

# SOUTH SHORE THERAPIES NEWSLETTER

Summer 2020

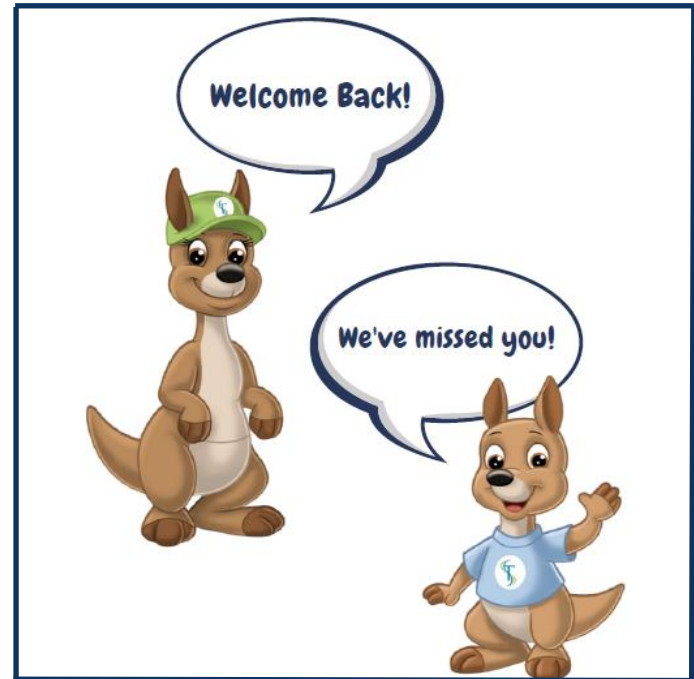


*Welcome to our first 'Safer at Home' Summer!*

*We are so thrilled to have the clinics open and to be able to see some of our clients and families again! We have worked diligently to assure that we have the safest environment possible for our staff and clients. SST will continue to offer and provide telehealth visits, as well as in house treatment.*

*With this beautiful summer weather, we hope that you are finding time to enjoy some backyard fun. Kids are naturally drawn to nature and now is a wonderful time to help them learn about the outdoor world around them. Encourage observation and listening skills by looking for and identifying different birds and bugs by sight and sound. Incorporate academic concepts through counting how many animals or birds they can find and talking about size, shape, and color. Imitating how the animals move is a great way to develop motor planning skills. Kids love activities that encourage them to think and move! There are so many fun outdoor (and indoor) ways to do this: Scavenger hunts, creating obstacle courses and many of the games we played as kids such as "Mother May I?", freeze tag, and "Red light-Green light".*

*In this newsletter we highlight a wide variety of fun activities that can be done with materials commonly found around your house. We hope you will join us in embracing your playful spirit and having some fun, creative times at home while our other social activities are limited.*



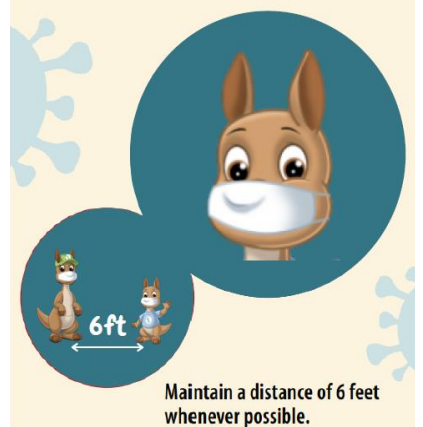
**We are so excited to introduce you to our new SST mascot KIP and his mom!**

**For us the kangaroo represented nurturing (think pouch), balance and power, and the ability to leap over obstacles.**

**As part of our mission to provide resources and education to our communities we plan to have Kip help kids work through a variety of challenging situations.**

**Please wear a cloth face covering.**

**Beginning with the new normal that COVID-19 has created of wearing masks and social distancing**



## All About That Sink!

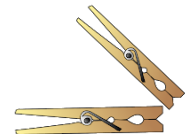
**Tactile play:** Explore different textures that provide sensory input to assist with body awareness and regulation. If your child is not comfortable touching messy substances give them different tools to use, which encourages comfortable interaction and targets fine motor and motor planning skills.

