

From our Mid-Summer, 2010 Newsletter



TIP OF THE MONTH



Pediatric Potential's founder **Laurie Kalb** offers these tips for **helping your child enjoy their summer:**

You don't have to be on an outing to **include sensory and motor considerations in planning** your

activities. You can **vary activities** right at home. Try music and dancing one day, story time the next, finger-painting on another day. Go outside and **MOVE**: throw a ball, ride on a swing, run and jump in the yard. **Explore** the parks in your town and neighboring towns. Scout out empty, flat parking lots for riding bikes and scooters. Many of these ideas can be done with little expense and, with a little planning, there are so many possibilities!