

Pediatric Development Center



~ Newsletter ~
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We provide occupational therapy evaluation, treatment and consultation for children with developmental delays, autism/Asperger, cerebral palsy, Down's syndrome, sensory processing disorders, attention, behavioral concerns, handwriting, and other areas of weakness.

Contact us for further information:

125 Presumpscot St. Portland,
ME.
(207) 699-5531

Good Resources:

parents.com/familyfun-magazine/

Skip and Spell

By: Debra Immergut

Kids in the Elementary grades almost always have spelling lists to memorize and energy to burn. That's why this game is such a brilliant idea. Next time your child comes home with a list to learn, head for the driveway or sidewalk and get a jump on it.

Get Set:

The caller (who might be a parent, a classmate, or an older sibling) holds the spelling list and sidewalk chalk. The jumper stands on a paved surface with a jump rope.

Go!:

The caller reads aloud a word from the list. The jumper spells it aloud, skipping rope once for each letter. (It's fine to stop between hops to recall the next letter.)

If the jumper spells and skips correctly:

She writes the word on the ground with chalk. The caller moves on to another word on the list.

If the jumper misspells the word or misses a jump:

The caller writes the correct spelling on the pavement. The jumper reads the letters out loud while skipping rope. She then spells it again with her back turned to the written word.

The game ends when all the words have been written on the pavement and spelled aloud correctly.

To play with two or more jumpers:

When a jumper spells her word correctly, her turn ends and it's the next player's turn.

Word Play Game

From: spoonful.com/family-fun/word-play

What you'll need

- Pieces of paper
- Pencils or pens

How to play

1. First, make a card for each player by drawing 9-square grids on pieces of paper. Complete the grids by writing one word in each square, making sure that some words appear on more than one card (you might consult your child's school spelling list or browse through her favorite books for a list of possible words).
2. On a separate sheet of paper, write a definition for each word. For example, we used "the color of grass" for green and "the opposite of slow" for fast. Gather buttons or coins for bingo markers.
3. To play, choose one person to be the caller, whose job is to randomly select definitions to read aloud.
4. The other players search their cards for the appropriate word and place a marker over it if they find it. The first player to land three in a row gets to be the next caller.

Bicycle Safety Tips for Children

From: worldclassmedicine.com

Helmet Safety...

- Cyclists of all ages should use a helmet that meets ANSI, Snell or ASTM standards and are so labeled.
- Parents should not buy a helmet for the child to "grow into." Choose a helmet that is the right size.
- Directions from the manufacturer should be carefully followed.
- The helmet should fit snugly so it will not move around on the head or come off in a fall. The chin strap should be adjusted to fit snugly. The helmet should be worn horizontally on the head (not tipped back). The front edge should be only one inch above the eyebrows.
- Bicycle helmets are different from helmets used in team sports. Bicycle helmets are "single impact" helmets. Replace your helmet if you have had an accident, or have fallen off your bike and hit your head.

All helmets should be replaced if:

- You see any visible signs of wear and tear inside or outside the helmet.
- Interior pads lose their cushioning effect.
- Your child grows out of the helmet.



Bike Safety

- Buy a bike that is the right size, not one to "grow into." Your child should be able to place the back of his or her feet on the ground while seated.
- If your child's bike has a crossbar, he or she should be able to straddle it with their feet flat on the ground with an inch of clearance.
- If the bike has hand brakes, make sure the child can comfortably grasp the brakes and apply sufficient pressure to stop the bike.
- The bike should be equipped with front and rear reflectors, reflector patches on pedals and wheels, and a bell or horn.
- Obtain any permits or license plates per your town's requirements.

Rules of the Road...

- Ride in the same direction as traffic; stop and look both ways before entering traffic.
- Walk the bike across busy intersections.
- Obey all traffic signals and signs.
- Watch out for cars pulling out of driveways or parked cars entering traffic.
- Use hand signals and look in all directions before turning.
- Avoid swerving suddenly.
- Ride single file on the right side of the road.
- Never ride at dusk or in the dark. If they are unexpectedly out late, your child should be taught to call home for a ride.

- Wear bright, light colored clothing.
- Never wear audio headphones or eat while riding.
- Carry things in a backpack to keep your hands free.
- Don't carry anyone on handlebars or back fender.
- If you are transporting a young child, use a child seat attached to the back of the bike or a trailer. Make sure they have a helmet on as well.



Safety Checks...

- Do a safety check each time they ride.
- See that the wheels, seat and handlebars are secure.
- Check the hand brakes. They should operate smoothly and efficiently.
- Make sure the tires are properly inflated and that the chain is oiled and tight.
- See that there is no dirt clogging smooth operation of the brakes, chain or wheels.
- Check that the bike seat is at the proper height and is comfortable for smooth operation.

Traffic Hand Signals...

- **Right Turn:**
Left arm extended and bent upward from elbow.
- **Left Turn:**
Left arm extended.
- **Stop:**
Left arm extended and bent downward from elbow.