



THERAPY NOOK



Activities & Therapy

Answers

For child, family, therapist, and teacher



Welcome to *Therapy Nook*.

In this issue, you will find a list of toys recommended by our therapists, and some tips and tricks on how to help the "sensitive child" with the complications that holiday gatherings may bring. We are still accepting non-perishable food donations for Lunch Break and unwrapped toy donations for Toys For Tots, which can be dropped off at either of our clinic locations. For locations, please visit our website at www.Tinytotstherapyinc.com. Here, you can also find our Therapy Nook Catalog full of pediatric therapy equipment. Enjoy 15% off your entire order for the holidays until Dec. 15th!

Therapy Nook: Catalog & Newsletter

Some of you might have heard through the grape vine about Therapy Nook. But what is Therapy Nook? You might see it on the cover of this newsletter, but you will now also find it on our website and in print as an affordable pediatric therapy equipment catalog.

As therapists, we have found that it is not easy for parents to find the right or the best therapy equipment for their children, so we wanted to help. Therapy Nook catalog is filled with pediatric therapy equipment and all of it has been tested and approved by our TTTinc therapists. You can now feel at ease when purchasing therapy products and books for your children, and inform yourself more with books we have selected for parents. For more information, please call us at 908-380-7715 or visit our website at www.Tinytotstherapyinc.com where you can find our current catalog & order form.

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What's Coming Up!

- School Vacation Mini Camp Enrollment is going on NOW! Contact Maria at 908-380-7715 to register your child! Dec. 26th through January 2nd from 9am to 5pm!
- Help us make the holiday season a brighter one for all! We are taking donations for Toys For Tots and Lunch Break Food Pantry. Stop by one of our clinic to drop off your donations!
- Don't forget to take a look at our 2012 Therapy Nook Catalog for great pediatric therapy equipment & products! NOW ONLINE!

www.tinytotstherapyinc.com
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*"Transforming Lives...
One Child & Family at a Time"*





The Season of Giving: Therapist Picked Toy List



With the holidays quickly approaching, it is time to shop for all your friends, family, and loved ones. With that in mind, our therapists made a list of toys that are great for children, which you can find at Target, Walmart, Toys R' Us, and online at Amazon.com and YoYo.com. Below is our therapist picked toy list! Please feel free to call us with any questions you may have on these products or any of our Therapy Nook Catalog Products at 908-380-7715.

- **Leap From Explorer Learning Experience:** Children can learn school skills such as reading, math, science, and geography, plus creativity and life skills like music, health, and problem solving. – Target \$62.99; Toys R' Us \$39.99; Walmart \$59.97
- **Wild Planet Hyperdash:** Tagging, Race, Obstacle Course; great for motor planning, timing, and improving speed & balance – YoYo.com \$15.53
- **Hi Ho Cherry O:** Sorting by color, great for pinching – Toys R' Us \$12.99; Walmart \$16.99
- **Zoom Ball:** 2 player game, great for improving upper body strength as well as integrating both hands together – Amazon \$16.99
- **Footloose:** A unique game that combines physical activity with simple board game strategies. Invented by a physical education teacher, Footloose enhances both large and small motor skills, as well as color recognition. It is an ideal game for the very young game player whose energy level prohibits quiet game play – Boardgamegeek.com \$39.95
- **Lite Brite:** Great for fine motor dexterity and visual motor skills. Kids who enjoy visual stimulation will be thrilled.
- **Scrath:** 2 person game, comes with tennis ball and 2 velcro pads that are worn like gloves. Great for bilateral integration & upper body strength – Amazon.com \$7.99; Toys R' Us \$6.98
- **Gone Fishing (Travel):** No battery needed, wind up toy great for fine motor dexterity and visual motor control on the go (1-3 players) – Target \$2.99
- **Fishing Game:** Comes in different characters (Happy Feet, Toy Story, Princess) battery operated, board game sized, great for fine motor control and visual motor control – Target (Price not listed); Walmart (Price not listed); Toys R' Us \$10.99-\$11.99
- **Kidwise Buoy Ball Swing:** Great outdoor fun on this swing. Great for sensory input as well as building core strength – Amazon \$89.99+; Walmart \$89.99
- **Moon Shoes:** Great for balance, building core strength, and sensory input – Amazon \$45.00; Toys R' Us \$34.99

Tips & Tricks: For the “Sensitive Child”

As we all know, the holidays bring cheer, family gatherings, big meals, gift giving, and traveling. There are some things, however, that we might overlook when it comes to the sensitive child. Your child might be sensitive to sound, his or her surroundings, movement, touch and texture, and change in general. Below, you can find some tips and tricks on how to make your holiday gatherings more joyful & calm:

- **Sound Sensitive:** If your child is sensitive to noisy environments, such as holiday music holiday parties with loud music and conversation, try providing the child with earplugs or headphones with calming music.
- **Space Sensitive:** If your child becomes easily over-stimulated in crowded environments, try to find a quiet space where your child can go to calm their senses. Support your child's need for some quiet time and encourage them to ask to go to this quiet space if and when they do become over-stimulated.
- **Movement Sensitive:** For many children, it is not easy to sit still for long periods of time. Encourage movement every few hours to release tension for each body part. For example, jumping jacks or yoga moves.
- **Texture Sensitive:** Your child may be texture sensitive when it comes to food and touch. Make sure your child is wearing clothes that they are comfortable in, whether or not they fit the dress code of the event. Make sure to pack food that you know your child will eat. You never know what kind of food will be at events and it is always better to be prepared.
- **General Change Sensitivities:** With the holiday comes general change in schedules. Prepare your child for these changes by listing these new activities and reviewing them with the child each morning so that they are prepared.