

Ball Skills FUN for the Whole Family



Here is an inexpensive toy to incorporate gross motor activities into your daily routine. You can use either rubber or plastic kick balls found at the grocery store, drugstore or dollar store. The plastic kick balls may be a little bit easier for your child to control. Try out these FUN ball skills!

- Rolling the ball back and forth - start in a sitting position and progress to tall kneeling position.
- Throw and catch from 5 feet away - emphasize looking at the ball and using 1 hand to throw and 2 hands to catch.
- Bouncing to the other person instead of throwing.
- Dribbling while standing in place.
- Kick a stationary ball.
- Kick a rolled ball.

How to Make Squeezie Bottle Sidewalk Chalk



You will need some squeezie bottles (at the local dollar store), cornstarch, water, and food coloring. If you are worried about the food coloring staining, you can just make it without it and it will dry a very bright white.

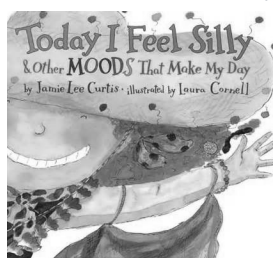
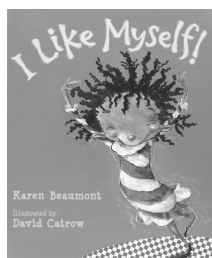
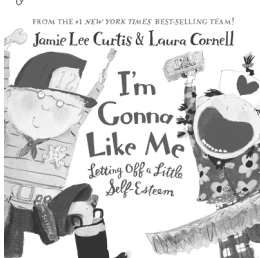
1) Pour your cornstarch in a bowl or container. 2) Add water and stir until

you get a nice thin viscosity. You want it to be able to squeeze through the hole in the bottle. 3) Pour your sidewalk chalk paint into the bottle and add food coloring. 4) Now squeeze away.

You can make hearts. You can make dragons. You can mix the colors. You can run and squeeze so that you only get dots in a line and not an actual line. You can leave your mark all over the driveway.

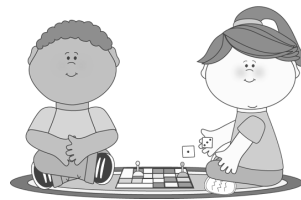
Help your Child's Imagination Take FLIGHT! READ A BOOK!

Visit your local Library to find these and other books about
Building Self-Esteem and Feelings



Ordinary Day - Ordinary Play Social Emotional Skills

Everyday play and daily activities can be special and educational when you expand on the play. Here's how.



Card and board games and outdoor games, such as tag or hopscotch, offer opportunities for helping children learn to take turns, share materials, cooperate and handle frustration. When

playing games together, focus on having fun instead of winning or losing.

- Take pictures of your child succeeding around the house doing everyday activities (i.e. brushing their teeth by themselves, putting on their shoes, brushing their hair, picking up their toys, etc.). Glue the pictures on oak tag and name them. These visual cues will remind them what they do right and well. It's a self-esteem booster activity!
- Clifford's Big Idea to Grow On: Draw facial expressions and share personal feelings using shapes and language with your child in a fun, meaningful way.

http://www.pbs.org/parents/clifford/activities/work_together/01_work_together.html

Get Out There and LEARN!

Here are some FUN activities that will also reinforce many different skills.

- Using sidewalk chalk - you and your child can draw shapes, letters, numbers on the driveway or sidewalk. Have fun guessing what they are.
- When finished with newspapers or magazines - work together on tearing the paper into pieces - crumple the paper and practice throwing the paper into the recycling bin.
- Make a tent with a sheet and the furniture. Use words like inside, outside, over, under. Continue the fun and read a book while you are in your tent.
- Make smoothies for a cool down - use fruits & veggies from the fridge. Label the ingredients including color, shape, size, and taste (red, sweet, strawberries).
- Collect some bugs and insects and create a bug zoo. Ask how the bugs are the same or different.



**Alternatives For Children
Wants Your Summer Fun To Be Safe
Pool Safety Information**
Learn more at www.poolsafely.gov

The greatest water safety assurance in swimming pools comes from adopting and practicing as many water safety steps as possible. Adding that extra safety step in and around the water can make all the difference. You can never know which safety measure will save a life – until it does. The following list outlines the water safety steps that you can and should take to help keep your family safe.

- Stay close, be alert, and watch children in and around the pool.
- Always watch your children and never leave them unattended around the pool.
- Teach children basic water safety tips.
- Avoid entrapment by keeping children away from pool drains, pipes, other openings.
- Have a phone close by at all times when you or your family are using the pool.
- If a child is missing, look for them in the pool first.
- Share safety instructions with family, friends and neighbors.
- Learn and practice water safety skills. Learn how to swim.
- Learn to perform CPR on children and adults; update those skills regularly.
- Understand the basics of life saving so that you can assist in a pool emergency.
- Have the appropriate safety equipment.
- Install a fence around the perimeter of the pool of at least four feet in height.
- Use self-closing and self-latching gates; ask your neighbors to do the same at their pools.
- If your house serves as the fourth side of a fence around a pool, install a door alarm on the door from the house to the pool and always use it!
- Maintain pool covers in good working order and consider installing a pool alarm.
- Have life-saving equipment such as life rings or reaching tools available for easy use.



**Physical & Occupational Therapy
Summer Swimming Suggestions
Get Out There And Swim!**

Physical Therapy Supervisor Diane Scalogna points out that building strength, increasing cardiovascular endurance, and improving motor planning skills are just some of the benefits of teaching your child to swim. “Swimming and being in the water allows children with special needs and those with physical disabilities the ability to move their bodies in ways that may be difficult for them on land.” Maria Hansen, Occupational Therapy Supervisor agreed, and added, “Swimming also helps children with sensory impairments learn how to exert more control over their body’s movements.” Plain and simple, swimming provides opportunities for fun social interaction with family and friends! So, get out there and SWIM!

For all children, but especially those with special needs, swimming is an important Life-skill. Learning to swim can prevent accidents and save lives. Swimming also has many therapeutic benefits that may be especially beneficial for children with special needs .

- **Large Muscle Development and Coordination** - Every child uses large muscles to swim (as opposed to the small muscles used in handwriting). Swimming involves the coordination of arms, legs, and breathing to stay up or keep going.
- **Cognitive Processing** - Swimming is great for cognitive processing of multiple steps or multiple things to do at once; jump in the water, hold your breath, move arms and legs to tread water, breathe so as not to take in water, and float when needing a break.
- **Athletic Outlet** - Often times, children with special needs do not have the same opportunities as their peers for participating in organized sports activities. Swimming is an excellent way for anyone, and especially children with special needs to get some exercise.
- **Relaxation & Lifetime Benefits** - Water is very relaxing. Children who have difficulty processing the sensory input that surrounds them often find swimming to be a welcome respite. Swimming is a healthy activity that can be continued for a lifetime. The health benefits swimming offers make it worth the effort to get your children to the beach or the pool and get them swimming!

Here is an excellent article from Zero to Three

Helping Your Child Begin Developing Self Control

<http://www.zerotothree.org/child-development/social-emotional-development/teaching-your-child-discipline-and-self-control.html>

Zero to Three - A Great Resource

<http://www.zerotothree.org/>