



Parenting Potentials

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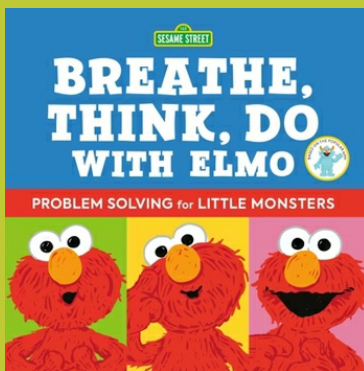
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"Children are not things to be molded
but are people to be unfolded."

Jess Lair

Breathe, Think, Do with Sesame - App



This app helps teach skills such as problem solving, self-control, planning, and task persistence.

Laugh and learn as you help a Sesame Street monster friend calm down and solve everyday challenges.

Tap and touch to help the monster friend take deep breaths, think of plans, and try them out! Your child will enjoy silly animations and playful interactions as they are exposed to important emotional vocabulary, a calm breathing technique, personalized encouragements, and more!

Features:

- Explore five interactive activities with a unique, everyday challenge
- Tap, pop bubbles, and more to help the monster breathe, think, and do to solve problems and feel better
- Personalize encouraging phrases that your child will hear as they help the monster think of a plan
- "Breathe with the Monster" activity to help children practice taking deep breaths to calm down
- Robust parent section with great resources for navigating everyday challenges with your young child

Sensory Bin - Whipped or Shaving Cream

This simple shaving cream sensory bin is a fun way to let toddlers and preschoolers engage in some sensory exploration. Allows the kids to explore different colors, textures and smells all in one fun activity.



Creative play:

- spread the whipped cream onto baking sheets and add food coloring, textured sugar or sprinkles
- encourage your child to play with the shaving cream and write letters and numbers with their fingers & hands
- use cookie cutters to make shapes or marbles to mix colors

Tie-Dyed eggs:

- start with hard-boiled or hollowed eggs
- use individual ramekins or cupcake tins for different colors
- pour in shaving cream and mix in colors one at a time with coffee stirrers
- submerge eggs in cream for at least 15 minutes
- remove eggs and wipe with paper towel



Aqua Arcade Fidget Toy

A fun alternative to engage and entertain your kids when they feel anxious, stressed or bored. Perfect for waiting rooms, long queues or when they need a break from homework. Consider offering them this handheld toy instead of your phone or tablet.



[Order Here](#)

Kick Bands

Kick Bands are elastic chair bands that fit around the front legs of the desk chair.

- These bands are designed to provide sensory input as well as an outlet for excess energy
- They can help children stay engaged and focused while getting deep pressure through their legs
- Improves focus and boosts mental performance
- Reduces anxiety, boredom and hyperactivity
- Soothes fidgety and high energy kids



[Order Here](#)

Jello Roll-ups



Ingredients:

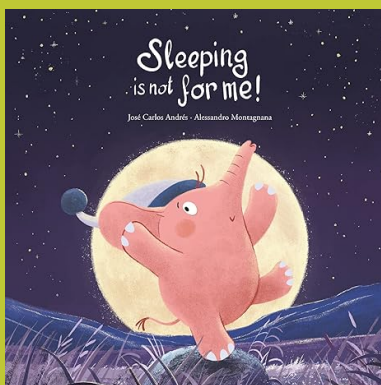
- 1 small package of Jello
- 1/2 cup of boiling water
- 1 cup of small marshmallows

Instructions:

- In a microwave safe bowl, mix together the Jello and the hot water
- Stir until dissolved - if it's not dissolving, repeat for 30 seconds at a time
- Add the marshmallows and microwave for another 30 seconds
- Mix together until the marshmallows are completely melted
- Pour mixture into a greased 8"x8" pan and refrigerate for at least one hour
- Use a knife to cut around the edges of the pan to release the Jello
- Roll the Jello as tightly as you can
- Cut into 1" wide pieces

* the marshmallow will rise to the top of the Jello mixture so there's no need to make two different mixtures

Book Corner



Sleeping Is Not for Me! by Kari Dunn Buron

Night has fallen on the African savannah, and the animals need their rest. But Littlephant doesn't want to sleep...he wants to play! "It's time to sleep, like the giraffe," Daddyphant tells him. Daddyphant finally manages to get Littlephant to sleep but then something unexpected happens...

[Learn More Here](#)

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