



ILESTONES

All For Kids Pediatric Therapy, LLC

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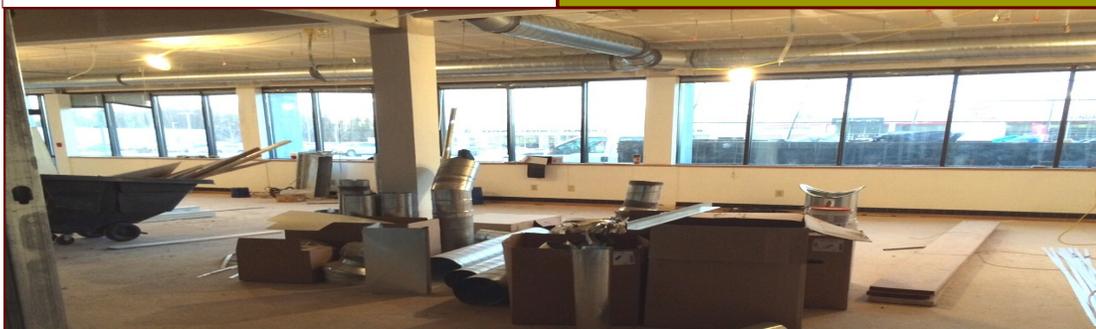
FROM THE OWNERS: Move Update 6927 Old Seward Hwy

The remodel of the new building is moving along. We've run into a few hiccups, which is to be expected in construction (or so we've heard). We will keep you posted as we near completion; we have no predictions on when that might be, but we will be excited to pass on the information when we have it! Keep your eyes peeled on Facebook and the front window of our office for updates and announcements!

Sincerely, Erin & Tracey



Erin and Tracey at our future waiting room window, ready to greet our clients!



SENSORY GYM



WAITING AREA



PT GYM



TREATMENT ROOM



Holiday Gift Ideas
To Promote
Developmental Skills

Gross Motor

- Jump Rope
- Rocking Horse
- Bicycle/Tricycle

Fine Motor Dexterity

- Ants in the Pants
- Legos/Lego Mosaic/Duplos
- Beading

Fine Motor Strengthening

- Silly Putty/Theraputty
- Play-Doh and accessories
- Puppets

Oral Motor

- Bubble Blowers
- Twirly Straws
- Whistles

Language

- MadLib Books
- Little People Play Sets
- Leapfrog Tag Reader

Cause & Effect

- Don't Break the Ice
- Musical Instruments
- Pop-Up Toys

Problem Solving Games

- Guess Who/Guess Where
- Rush Hour Series
- Memory Games

For a more extensive list of gift ideas, visit our website or Facebook page.



Empower Your Mouth!

Words are hard. We say what we don't mean, and we mean what we don't say. They can hurt or heal, shame or redeem. As adults, we don't use words in the same way as our kids. We also don't interpret words in the same way as our kids! This difference in perspective can create a void filled by miscommunication and unintended shame if not breached with positive intent. Our ultimate aim is to influence our children's lives in a way that builds them up and gives them reason to believe in themselves. This starts with intentional communication from those who influence them the most: YOU.

What is written below is in no way an exhaustive list. Vocal tone, timing, and context of such phrases must also be considered. Weaving the suggested wording into your daily discussions will help to initiate communication and provide clear direction for your child instead of simply expecting them to "just get it!"

- You're not trying. 1
- You're not listening. 2
- That's not scary! 3
- What are you doing? 4
- You are being so difficult right now. 5
- You're not making sense. 6
- Stop running! (yelling, hitting, spitting) 7
- What's your problem? 8
- That was a bad choice. 9
- You are being so bad. 10
- That's stupid. 11
- Try harder. 12

Your
Mind
VS.
Your
Mouth

1. Show me/Tell me how you're trying.
2. Show me that you're listening.
3. What is so scary?
4. What are you supposed to be doing?
5. I'm feeling frustrated.
6. I'm having a hard time understanding you.
7. Walk please! (or a different action-phrase)
8. Tell me what's wrong. What is hard?
9. What is the best choice?
10. That was naughty.
11. Let's try something different.
12. Is there something you could do differently?

For a more extensive list of gift ideas, visit our website or Facebook page.

Holiday Gift Ideas To Promote Developmental Skills

Tactile

- Moon Sand
- Dress Up Clothes
- Finger Paint

Proprioceptive

- Bean Bag Chairs
- Sock 'em Boppers
- Trampoline/Mini-Trampoline

Vestibular

- Dizzy Disc/Dizzy Disc Jr.
- Sit 'n Spin
- Therapy Ball

Visual

- Flashlights
- Activity Cube
- Mobiles

Auditory

- Books on Tape
- Rattles
- Musical Instruments

Smell

- Scented Toiletries
- Flavored Lip Balm/Chapstick
- Scented Markers

Visual Motor

- Dominos
- Lite Bright
- Etch-a-Sketch

Craft Activities

- Jewelry Making
- Easels for Painting
- Wooden Craft Kit

Sugared Cranberries



With the contrast between the tart cranberries and sugary coating, the flavor of this snack pops in your mouth. You might handle steeping the berries in hot sugar syrup, but after the cranberries have cooled in the refrigerator overnight, let the kids roll them in the superfine sugar. For gift-giving, package in parchment-lined tins.

Ingredients:

- * 2 cups granulated sugar
- * 2 cups water
- * 2 cups fresh cranberries
- * 3/4 cup super fine sugar

Combine granulated sugar and water in a small saucepan over low heat, stirring mixture until sugar dissolves. Bring to a simmer; remove from heat. (Do not boil or the cranberries may pop when added.) Stir in cranberries; pour mixture into a bowl. Cover and refrigerate 8 hours or overnight.

Drain cranberries in a colander over a bowl, reserving steeping liquid, if desired. Place superfine sugar in a shallow dish. Add the cranberries, rolling to coat with sugar. Spread sugared cranberries in a single layer on a baking sheet; let stand at room temperature 1 hour or until dry.

Note: The steeping liquid clings to the berries and helps the sugar adhere. Store in an airtight container in a cool place for up to a week.

Snowflake Sugar Cookies

Find your favorite sugar cookie recipe (there are many allergy friendly sugar cookie recipes as well), take out your favorite holiday cookie cutters, and start the fun! Look for pearlized sugar in gourmet markets or craft stores. Let the kids sprinkle the coarse crystals over the icing to give the cookies a sparkly, jewel-like appearance.

Icing Ingredients:

- * 1 cup confectioners sugar
- * 4 tsp. water
- * 1 tsp. clear vanilla extract



Combine powdered sugar, water, and vanilla extract, stirring with a whisk until icing is smooth. Spoon about 3/4 teaspoon icing onto each cookie; spread to edges. While icing is wet, sprinkle each cookie with 1/2 teaspoon pearlized sugar. Dry on wire racks.





Thank you for attending our 8th Annual Halloween & Harvest Open House



**A
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Erin Johnson, PTA joined the AFK Family in August.



Melissa Swamidass, MA, CCC-SLP joined the AFK Family in November.

**B
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Kristina Catarineau, OTR/L joined the AFK family in August.



Hope has returned to the AFK Family and she's pregnant!



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DECEMBER HOLIDAY THEME DAYS & CLOSURES

14 Wear Red & Green today!	15 Ugly Sweater/Shirt Day!	16 Tinsel Day! Be Bright & Shiny!	17 Wear Red & White Today!	18 Pajama Day!
21 Pajama Week!	→			25 Merry Christmas!
28 All For Kids is CLOSED	→			'Happy New Year! See you January 4th!

