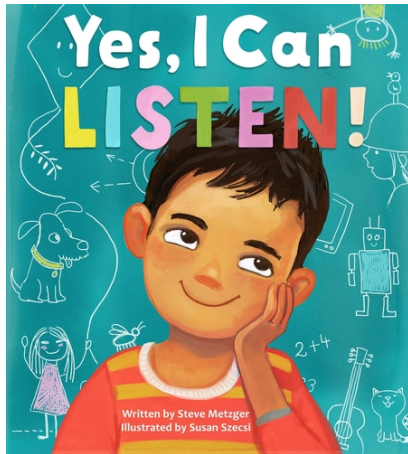
## BOOKS TO ENJOY

*Clark the Shark* by Bruce Hale



Clark the Shark celebrates boisterous enthusiasm - and knowing when it's time for indoor voices! It is a great read-aloud picture book, with fun rhythm and rhyme. The background message is working on impulse control.  
K-8th grade

[EXPLORE](#)



*Yes, I can LISTEN!*  
by Steven Metzger

In a world filled with distractions, being a good listener has become more difficult than ever! This essential life skill helps children achieve success at school, follow safety rules, and show others that they care. The playful rhymes of *Yes, I Can Listen!* encourage children to appreciate the rewards of attentive listening in a wide range of familiar situations.

[EXPLORE](#)

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## WHY AVOID BABY JUMPERS!

### Toys that Restrict Movement often Lead to Poor Positioning and Impede Development

- Jumping isn't an expected skill until 20-24 months.
- Jumpers can lead to a preference for standing before the child is ready.
- Jumpers can put too much pressure on a baby's hips and/or knees.
- Jumpers can impact and delay sitting and crawling skills.
- If Jumper prohibits the foot from being placed flat on the floor, it may encourage a tip toe position and promote toe walking.

### What's the Alternative?

Floor play is always best for promoting motor development. If the floor isn't a safe place, consider a playpen or portable crib. They are both safe and effective.

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## A LITTLE TRICK FOR LEARNING TO PUT ON *SOCKS*



### Does Your Little One Get Frustrated Trying to Put their Socks On?

- Try having them practice with your socks!
- Ankle socks or ones that have been stretched out are easiest.
- The extra wide opening makes it easier for them to get their toes in and pull up.
- Another suggestion is to make sure your child has his back against a wall or surface to stabilize the torso.
- If your child doesn't like the feel of the sock consider one with a seamless toe.

## INDOOR SNOWBALL ACTIVITIES

### Skip the Snow with these Fun Activities you can do Indoors

Purchase artificial snowballs, cotton or wool balls, make your own snowballs out of yarn or use balled up socks.

#### Snowball Bowling:

- stack up plastic cups in a pyramid
- stand back and roll your snowballs to see how many "pins" you can knock over

#### Target Practice:

- tape a piece of paper with a circle on it to your wall
- stand back a few feet from the target and throw your snowballs at the circle



#### Snowball Fight:

- set-up some ground rules such as don't aim at the face
- use the cushions from the couch to hide behind and have a blast

#### Pile On:

- using a paper plate, stack as many snowballs on and see if you can walk across the room

## TOY ROTATION SYSTEM



Toy rotation consists of having a limited amount of toys available to play at a time. Separate the items into categories and create a storage system to rotate the toys.

What are the Benefits?

- Decreases clutter
- Easier, quicker clean up
- Fosters creativity
- Decreases sensory overload
- Provides more space to play
- Promotes independent play

## YOUR KIND OF CUTS HAIR SALON

Your Kind Of Cuts hair salon, based in Nutley, New Jersey, gives particular attention to the special needs community. Clients describe it as a fun, friendly and safe haircut experience for all.

Reach them at 973-661-1235 or click below.

[MORE INFO](#)



Pediatric Potentials | 973-535-5010

