

# THERAPY NOOK

## Activities & Therapy

### Answers

*For child, family, therapist, and teacher*



Welcome to *Therapy Nook*.

In this issue, you will find a great fall inspired recipe to make with your children, some more information on what sensory integration really is, some great activities for the season, and some updates on what's new with Tiny Tots Therapy and it's team. If you have any additional questions for our therapists, please send them to [info@tinytotstherapyinc.com](mailto:info@tinytotstherapyinc.com). Make sure to keep an eye out for our *Therapy Nook* catalog. Mention our *Therapy Nook Newsletter* and receive 10% off your entire purchase!

## Fun Fall Activities: Outside Activities

What better way to enjoy the season of fall than to plan some outdoor activities? Below, Please find a list that will not only be fun for your kids, but will also help them work on their fine motor, gross motor, and social skills!:

- 1) Use a rake to make a pile of leaves - Jump in and out of the pile, run through the pile, kick the leaves and piles of leaves, blow the leaves from the palm of your hand, invite some friends to join, and practice turn taking.
- 2) Collect leaves from your yard or park. Once at home, place the leaves under a piece of paper and use a crayon to draw over the leaf or leaves. Or, use a pencil or chalk to trace the outline of the different

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### What's Coming Up!

- School Vacation Mini Camp & Black Friday Free Play  
Enrollment is going on NOW!  
Contact Maria at 908-380-7715 to register your child! Nov. 7<sup>th</sup> through 11<sup>th</sup> 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!

*For more information, please visit our website at:*

[www.tinytotstherapyinc.com](http://www.tinytotstherapyinc.com)

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

sizes and shapes of the leaves.

- 3) Compare the different sizes and shapes of the leaves while you take a walk.
- 4) Participate in a Scavenger Hunt outside using a flashlight. Before you start, make up a list of things to find and bring back with you. Get together a group of friends and see who can find all of the items on the list first!

Use these fall activities to keep your kids active and busy while enjoying the beautiful weather that fall brings

## What is Sensory Integration?

This is a term that is often heard in therapy. Sensory integration therapy or sensory processing disorder are two common terms your therapist or doctor may use. But what is sensory integration or processing? We have five senses (touch, taste, smell, hearing, sight) that we are commonly aware of. But there are two other silent senses that are automatic which play a role in our daily functioning - The Vestibular System & the Proprioceptive System. Sensory integration is the body's

ability to take in all the external stimuli from our surrounding environment (example: sounds, wind, different fragrances) in an organized manner and process it to have an adaptive response for every day functioning. Through a series of neurological processes our body interprets these many outside signals collectively to make sense of the dynamic world around us.

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## Fall Baking Recipe: Pumpkin Chocolate Chip Cookies

An indoor activity is also a great thing to plan for the fall. Here is a recipe that we found online for Pumpkin Chocolate Chip Cookies! It puts the perfect fall spin on the classic cookie. These gluten-free, vegan cookies are perfect for any child on a gluten free diet and are also free of the top 8 allergens including peanuts and dairy. More information can be found on the website at <http://bit.ly/aR9XRF>.

Makes approximately 48 cookies

Ingredients:

3 cups gluten-free oat flour  
 1 teaspoon baking soda  
 1/2 teaspoon salt  
 1/2 cup canned pumpkin  
 1/2 teaspoon baking powder  
 3/4 cup canola oil  
 1 1/2 cups granulated sugar  
 1 tablespoon vanilla  
 2 cups allergen-free chocolate chips (like Enjoy Life brand)

Preparation:

Preheat oven to 375.  
 In a medium bowl, combine oat flour, baking soda and salt.  
 In a large bowl, combine pumpkin with baking powder.  
 Add oil, sugar and vanilla to pumpkin mixture. Combine well.  
 Mix dry ingredients into wet.  
 Mix in chocolate chips.  
 Drop by the tablespoon onto ungreased cookie sheets (or cookie sheets lined with parchment paper).  
 Bake 12-15 minutes or until golden.  
 Let cookies rest on cookie sheets for a minute or two and then transfer to cooling racks.  
*By Kim Lutz, from the [Welcoming Kitchen](#) blog. [Click here](#) to preorder Welcoming Kitchen: 200 Delicious Allergen- and Gluten-free Vegetarian Recipes, by Kim Lutz, Sterling Publishing.*

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## Walk Now for Autism Speaks: A Successful Walk!

After a successful fundraiser with such generous attendees and donators, the Autisms Speak Walk finally happened on October 16<sup>th</sup> and was such a great success! We are so thankful for everyone who stopped by our booth and showed interest in our company and all that we can offer, and also thankful for such a dedicated crew that put this walk together so perfectly. We had a large amount of kids that stopped by and did some fun superhero activities, coloring, painting, and bubble blowing with us and supportive family, parents, and friends that were so interested in all that Autism Speaks offers and how they can help the ones that they love who are affected by Autism Spectrum Disorders. We cant wait to be a part of this event again next year and hope to see even more people there!