- There are a wide variety of easy to make tactile mediums. You can use shaving cream, foam soap, silky water (1/4c water with 1TB soap), colored water, oobleck (cornstarch and water), fizzing water (vinegar, water and baking soda), finger paints or make your own paint!
- Add in spoons, tweezers, tongs, paint brushes, funnels, scoops, different sized cups/bowls, turkey basters, whisks, etc. to work on strengthening fine motor and bilateral hand skills
- Explore tactile mediums using different body parts such as the feet
- Play hide and seek by hiding plastic animals and seeing who can find them. Give the rescued animals a bath and sort them by size or color
- Go fishing for magnetic letters using a magnet wand or tweezers
- Create roads by driving through shaving cream or finger paint
- Draw shapes, letters or play "Pictionary" in the mediums
- Play with extremes in divided sinks: warm vs cold or wet vs dry
  - Paint ice using fingers or paint brushes
  - Freeze small toys/objects inside ice cubes to "save" them by melting with warm water
  - Use larger ice cubes or Styrofoam pieces try to balance toys on floating icebergs



## Fun Ways to Use Chip Clips and Clothespins

Work on a variety of fine motor, visual motor, gross motor, language and planning skills that can easily be adapted to your child's current skill level.



- Practice color matching by attaching chip clips to same colored paper or paint chips
- Work on counting by writing the numbers 1-10 on card stock. Have your child attach the number of clips/clothespins to the paper with the corresponding number on it
- Pick up small objects like cotton balls, pom poms or pipe cleaners and transfer into a container or different colored containers for a color matching activity
- Use chip clips to pick up cotton balls and dip in paint for a DIY art project
- Get really creative and build an inside or outside fort using chairs, tables, sheets, blankets, and clips
- Hang a string horizontally between two points and use it to clip on doll clothes or artwork
- Paint and decorate clothespins to look like an alligator or shark that 'bites' by opening its mouth
- Incorporate chip clips into an obstacle course – clip a stuffed animal to your shirt to carry it back, or search and find chip clips/clothespins hidden around the room
- Draw or print animal pictures and cut them out without their legs – use clothespins to attach legs and stand animals up!
- Create a clothespin wreath for your door



## Painter's Tape

The possibilities are endless, and the set-up and clean-up are super easy! An inexpensive way to get creative and work on motor skills, language concepts and planning.

- **Car Road:** Place the tape on the floor around the house as a road for cars or trucks. Pull out blocks or Legos to create bridges and towns!
- **Paper Tunnel:** Tape paper tunnels to the floor and use with balls, cars, or trains. Model language such as: under, around, go, fast, slow.
- **Jumping Game!** Make a ladder of lines and have your child jump to each line or skip over a line. Work on your child's ability to follow directions with basic concepts (example: "Jump ON the line," "Jump NEXT to the line," "Jump OVER the line")
- **Spider Webs:** Create a painter's tape spider web in a doorway or with a hula hoop. Crumble up pieces of paper and throw the paper at the web.
- **Obstacle Course:** Work on actions words and language concepts such as: under, over, in, out, on, around, jump, crawl, dance.
- **Walk the Line:** Take turns walking across the line. Expand by creating a story that there is lava or water and you must do your best to stay on the line!
- **Clean up time!** Peeling the tape off the floor at the end is a great way to work on fine motor skills.



## Got boxes?

- Build a slide off of the couch or down small set of stairs. Add a pillow pile at end for a "crash". How many ways can your child go down the slide? Can you find something to roll on the slide?
- Take your child on train ride using rope or a scarf to hold onto as you pull, or have them give their stuffed animals a ride by pushing the box or tying a rope to it to pull
- Create a fort, cozy corner or box city. Construct "small worlds" such as a zoo for animals, garage for cars, or castle for princesses
- Provide your child with tools such as yarn, string, tape, markers for some unstructured, creative play
- Make a ball pit or fill a large box with pillows or stuffed animals. This provides great calming input through deep pressure and heavy work
- Push a box around house to collect items in a scavenger hunt. Weight it for extra work
- Use different size boxes to make towers. Have your child create or copy block designs. Knock the tower down in different ways: pushing, kicking, rolling, or using a ball
- Race from one point to another to be the first to stack 7 boxes without knocking your tower over



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We would love ❤️ to hear feedback for additional resources, information, and advice parents would like to hear. Our goal is to focus the newsletter toward the information you want to receive!

Contact [sszklut@southshoretherapies.com](mailto:sszklut@southshoretherapies.com) with recommendations