



# MILESTONES

Learning Happens One Step At A Time

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AFK Staff quickly unloads the new treehouse as it arrives. It is now set up for everyone to enjoy. We are thrilled to have such a fun new place to play.

## Bigger and Better with More Room to Play

Boy, things have sure changed around here in the last 6 months!

We are enjoying the new space that the expansion this summer has given us and we hope the kids are too. We have expanded our space by 50% and now have nine private treatment rooms and two big gyms! We have added a zip line and our own personalized tree house with a

foot bridge, monkey bars and a tube slide.

We have also added to our therapy staff, with the addition of Christine Williams, SLP; Caley Spaulding, PT; and Amy Forbes, PT. Joining our Administrative staff is Hope Miller and Robyn Broillier, Front Desk Administrators and Heather Will, Administration Manager.

We appreciate everyone's patience during these transitions. We hope you agree with us, that the recent changes have made All For Kids an even more fun and effective place to help kiddos reach their maximum potential! Let's get to the business of learning, growing and playing!

Erin & Tracey

## New Music based Programs Available

by Krystal Vermiere

All For Kids now offers two new programs for therapy, Integrated Listening System (iLs) and Interactive Metronome (IM). Both programs are based in music and music theory that have been proven to provide benefits in attention, memory, concentration, regulation, self-awareness, rhythm, timing, coordination, and overall performance in daily life.

Using iLs, the child listens to music on headphones and is asked to complete a series of motor tasks.

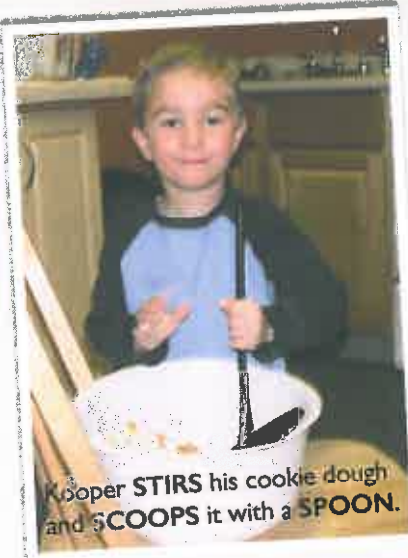
The IM program has the child listen to a beat, also through headphones, and works at tapping hands and/or feet on the beat; feedback is given to the child and therapist as to how close they are or are not to the beat.

Please ask a therapist if you would like more information on either program.



Jaimey uses the new iLs system while working on her numbers and colors.

## SPEECH THERAPY TIPS



Kooper **STIRS** his cookie dough and **SCOOPS** it with a **SPOON**.

- Talk about categories with your child. Ideas include foods you eat at a holiday meal, things you wear when you're cold, or sports you can do outside in the winter.
- Have your child write a letter to Santa to work on written language, spelling, and punctuation. Also a great way to work on handwriting for OT!
- Make pretend shopping lists for others in the house that have sounds the child is working on... "Santa can get — (our Dog, Dad, Dragon, Dinosaur, etc) — or a (Cat, Cobra, Can, Cart, Cookie, etc)
- Play a memory wish list game. "I wish"... the child repeats your list and adds their own item to the list. "I want a dog, bus and a ball... I want a dog, bus, ball, and a hat... I want a dog, bus, ball, hat and a baby."
- Work on prepositions by talking about silly places for Santa to put presents... on top of the... under the... next to the... behind the... over the... in the...
- Practice adjectives by describing ornaments, holiday decorations, scenery or surroundings... shiny, rough, bright, hard, soft, bright, crowded, etc...

## OCCUPATIONAL THERAPY TIPS

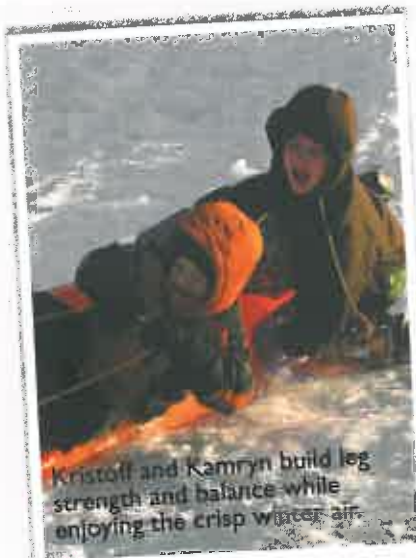
- Make your own Christmas ornaments. Use homemade salt dough and have your child help. Use cookie cutters, tooth picks to write their name, markers or paint to decorate after the ornaments have baked.
- Wear ear muffs or a hat when going in noisy stores.
- Limit plans and have "pajama days" to decrease the stress of change in schedule.
- Be mindful of all the scents of Christmas. The scents of pine and cinnamon may

send sensitive kids over the edge with excitement or pain. Be aware and prepared for reactions and try to keep exposure to a minimum.

