



Parenting Potentials

May 2024

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Shoshana Newman, PT
Director, Pediatric Potentials

"The very fact that you worry about being a good mother means that you already are one."

– Jodi Picoult



Parent Class for Picky Eaters

REGISTER NOW

FEEDING YOUR TODDLER PARENT CLASS

🍏 Are meal times turning into a battleground with your picky eater?

👩🍳 Master the art of setting up your home kitchen for success! 🍷

Learn picky eating help 101 – Strategies that really work!

Learn how to encourage new foods

Work with your child's sensory profile

? Get answers to your burning questions in our common Q&A session!



Join us for an enlightening lecture on kids nutrition & picky eating solutions!

May 14th, 2024 at 6:45pm
Pediatric Potentials (154 S. Livingston Ave, Suite 204)
RSVP to Denise @ dluft.pedpotentialsnj@gmail.com



Anne Bentley Fell, OT
Occupational Therapist
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Kimberly Jaumat, MS, RD
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www.wholechildnutrition.com

What to Say to Kids Instead of "Be Careful"

Help your child learn to be aware of their surroundings

- Notice how... these rocks are slippery, that branch is strong.
- Do you see... the poison ivy, your friends near by?
- Try moving... your feet carefully, quickly, strongly.
- Try using your... hands, feet, arms, legs.
- Can you hear... the rushing water, the singing birds, the wind?
- Do you feel... stable on that rock, the heat from the fire?
- Are you feeling... scared, excited, tired, safe?



Help your child problem solve

- What's your plan... if you climb that boulder, cross that log?
- What can you use... to get across, for your adventure?
- Where will you... put that rock, climb that tree, dig that hole?
- How will you... get down, go up, get across?
- Who will... be with you, go with you, help you if?

7 Minute HIIT Workout for Kids

7 MINUTE HIIT WORKOUT FOR KIDS

DO AS MANY OF EACH MOVE AS YOU CAN IN 45 SECONDS. TAKE A 15 SECOND BREAK IN BETWEEN.



FROG JUMP
Hop, hop hop!
up and down like a
frog



BEAR WALK
With your hands &
feet on the floor,
hips high, walk left
& right



GORILLA SHUFFLE
In a low sumo squat,
use your hands to
balance and shuffle
around the room.



STARFISH JUMPS
Jump up and down
spreading your
arms and legs wide
(jumping jacks)



CHEETAH RUN
Run in place as fast
as you can, just like
the fastest animal in
the Sahara



CRAB WALK
Sitting down, place your
palms on the ground
behind you, lift your
hips and crawl on your
hands and feet.



ELEPHANT STOMPS
March in place, stomping
your feet as hard as you
can.

he's
EXTRAORDINARY
TOOLS FOR RAISING AN EXTRAORDINARY PERSON

Fun Warm Weather Activity Outdoor Toy Wash



Washing toys is an excellent way for kids to get out from behind screens, play in the sun and get some exercise! Kids of varying ages can work together at this activity.

You'll need a bucket, soap, rags, and towels - and of course dirty toys! Set up the "wash station" on the driveway. You can use a hose or bring buckets of water from the nearest source.

Gather dirty toys, maybe toy cars, Legos, or other plastic water-resistant toys and head outside for a splash and clean party. Lay out the toys on the towels to dry in the sun and you have have a perfect warm weather activity.

Why We Love Balance Bikes

A balance bike has two-wheels and is designed for children as young as 18 months. They are geared towards toddlers and preschoolers.

It's significantly different from a traditional bicycle in that it lacks pedals, chains, and gears. The idea is simple: children push themselves using their feet, thereby learning to balance on two wheels without the need for training wheels or stabilizers.



The greatest advantage of balance bikes is that they enhance balance and coordination. By focusing on balancing, kids can comfortably transition to a regular bicycle, skipping the training wheels altogether.

Balance bikes boost a child's confidence. They gain the freedom and autonomy to control the bike at their own pace, which in turn boosts their self-esteem and encourages them to take on other challenges.

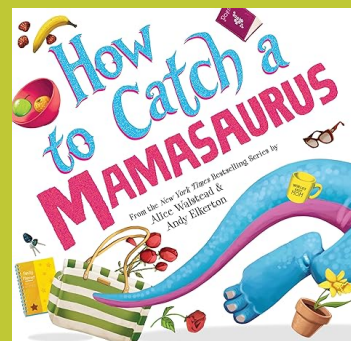
Safer than traditional bikes or tricycles because they allow children to have their feet on the ground. This feature allows for quick stops and a reduction in high-speed spills.

Book Corner

*How to Catch a Mamasaurus:
A Mother's Day Adventure for Kids*

by Alice Walstead

The How to Catch Kids are at it again! This time, they're trying to trap the Mamasaurus - a wonderful creature like no other with a strong spirit and a kind heart! On their quest to catch her, the kids think about all the amazing ways in which Mamasaurus is there for them, always ready to share her love and support.



[Learn More Here](#)



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