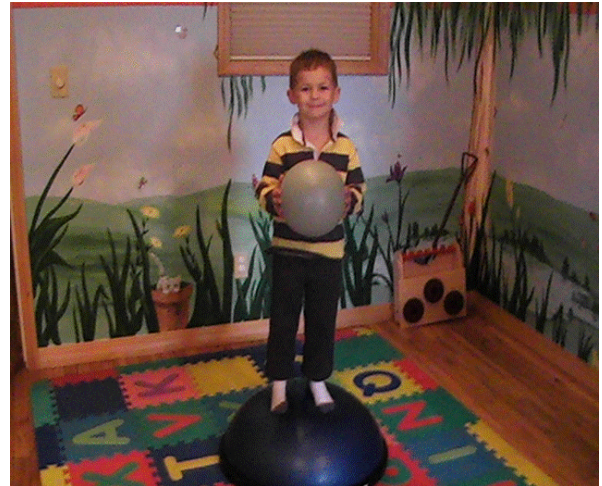


# EPICENTER NEWS

FEBRUARY 2008



**Happy Valentine's Day  
From the Epicenter**



## Gross Motor Skills Group

A few months ago we started to offer a Gross Motor Group at the clinic, and we wanted to share with you some more information about it. The group was designed to assist children ages 5-10 who have trouble keeping up with their peers during physical education, recess, and sports activities. It meets one hour per week for 8 weeks. There are several sessions being held each year, with the next group scheduled to start in mid-April. A group for 3-5 year olds may start this spring. Formal assessments are performed by a physical therapist. These include the TGMD-2 (Test of Gross Motor Development-2), and the PCTSIB (Pediatric Clinical Test of Sensory Integration for Balance) and they help determine which children would benefit from participation in the group. After the initial evaluation, a group of up to 5 kids partake in activities including: stretching, strengthening, endurance activities, balance activities, coordination activities, and sports related activities. Sports related activities have included soccer, t-ball, basketball, four-square, and kickball. The group is a great way for participants to improve their confidence and increase their participation during recess, PE and after school sports activities. The sessions held so far have been a big success, with the kids loving the group!

## **SPEECH DELAY: HOW TO HELP YOUR 3-4 YEAR-OLD IMPROVE THEIR LANGUAGE SKILLS**

**What should a 3-4 year-old be able to understand (receptive language)? They should be able to:**

- Hear you when you call from another room
- Hear television or radio at the same loudness level as other family members
- Understand simple "wh" (who, what where why) questions

**What should a 3-4 year-old be able to say (expressive language)? They should be able to:**

- Talk about activities at school or at friends' homes
- Speak clearly enough that people outside of the family usually understand his or her speech
- Use a lot of sentences that have 4 or more words
- Usually talk easily without repeating syllables or words

## UPCOMING EVENTS

**TOY SALE**- We are cleaning out our closets, which means it's a great time to come find some new fun toys for your child!

Drop in to the Epicenter anytime from:

**9:00 a.m. to 12:00 p.m.**

**Friday, February 15th**



CALL 522-3722 FOR MORE INFORMATION

## TIPS FOR FEEDING YOUR TODDLER

\* Neophobia= fear of new food



- 1) Be Patient!
- 2) Try again in a few days- it takes 10-15 exposures of even looking at a food for a kiddo to decide if they'll try it and then another 10-15 tastes to decide if they like it
- 3) Offer 1 new food with several old ones to increase comfort

4) Keep portions of new food small about 1 T. per try

Taken from: *The Complete Idiot's Guide to Feeding Your Baby and Toddler* by Elizabeth M. Ward, M.S., Rd

## RECIPE IDEAS



### NUTTY NUMBERS

(SERVES 6-8)

0123  
456  
789

1) Mix:

1/2 C. soft butter

1 C. flour

1/4 C. honey

1 C. wheat germ

2) Shape into numbers

3) Cover with chopped nuts. Gently press.

4) Bake at 350° for 10 minutes... Eat and have fun!

\* NOTE: To form numbers, roll "snakes." Use a large number written on paper and covered with wax paper as a guide.

## SPEECH DELAY (CONT.)

**What can parents do to help their 3-4 year-old child improve their language skills? Try the following:**

- Cut out pictures from old catalogs. Then make silly pictures by gluing parts of different pictures together in an improbable way. For example, glue a picture of a dog to the inside of a car as if the dog is driving. Help your child explain what is silly about the picture.
- Sort pictures and items into categories, but increase the challenge by asking your child to point out the item that does not belong in a category. For example, a baby does not belong with a dog, cat and mouse. Tell your child that you agree with his or her answer because a baby is not an animal.
- Expand vocabulary and the length of your child's utterances by reading, singing, talking about what you are doing and where you are going, and saying rhymes.
- Read books that have a simple plot, and talk about the story line with your child. Help your child to retell the story or act it out with props and dress-up clothes. Tell him or her your favorite part of the story and ask for his or her favorite part.
- Look at family pictures, and have your child explain what is happening in each one.

(Information gathered from the American Speech-Language-Hearing Association website: [www.asha.org](http://www.asha.org)).

## GOODBYE AND GOOD LUCK



Goodbye and best wishes from the staff at Epicenter to our student Jennifer Hansen. She has been working with us since the first week of January and is finishing up her internship the end of February. She will graduate from the University of Mary in North Dakota with her Doctorate of Physical Therapy this May! Thank you for all of your help and enthusiasm and good luck in whatever you pursue!

**OUR GOAL IS TO PROVIDE THE BEST FOR THE CHILDREN WHO NEED THE MOST**