- Make paper snowflakes. Have your child plan out what he needs to complete the craft and then practice following directions while you make them together.
- Use a picture schedule or social stories to help your child with transitions or travel.
- Help write a letter to Santa. Work on pencil grip and handwriting.



Kempton writes down **ALL** the things he wants for Christmas.



Kristoff and Kamryn build leg strength and balance while enjoying the crisp winter air.

## PHYSICAL THERAPY TIPS

- Turn off all electronics, get on the floor and play with your kids and their new toys. Encourage imagination and playing both in conventional and unconventional ways.
- Build a snowman (core, legs and arms strengthening).
- Climb a hill with your sled and go sledding (endurance, leg strength).
- Have a crawling race in the snow (great for core strengthening and coordinating use of arms and legs together).
- Make snowballs and throw them at your parents (using 2 hands together to pack snowballs and practice your target throwing).
- Make a whole heavenly choir of snow angels. (they are basically jumping jacks laying down: coordination of arms and legs together).
- Make a snow bank into a slide. Climb up and "weeeeeee" slide down (leg strength, balance).
- Bear crawl or crab walk to or from different rooms in the house.
- Walk across pillows and blankets while carrying a small ball on a spoon.



# HOLIDAY SHOPPING TIPS

By Alyson Aggers

As the holiday season approaches, therapists are often asked questions regarding toys with therapeutic benefits. Parents are welcomed and encouraged to ask their child's therapist(s) for recommendations for toys which may support skills taught during therapy. One tool that may help in finding the

perfect holiday gift is the "Toys-R-U's Toy Guide for differently-abled kids." The "Toy Guide" is designed with a selection guide to help parents choose toys best suited for a child's needs and abilities.

We have a few of the toys listed in the Toy Guide to play with here at All for Kids.



Landen rolls and cuts Play-Doh to work on hand strength.



Alexis pinches while playing The Sneaky Snacky Squirrel Game.



Jose says the names of the characters while playing with The Thomas and Friends Wooden Railway.



Justin watches as Sophie and Nathan jump while playing on the Big Piano.



## Easy-to-Use Toy Selection Guide

Find the right fit between a child's abilities and stimulating toys that will promote development. Use these symbols to guide your selection.



**auditory**  
(hearing, listening)



**creativity**  
(imagination, art, music)



**fine motor**  
(grasping, eye-hand coordination)



**gross motor**  
(large muscle movement)



**language**  
(speaking, reading, writing)



**self esteem**  
(self-respect, personal satisfaction)



**social skills**  
(relationships, interaction)



**tactile**  
(skin awareness of touch & texture)



**thinking**  
(color matching, counting, cause & effect)



**visual**  
(seeing, perceiving)

## TIPS FOR PICKY EATERS DURING THE HOLIDAYS

1. If you're wanting to encourage your child to try something new, then stick to the simple items that don't have a lot of variation of color, tastes, or textures.
2. Sometimes kids just have a sweet tooth so why would they want to eat their vegetables?— don't be afraid to add some sugar, cinnamon, or something sweet of your choice to those carrots, sweet potatoes, or even squash.
3. If you need to, sneak it. There are lots of ways to sneak healthier foods into the foods your kid might be more likely to eat. Check out online resources such as [www.thesneakychef.com](http://www.thesneakychef.com) or the book, "Deceptively Delicious".

## Vegan Molasses Ginger Cookies

*makes 20 cookies*



### Ingredients:

- |                            |                                     |
|----------------------------|-------------------------------------|
| 2 cups flour               | 1/3 cup melted vegan buttery spread |
| 1/2 cup sugar              | 3/4 tsp salt                        |
| 1 1/2 Tbsp ginger powder   | 1/2 tsp cinnamon                    |
| 1 Tbsp fresh grated ginger | 1 tsp vanilla extract               |
| 1/4+ cup water (see below) | 1/2 tsp baking soda                 |
| 1/4 - 1/3 cup molasses     | 2 tsp baking powder                 |

### Directions:

1. Preheat oven to 375 degrees.
2. Soften the vegan butter spread in the microwave. Set aside.
3. In a large mixing bowl, combine the dry ingredients: flour, sugar, ginger powder, cinnamon, salt, baking soda/powder.
4. In a separate bowl, combine the softened buttery spread, molasses, vanilla extract, grated ginger and water.
5. Combine the wet and dry ingredients and stir by hand. The dough will seem dry at first, but keep stirring and folding and it will come together. If needed add in extra water 1 tsp. at a time until it's a *Playdough* consistency.
6. Roll the dough into moist balls, dip in a coating of sugar and bake.
7. Bake at 375 for 8-10 minutes. Fluffy, but not hard.
8. Allow the cookies to cool at least 15 minutes before serving.

# Merry Christmas From the All for Kids Family!

We never stop being amazed at the privilege of being part of the journey of these children and we want to take this chance to say **THANK YOU!!!** We thank God for His many blessings and count you and yours among them. May this season of family and gratitude be filled with much joy!



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