



MILESTONES

All For Kids Pediatric Therapy, LLC

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FINALLY!

LETTER FROM THE OWNERS:



We first mentioned that we had a move in our future in the summer of 2014. Little did we know the process to get there would be almost 2 years long! You all have waited patiently with us, been frustrated right along with us, and rejoiced with us when our vision was finally realized in April of this year.

We are all settled in our new space, and our punch list of things left to finish is shrinking. The gym is complete and a place of constant activity and goal-directed action! The treatment rooms are all functional and full of FUN! The waiting room is comfortably furnished with new seating, and we hope you are enjoying it! We just want to say thank you to each and every one of you, as you have walked right beside us throughout the process of change. We hope it's the last big change for a while, as we plan to STAY PUT!

If you are a parent or fellow provider of services to our fantastic kiddos (past, present, or future) and you would like a tour of our new digs, please call us. We would love to show it off!

Sincerely,

Erin & Tracey



Summer activities that are fun, entertaining and great for kids:

Gross Motor

Jump Rope
Bicycle/Tricycle

Fine Motor Dexterity

Ants in the Pants
Sidewalk chalk

Fine Motor Strengthening

Silly Putty/Theraputty
Play-Doh and accessories
Puppets

Oral Motor

Bubble Blowers
Whistles

Problem Solving Games

Guess Who/Guess Where
Rush Hour Series
Memory Games

Welcome to our New Clinic!



All For Kids Staff



Foil-Wrapped Camping Dogs

Ingredients:

- Hot dogs
- Crescent rolls
- Clean wooden sticks or long skewers
- Aluminum foil



Directions:

1. Place a skewer about 3/4 the way in the end of the hot dog.
2. Open crescent rolls and wrap one pre-cut triangle around each hot dog, starting with the flat end of the crescent and ending with the tip of the triangle.
3. Wrap the crescent wrapped hot dog loosely in aluminum foil.
4. Roast over the fire while turning your stick. Cook for 15-20 minutes.

Sponge Bullseye

What you Need:

- Chalk
- Wet Sponges

Directions:

1. Draw a bullseye with chalk.
2. Assign a points value to each circle of the target.
3. Draw a starting line.
4. Take turns tossing your team's sponge at the target.
5. Kids can work together to add up their points.



Nature Bracelets



Needed:

- Clear packing tape
- Leaves, grass, flowers, etc.

Directions:

1. Wrap the clear packing tape around wrists (sticky side out).
2. Explore outside and collect leaves, grass, flowers, etc. to stick on your bracelet.

How to Bolster Your Child's Self-Esteem in the Right Way

By: Kalia Cook, OTR/L

(adapted from the writings of Dr. John Townsend's *The Entitlement Cure*)

The "right way" is the Hard Way. The Hard Way means "doing what is best, rather than what is comfortable, to achieve a worthwhile outcome." Life offers challenging situations outside of what we, in our human capacity, would consider to be fair. Establishing and achieving priorities considered worthwhile are within your power to harness.

Our approach to challenging situations should be with an attitude of tenacity and determination rather than an attitude that will achieve the bare minimum. Your child is worth what they are willing to work for, but they can't do it without you! Here are a few suggestions to help you support your child through the process of working for what is agreed upon as a worthwhile outcome, instead of the bare minimum.

- 1. Offer praise when your child has achieved something that takes effort.** Something that requires "effort" would include anything on your child's radar that takes time and energy. That gigantic science fair project? That speech in front of the class after a sleepless night of fretting with social anxiety? Walking up the stairs for the first time post-surgery? Yes, yes, and yes. Eating their cereal independently after they have demonstrated the ability to do so countless times? No.
- 2. Offer praise when your child has achieved something beyond what is required.** Reserve your praise for when your child exceeds your expectations, not when they meet them. You must always be in pursuit of a balance between high expectations and realistic outcomes. You know your child best and want the best for your child. If you know they can meet your expectations for getting out of bed in the morning, don't say "Good morning! I loved that you got out of bed this morning!" on your average morning. If you, your child, and your therapist have been working on completing a morning routine and your child does it for the first time without cueing, they have exceeded your expectations. You can now celebrate with your child while simultaneously raising your expectations for their independence.
- 3. Praise specific qualities and achievements.** Telling your child they are awesome is good and all, but *why* do you think they're awesome? What have they done specifically that makes you feel as proud as you do to give them a compliment? Vague compliments support vague behavior. Saying "Hey kiddo, the way you shared with your sister was awesome" will be more likely to support sharing in the future than "You are so awesome" within the same context.
- 4. Praise ability and support identity.** We all have natural talents that are different than others. Sharing these talents is what can bring balance to relationships and help humans work together. What one person lacks, another may offer in surplus. The moment your child believes they are better than the next person because they possess greater ability is the moment when arrogance overrides positive self-esteem. Encourage your child's natural-born abilities while also expecting them to contribute to the integrity of the team. "More able" does not mean "better."
- 5. Base your praise in reality.** As much as we all want for our children, they cannot realistically "Be whoever they want to be" or "Make happen whatever they want to happen." If your child cannot walk, they cannot dream themselves into winning a running race. If your child loves to sing but can't carry a tune in a bucket, they will not win "American Idol" or "The Voice." This is a tough one to swallow, but we must love them enough to break their hearts. There is much that can be done with our children early on to encourage their natural talents and redirect their motives and desires toward realistic outcomes. After all, if your child is going to have a broken heart, who would you rather pick up the pieces and soothe the wound than you?
- 6. Offer praise with genuine care and warmth.** Everyone wants and needs to feel loved and accepted. You see it when your child looks back on their way to the playground or proudly exclaims "I did it!" and awaits your smiling response. If your child does not feel genuine acceptance and encouragement for their achievements, they may overcompensate and adopt the defensive attitude expressing little need for love or affection. "You don't care? Well fine. I didn't need you to care anyway" as their little broken heart stomps down the hallway to their room. Each caregiver and each child gives and receives love in their own way. It is worth it to delve deeply into understanding how your child receives love.

Knowing your child and learning how they interpret information is a process that is uniquely assigned to you. Every child offers a unique perspective and you will contribute to each other's growth in ways you can only imagine. Trust your instincts, and also remember that growth and learning is traded in relationships, especially relationships that are highly valued.

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Welcoming New Faces



In March, Andrea Moultrie started working as a Front Office Administrator. She recently moved back to Alaska and is excited to be back with family and friends.

In May, Laura Polakowski joined the AFK family. She is an Occupational Therapist who moved to Alaska from Texas. She loves spending time with her husband, her dogs, and doing cross fit.



In April, Ernestine Heanu joined our billing team as one of the Billing Specialists. She was born and raised in Alaska and loves to explore and spend time with family.

In May, we welcomed Lauren Nelson to the AFK family. She is a Speech Therapist who has been working in Sitka, Alaska for the past two years. She enjoys walking her Siberian Husky, watching movies, and spending time with her family.





All For Kids Pediatric Therapy, LLC
6927 Old Seward Hwy. Suite 100
Anchorage, AK 99518
Phone: 907-345-0050
Fax: 907-344-5103
E-mail: admin@allforkidsalaska.com
Website: www.allforkidsalaska.com



All For Kids Staff "Hanging Out" at Get Air!