



# Parenting Potentials

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With summer fast approaching, some clients may need to change their usual session day and time. Please discuss any changes with your therapist and let her know of any upcoming vacation scheduled.



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~ Shoshana Newman, Director, Pediatric Potentials

## Bilateral Coordination

What is bilateral coordination? Bilateral means both sides so bilateral coordination is using both sides of the body together during activities. It requires both sides of the brain. Loosely speaking, there are 3 different types.

1. Symmetrical movements where both sides of the body or hands do the same thing simultaneously. Such as pulling up pants, jumping rope or catching a ball with two hands.
2. Alternating movements where you are using the two extremities in alternating movements such as climbing a rope, marching or riding a bicycle.
3. Dominant/ non dominant action such as using one hand to stabilize and the other to perform the action; cutting, threading a needle or using a



If your child struggles with tasks that require using two hands or two feet together, consider some of these fun activities for summer.

- Hopscotch
- Bubbles-clapping/stomping/crab kicking
- Animal walks
- Swimming
- Water balloon play

step and swing kicking pattern.

## Tips to Help Kids Put their Shoes on the Right Foot

1. Use a marker and hand draw a shape on the sole of your child's shoes so that the whole shape or picture comes together when the shoes are placed next to each other.
2. Write your child's name on painters tape, cut the tape in half and put each piece in the inside of the shoe so the child can read their name when the two shoes are put together.
3. Draw arrows on the inside of the shoe sole pointing towards the other shoe, when the shoes are next to each other the right way the arrows will be pointing at each other.
4. For children who can read - write an L and an R on the left and right soles.
5. Try shoe stickers. These are pre-made stickers that can be put inside the child's shoe that match when the shoes are put together.



## Tips to Encourage Kids to Drink More Water

Being well hydrated affects every part of the body. It helps with circulation, memory, cognitive functioning, and keeping bones and teeth healthy.

- Model the behavior
- Make it fun: use colorful straws, sippy cups, add flavor, ice or bubbles to the water
- Get fun bottles
- Add a fruit garnish
- Keep a family water chart
- Make ice fruit pops



## Tips to Get Your Kids to Eat Healthier

**Keep fruits and veggies in sight:** stock your fridge full of washed and ready to eat fruits and veggies.

**Remove the competition:** fill your



kitchen with healthy foods and you eliminate the temptation.

**Smoothies:** Choose a fruit or veggie that represents each color of the rainbow, add it to the blender with a liquid and drink.

**Make vegetables more appealing:** Serve veggies with a dip - ranch or hummus.

**Involve your child in cooking:** Toddlers can wash and rip lettuce, preschoolers can measure and stir, and older kids can find recipes and help create meals.

**Think about textures:** If you have a picky eater keep in mind that texture can play a huge role so offer produce in different ways - baked, roasted, steamed, raw, juiced or grilled.

**Keep trying:** kids need to be exposed to a new food as many as 10 times before they'll accept it.



## Outdoor Scavenger Hunt

Scavenger hunts are a super fun way to get kids outside and interacting with their environments.

Find:

- a log to balance on
- a tree to climb
- a puddle to jump over
- a rock to throw into a creek
- an incline to climb up
- a path to skip down
- an open area to run in
- a grassy hill to roll down
- a rock to jump off
- a shady tree to rest beneath

## Outdoor Activities to Build Fine Motor Skills

Jello kiddie pool party: fill the tub with jello and let the kids stomp, squeeze and squish



Outdoor window painting: use tempera paint to "decorate" windows & remove easily with dish soap



Building with mud bricks: fill ice cube trays with mud, let them "bake" in the sun and then build with the cubes

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