

POTENTIALS & POSSIBILITIES

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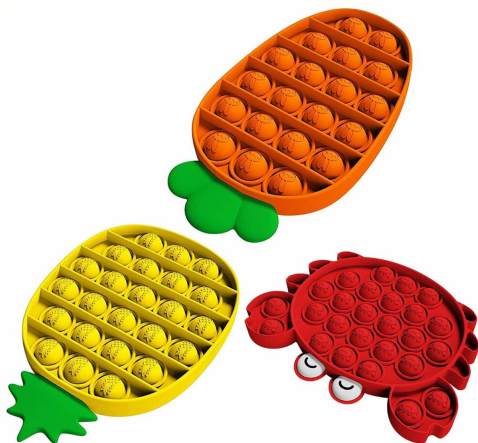
MAY 2021



To all our wonderful therapists, a quote by Maya Angelou

"Your Legacy Is Every Life You've Ever Touched."

POP IT FIDGET TOY



- ★ Silicone material, moisture-proof, drop-proof, easy to clean
- ★ Press the toy bubbles and they will make a slight sound; then flip them and start over

- ★ Especially suitable for relieving



- ★ People of all ages can play
- ★ Square toys, round toys, animal shapes and more

[Fidget toy link](#)

THE BENEFITS OF GARDENING



Sensory Development:

- is important for little ones of all ages, and interacting in nature is a great way to do it
- playing with dirt, leaves, plants and flowers provides visual, tactile (touch), olfactory (smell) and gustatory (taste) input
- have them wear gardening gloves if touching dirt is uncomfortable

Motor Development

- children can gain strength through gardening
- suggested activities include: digging holes for seeds, pulling weeds, carrying and pouring water, raking, spreading soil and sprinkling seeds
- the resistance of weeds can provide feedback to muscles and joints
- grading of movement is necessary for pouring, pulling and spreading



Social, Emotional and Cognitive Development

- are all promoted by interacting with others
- working cooperatively and as a team to create and care for plants

- the feeling of creating something with your hands is great for a child's sense of self
- messy play is valuable in development
- beneficial in promoting cognitive development as child is following step by step directions, sequencing activities and learning the life cycle of a plant

HAVE FUN!!!

THE IMPORTANCE OF TUMMY TIME CAN'T BE OVERSTATED



- Begin at 2 weeks old with short sessions of 30 seconds to 1 minute
- Have baby practice during wake hours not while sleeping
- Daily practice helps babies develop strong neck, core, arm and leg muscles



- Tummy time helps with further development, such as rolling over and sitting
- Babies who don't have regular tummy time may have delays in reaching their physical development milestones
- Tummy time can help prevent the baby from developing a flat spot on the back of his head

SLUMBERKINS PROMOTE EARLY EMOTIONAL LEARNING



- Reinforce a positive attachment between children and their caregivers
- Their stories use research-based techniques to teach little ones important social-emotional skills



- They provide parents and caregivers resources to create loving routines that deepen the bond with their little ones while teaching valuable life skills

[Slumberkins link](#)

ACTIVITY CORNER: HOMEMADE BUTTERFLY FEEDER



EASY HOMEMADE Butterfly Feeder

The simple butterfly feeder is made with just two supplies - sponges and twine/string. You'll also need a pair of scissors.

- take 2 sponges and cut a hole in one end toward the top in the middle with the sharp end of a scissors
- tie twine/string through the hole and secure
- leave a long end of the twine/string so you can use it to hang from a tree

Butterfly food recipe ingredients:

- 1 lb. sugar
- 1 or 2 cans of stale beer
- 3 mashed, overripe bananas
- 1 cup of molasses or syrup
- 1 cup fruit juice
- 1 shot of rum

Butterfly food recipe steps:

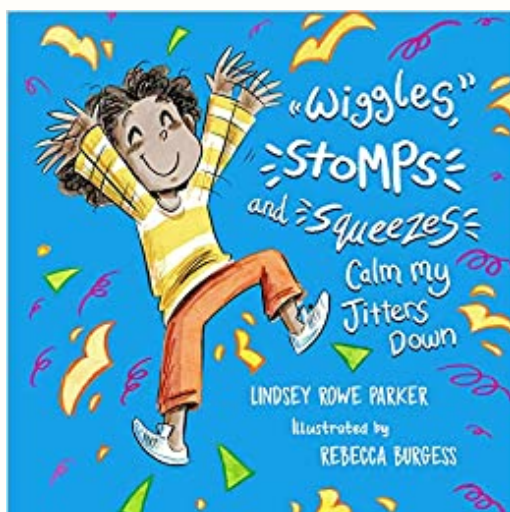
- mash the bananas with a fork
- in large bowl, mix all the ingredients well
- *consider doing this step outside - dip the sponges into the mixture and allow the sponges to soak it up, flip the sponge and soak the other side

Hang the sponges on a tree limb, or paint the mixture on fence posts, rocks or trees



BOOK CORNER:

[Wiggles, Stomps and Squeezes Calm my Jitters Down](#)



A picture book about sensory differences and how some children experience their world, told from a child's perspective.

FOOD CORNER: FRUIT POPS WELCOME IN SUMMER



Ingredients:

- 1 c. water
- 1/2 c. sugar
- 1 bag frozen mangos
- Juice of 1 lime
- 1 bag frozen strawberries
- Juice of 1/2 lemon
- Ice pop mold

Prepare:

- Start by combining the water and sugar in a small saucepan. Turn the heat to medium and let it warm while the sugar dissolves.
- Pour 1/2 the sugar syrup into a blender with the frozen mangos and lime juice. Puree until totally smooth. Pour the mango mixture into the bottom quarter of some ice pop molds and freeze for 20 minutes.
- Add the other 1/2 of the syrup to the blender with the frozen strawberries and lemon juice. Puree until smooth and pour it into the molds to the halfway mark. Freeze for 20 minutes.
- Repeat with another layer of Mango and strawberry.
- Freeze until solid

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