

# Newsletter

July 2018

All For Kids Pediatric Therapy Clinic



## Inside Content:

- Garden Fun
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- Fruit Rainbow Recipe

**588 hours.** According to the Kaiser Family Foundation, children ages 8-10 spend an average of 7 hours and 51 minutes a day exposed to media. Media is considered TV, video games, music, and computers. Based on that average, children end up spending a total of 588 hours on some form of media throughout the 12 weeks of summer. 588 hours equates to 24.5 days spent inside on screens. A child's daily intake of media only increases as the child ages.

The Center for Disease Control recommends a minimum of 60 minutes of daily physical activity for children. There are many benefits to completing 60 minutes of physical activity daily including: appropriate regulation (emotional and physical), improved sleep health, improved body awareness, muscle strengthening, socialization, and improved sensory integration. These are all goals targeted during therapy that can be addressed outside this summer in your own backyard! This can help progress your child even further. Some potential ideas for physical activity are to take a family walk at night, go for a hike on the weekends, go for a bike ride to your favorite ice cream shop, or play at a playground with peers. Some other ways to decrease media use would be to limit screen time to 1-2 hours per day and remove televisions or electronics from bedrooms. There are many other benefits to reducing media in a child's life with the above being just a few. Keep in mind that you are the primary model for your children, and they will imitate your behavior. If you engage in physical activity too, it will likewise increase your child's engagement. This will promote family bonding and an opportunity to connect with your child in a new way. Have fun this summer! Be safe! Get outside and PLAY!

- Laura Polakowski, OTR/L

For more information, please visit the following:

<https://www.cdc.gov/nccdphp/dch/multimedia/infographics/getmoving.htm>

<https://kaiserfamilyfoundation.files.wordpress.com/2013/01/8010.pdf>

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## Garden Fun

Summertime is a great opportunity to plant a vegetable or herb garden. Not only is it a collaborative, outdoor activity you can do with your child, but it can also get your picky or hesitant eater learning about new foods! Here are my top 5 tips for growing a garden with your child this summer:

Involve your child in the entire process. Bring your child to the green house and let him pick out plants for the garden. Assist your child in the planting process and teach him how to keep plants watered. Help your child pick the vegetables when they are ready. All of this will help build a sense of ownership. Who wouldn't want to try the tomato they have been watering and watching for months?

Use the garden as a learning opportunity. Talk about your garden with your child. This is a great chance to teach your youngster about where food comes from or how different vegetables grow. Talk about vegetable vocabulary or describe the plant together. Watching plants grow is exciting!

Make it fun! Get your child her own gardening tools or gloves. Let him arrange plants in the garden or play with the hose. Remember, it doesn't have to be a chore!

Enjoy the fruits of your labor as a family. Sharing your produce at a family snack or meal will get everybody involved and make it a shared, social experience. The best way to help your child learn to like new foods is to model it.

Respect where your child is. Your child may not be ready to eat a new vegetable yet, but that's okay! All of these experiences will help your child feel more comfortable and confident around new foods. Today they may be ready to touch and smell, and who knows – maybe they will be tasting next summer!

-Christine Williams, CCC-SLP

### Bird Feeder Ornaments:

#### Materials:

4 cups of birdseed  
3/4 cup flour  
1/2 cup water  
3 Tbsp. corn syrup  
1 straw  
String/yarn

#### Directions:

1. Combine the birdseed, flour, water, and corn syrup in a mixing bowl.
2. Spray a cookie cutter and plate.
3. Pack the birdseed mixture into the prepared cookie cutter.
4. Use the straw to poke a hole then leave the straw in place.
5. Leave to dry overnight.
6. Remove the straw and attach the string/yarn
7. Hang outside for the birds to enjoy!



# WELCOMING NEW FACES

AFK  
BUZZ



Miss Amy, Speech-Language Pathologist, will be here covering kiddos throughout the summer!



You will be seeing more of Miss Katie as she transitions from her Clinic Aide position into the Administrative Assistant!



Miss Kenzie, Occupational Therapist, joined our team from Alaska!



Miss Jane, front desk, joined our team from Alaska!

## Keeping up with AFK!

Lindsey got engaged in December!

Erin J. welcomed beautiful, healthy baby girl, Lexie Jane, in February!

Lindsey adopted her beautiful little girl, Ginger, in March!

Jessica got married in June!

## Update:

We will not be having the annual Harvest Halloween Carnival this year.



## FRUIT RAINBOW



### Materials:

Paper plate  
Colorful food-safe markers  
Assorted fruits

### Directions:

1. Parents: prepare by cutting up fruit into small pieces, approximately 1/2".
2. Your child can draw a colorful rainbow with food-safe markers on the paper plate.
3. Following the colors on your child's rainbow, her or she can place matching colored fruit on each line.
4. Enjoy the finished snack!

This activity is great for working on **sequencing** (first, next, last), **following directions**, and **using basic vocabulary** (colors, shapes, size, counting).

- If your child is learning colors, repeat the color names as you place fruit on the rainbow. Talk about the steps to make the rainbow, "First, we draw the rainbow, then we choose the fruit" or "First, we put on raspberries, then we put on the oranges."
- If your child is working on **making longer sentences**, you can model using a carrier phrase like "I need the \_\_\_" and support your child to **request** markers or fruit.
- For **picky eaters**, maybe your child can make this snack for you, instead. This is a great activity to support interaction with and exploration of food, even if your child doesn't actually take a bite! Remember, kids learn well when they're having fun, and they have more fun when you're enjoying yourself, too. Give yourself room to enjoy being creative with food and your kids!

-Melissa Swamidass, CCC-SLP



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*"every milestone for every child matters"*



**Please leave us a review!**



**Back row:** Lauren, Candice, Melissa, Karen, Emily, Amy, and Renee  
**Middle row:** Jen, Janelle, Laura, Caitlyn, Lindsey, Sara, and Tracey  
**Front row:** Marie, Christine, Kirsten, Jessica, Kiley, Erin C., and Leah

**Not Pictured:** Erika, Erin J., Hailey, and Vonda Kay