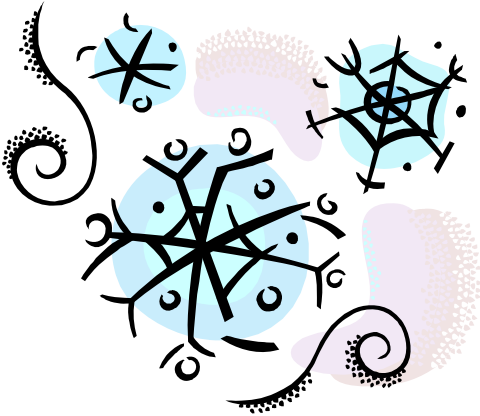


DECEMBER NEWSLETTER

SENSORY KIDS, LLC



December 2010

Inside this issue:

- Sensory Kids News.....1
- School Screenings.....1
- Sensory Activities.....2
- Holiday Gift Suggestions...3

SENSORY KIDS NEWS

New Occupational Therapy Sensory Screening

Sensory Kids, LLC now offers an abbreviated sensory evaluation known as the Occupational Therapy Sensory Screening. This screening will be available only for clients whom have had a recent OT evaluation with minimal sensory focus. This screening is designed to compliment the pre-existing OT evaluation and provide a clear understanding of your child's sensory needs to ensure optimal treatment planning. The screening will be a total of 90 minutes in length. The first 60 minutes will be comprised of standardized testing and clinical observations and the final 30 minutes will be comprised of a discussion of the findings as well as our recommendations for your child. A 2-3 page written report will also be provided to document our results. This screening will overall be shorter and less expensive than our traditional Occupational Therapy Sensory Evaluation. We hope that this screening will allow clients to get a clear picture of their child's sensory abilities while guiding and assisting our therapists in treatment planning without undergoing an extensive evaluation.



SCHOOL SCREENINGS

Sensory Kids, LLC is pleased to announce that our Occupational Therapy School Screenings have been very successful. The schools have been very pleased with the results and receptive to our efforts. Many teachers learned about Sensory Integration and gained a new sensory perspective. We are happy to have brought Sensory Integration to the community and continue to look for further opportunities, so let us know if your school might be interested.



WINTER HOLIDAY SEASON SENSORY ACTIVITIES

Jack Frost is Crafty

Even if the weather outside isn't quite snowy enough, you can still make a snowman out of everyday household items. This snowman can also never ever melt. This activity can help your child improve fine motor, and visual motor skills as well as further develop planning/sequencing capabilities.

Note: Your child may benefit from a pre-made craft for visual demonstration/reference during this activity



- 1) Use a marker to trace a coffee can, a mug, and an espresso cup onto 3 pieces of white paper
- 2) Cut out the shapes and orient the pieces to resemble a snowman
- 3) Glue the pieces together making sure the adhesive has been placed appropriately
- 4) Shred tissues or white napkins into tiny strips
- 5) Add glue to the front of your snowman and spread evenly using a paint brush or fingers
- 6) Place tissue/napkin strips onto snowman
- 7) Add buttons for eyes and mouth and toothpicks for arms
- 8) Hang for all to see

Holiday Cookies

Baking cookies is a great activity for the whole family and provides a sensory treat for the all your effort. This activity can help your child to further develop skills in fine motor, and tactile discrimination, as well as strengthen the hand and upper extremity muscles. This may also be a good heavy work activity which may improve you child's modulation and affect.

Note: Please be aware of allergies during this activity

- 1) Select your favorite recipe for cookies (ie. peanut butter, sugar, oatmeal, etc)
- 2) Mix all the dry ingredients in a large mixing bowl
- 3) Mix all wet ingredients in another bowl
- 4) Combine ingredients and allow you child to stir the mix with their hands, large spoon, or whisk (try to avoid using the electric mixer)
- 5) When cookie dough is complete have your child select small heaps of dough and roll then into small balls
- 6) Place small balls onto a greased cookie sheet approximately 2-3 inches apart
- 7) Bake and cool for appropriate amount of time
- 8) Enjoy with family or save for a special day



Whipping Up Some Eggnog

Eggnog is a classic wintertime special, but did you know that you could make it with just a few items in your refrigerator and spice rack. This activity will help your child develop body awareness as well as skills in force grading and bilateral motor control.

Note: This is a simple recipe that requires no cooking however do not be afraid to loose a few eggs

- 1) Have your child break 6 eggs (one at a time) into a large mixing goal (the challenge is to apply the just right amount of pressure to release only the egg and no shells)
- 2) Add 3 cups of milk, 8 tablespoons of sugar, 3 teaspoons of vanilla, and ½ teaspoon and nutmeg
- 3) Mix ingredients until eggnog begins to thickening
- 4) Cover with plastic wrap and chill for 3 hours



Snowman Obstacle Course

Obstacle courses are essential for developing the integration of multisensory skills. This activity will help you child develop their upper body strength, visual motor skills for targeting, listening, posture, and praxis. This activity is very rich in proprioceptive input and may improve modulation and self regulation.

Note: Please repeat this obstacle course only 3 times due to the cold weather



- 1) Have your child make three snow balls
- 2) At the beginning of each trial of the obstacle course have your child roll each into a large, medium, small ball
- 3) Have your child lift the ball and pass to a taller family member
- 4) Add a listening challenge by directing your child what to add to the snowman (ie. arm, nose, eyes, scarf, mouth, etc.)
- 5) Add a vision challenge by having your child throw this object back and forth to you before placing it on the snowman in the correct place
- 6) Repeat until snow man is complete

SENSORY THEME HOLIDAY GIFTS

The following items can be found at www.ltdcommodities.com

- Hot/Cold Therapeutic Wrap
- Kids Snuggle Wraps
- Disney Bean Bag Chair
- Jumbo Fun Ball
- Twist Roller Ride On
- Teeny Triplets Dress-Up Set
- Disney Kid's Play Tents



HAPPY HOLIDAYS FROM SENSORY KIDS!



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