



Jumping back to school routines

Our Summer Sensory Camp Experience was a big hit with those who attended as was our Picky Eaters Lunch Bunch, led by our OT Anne. Now it's time to plan for back to school.

We are currently working on our fall schedules, please reach out to your therapist to discuss any changes in your availability. Thank you!
Happy Back to School!



Bedtime routines for school success

Parents can already picture those first mornings of the school year: the challenge of dragging cranky kids out of their beds after two months of mellow summer mornings. Each year, many of us say we'll do it differently. We will work with biology: dimming the lights and pulling down the curtains. We will remember the power of a good bedtime routine. But the spontaneity of summer, extra hours of daylight, and warm summer breezes beckon us to ditch routines and enjoy late family nights.

Lack of sleep can affect kids ability to learn, focus, and ability to handle emotions. Research suggests that children need 10-12 solid hours of sleep; teens need at least 9 hours. A regular bedtime routine triggers a child's natural urge to sleep. Even if you don't kick back into an early bedtime routine until the night before school begins, make this the year you prioritize sleep for your whole family! And once you've chosen a bedtime, agree to unplug one hour earlier!

Here are some tips for getting kids back to a sensible bedtime:

- Optimally, begin adjusting bedtime at least two weeks before school.
- Adjust bedtime gradually, in 15 minute increments each day.
- For younger kids, the most effective routine includes a warm bath and reading a book. Skip TV and rough housing which have a stimulating effect.
- For older children, have a sit down meeting to discuss the importance of being well rested.
- Plan a bedtime routine together, make a story book or sequence chart using

Sensory babies

We had so much fun learning about the benefits of Tummy Time, positioning and playing together in our first ever Parent and Baby group for 3-6 month olds. We will be hosting a follow up in September! Details will be posted soon. Questions? Call Shoshana at 973-535-5010



Jumpers, Exersaucers and Walkers



While we understand the possible need of such devices for small periods of time for your little ones (meal prep and bathroom breaks are good examples), these devices should not be a substitute for free play on the ground especially in tummy time.

Jumpers, exersaucers and walkers support the pelvis while legs are weight bearing. One reason for discouraging the use is that frequently the child is placed in the device before their muscles are ready. Another is that the child will often weight bear through the balls of their feet rather than the heels, which can result in a toe walking gait pattern when the child begins to walk on their own. And lastly, the semi-weight bearing position for extended periods of time can lead to a poor position of pelvis, weakened core muscles, shortened hip flexor muscles and other difficulties.

The recommendation by most pediatric physical therapists is to limit the amount of time in

these devices to 30 minutes per day.

Instead we recommend the child spending time on the floor in a safe environment so that they can learn and explore independently.

A Book We Like

Whole Body Listening Larry Goes To School by Sautter and Wilson



We are fans of all the Listening Larry books which are designed to help all children understand that we listen with more than our ears. These books are also helpful for students with social learning challenges, for whom activities such as circle time may be a struggle. The rhyming poem describes two siblings as they struggle to focus their brains and bodies during different situations throughout the school day and how Larry, a classmate helps them. [Click here to purchase at www.socialthinking.com](http://www.socialthinking.com)

A Place We Like

Imagine That! in Florham Park

Imagine That is indoors and great for exploring on too hot or too wet days. The play space has been expanded, is more stroller friendly, and has added great sensory and climbing areas.

New expanded space at Imagine That!

973-535-5010 | pediatricpotentialsnj.com



Share
