



# Infant-Toddler Therapy Services

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## Ice Fishing

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

### Supplies:

- Blue sheet or cardboard painted blue
- Dowel sticks
- String
- Clothes pins

Hang sheet or cardboard from ceiling. Construct fishing pole by tying one end of the string to the dowel and tying the other end of the string around the clothes pin. You may want to glue them in place so they don't slide off.

### How To Play:



A parent stands behind the sheet/ cardboard with a basket full of little goodies/gifts to attach to the clothes pins. Kids cast their fishing lines over the "ice" and know that they've caught something when they feel a tug on their line.

## BABY CENTER

### YOUR CHILD IS WALKING ON HER TOES

[http://www.babycenter.com/0\\_your-child-is-walking-on-her-toes\\_12580.bc](http://www.babycenter.com/0_your-child-is-walking-on-her-toes_12580.bc)

#### What You May Notice

Most children "toe walk" occasionally when they're cruising (moving around a room from coffee table to couch to chair and holding on), especially if they're on a bare floor. Some kids keep doing it, off and on, just for fun (little girls who are set on being the next Sugar Plum Fairy are especially likely to keep this up). But if your child is walking on her toes most of the time, or if it seems as though she can't bear her weight on a flat foot, you should be concerned, says Andrew Adesman, M.D.



#### What Causes It

If your child is always tiptoeing, it's possible that she has a physical problem such as a short Achilles tendon that actually prevents her from standing flat-footed and limits her range of motion in the ankle. But consistent toe walking is more likely a sign of a motor disorder — most com-

monly, mild cerebral palsy. The most common form of cerebral palsy is "diplegia," which means it involves the bottom half of the body. This is the form of cerebral palsy most common in children who were born prematurely. If this is the case, your child is toe walking because her Achilles tendons and calf muscles are too tight, which means her heel is pulled up and her toes are pulled down.

If your child's doctor rules out cerebral palsy and other physical problems — if her muscle tone is fine, and she has a good range of motion in the ankle —

then she'll likely be diagnosed with what's called idiopathic toe walking. This is a catchall diagnosis that means the cause is unknown. Idiopathic toe walking may be associated with language delays and with certain forms of autism, so it's important to verify that your child's not having other problems with communication or socialization skills. You may want to schedule a development assessment to make sure.

#### What Your Doctor May Recommend

If your child has a physical problem such as a short Achilles tendon, treatment would probably begin with a program of stretching and an ankle-foot orthosis, which is a lightweight plastic brace that goes up the back of the leg and maintains the foot at a 90-degree angle. Your child wears the brace day and night until the problem is resolved. Of course, you can take it

## Your Child Is Walking On Her Toes Continued

off for baths or to practice muscle activity to strengthen the tendons. A process called serial casting (which involves using a series of casts to stretch and lengthen the tendon and increase the range of ankle movement) is sometimes used, but, says physical therapist

Gay Girolami: "It's passive, and when you practice activities in an active rather than passive way, you see more progress." Also, casts can't be removed on the fly like the braces mentioned above. In select cases, surgery may be recommended.

If the problem isn't physical, but rather that your child is delayed in socialization or communication, your child's therapy will treat the underlying problem. A development assessment is the first step in determining what kind of treatment your child needs.

## Handprint Poem

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

### What you'll need:

- Print out of handprint poem (make extra copies).
- Optional small photo of child.
- Water based paints - finger paints or tempera paints.
- Bowl or something to hold the paint.
- Brush or sponge to apply paint to child's hand.
- Paper towels or some other way to do a quick cleanup!



### How to make it:

Here's the poem for you to copy, format and print in your favorite word processor, or you can print out this version.

Sometimes you get discouraged  
Because I am so small  
And always leave my fingerprints  
On furniture and walls  
But every day I'm growing --  
I'll be grown some day  
And all those tiny handprints  
Will surely fade away

So here's a little handprint  
Just so you can recall  
Exactly how my fingers looked  
When I was very small

*Put a date here*

*Love, put child's name here*

### What to do:

1. Print the poem (make extra copies).
2. Apply the paint to the child's hand, then press their hand to the paper near the poem. This might take several attempts to get a good print, patience is the key.
3. Clean that little hand before you get handprinted, too!
4. Personalize with the date and name (if it isn't already).
5. Let dry, then glue on a photo, if desired.



## Winter Relief Services

Are you homeless or living in a house with no heat?

Do you need a warm place to stay on cold winter nights?

Contact:

**Catholic Charities**

724-287-4011

Monday— Friday.

9:00 a.m.—5:00 p.m.

or

**Butler County Crisis Department**

1-800-292-3866

Evenings and Weekends

## Cold Play

January 2012 Parents Magazine

Winter winds can be dangerous for kids when they're outside. Use this windchill guide to tell—how cold it actually feels—to keep your child safe.



as shivering or fatigue, and have her take indoor breaks every 20 to 30 minutes to warm up. Her body temperature will drop much faster if she gets wet, so swap soggy gloves and hats for dry ones.

**Windchill:** 32°F and up

**Verdict:** It's safe to play outside.

**Safety Tip:** Dress your child in layers with a hat and mittens or gloves (watch big kids who may ditch their coat). Babies and young toddlers develop hypothermia faster than older

children, so bundle them in one layer more than you would wear.

**Windchill:** 13°F to 31°F

**Verdict:** Be cautious

**Safety Tip:** It's okay for your kids to be out, but watch for signs that she's too cold, such

**Windchill:** Below 13°F

**Verdict:** It's unsafe for outdoor play.

**Safety Tip:** Keep her inside today. As the windchill factor approaches 0°F, there's a serious risk of frostbite.



## Stress-relief Technique for Busy Parents

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

I made the decision to stay at home with my kids, and I love most every minute of it! But I must confess, there are times when I need just five minutes of peace.

My favorite way to "chill-out" when the noise gets too loud or when I feel like I've said the same thing 10 times and still no one is listening is to escape into my kitchen. I stand at my kitchen sink, where I light a candle and give thanks for my beautiful children. I start by counting backwards from 10 (I start higher on more stressful days), I take several deep breaths and find something beautiful in my backyard to look at (the grass, the trees, the sunshine, my flowers, the weeds I still

haven't pulled). What's important is that you take a moment and go to your "happy place." Because for even five minutes, it can calm you, center you and get you back on the right track and through the rest of your day. I have a friend whose happy place is locking herself in the bathroom for five minutes to be out of the reach of her children. Just be sure that you find something that works for you and of course something that is age appropriate and safe for your children.

By the way new moms, babies are safe in their cribs. If you need a time-out, putting your baby in their crib crying for five minutes is much safer than losing your temper with them.



612 Moraine Pointe Plaza,  
Butler, PA 16001  
724-287-5294 or  
[www.kinstarias.com](http://www.kinstarias.com)

### ADAPTIVE and CREATIVE MOVEMENT CLASS

Join us at Kinstaria's Dance and Recreation's for our new adapted creative movement class. The class will be on Mondays from 3:45 to 4:30 for school age children with special needs.

The program is designed to adapt dance movement for children with special needs, focusing in the areas of gross/fine motor skills, levels, spatial awareness, coordination, rhythm, shapes and dynamics.

For any questions call 724-287-5294 or email [dance@kinstarias.com](mailto:dance@kinstarias.com)



Community Care  
Connections, Inc.

### *Little Children, Big Futures*

Infant-Toddler Therapy  
Services

Occupational Therapy,  
Physical Therapy,  
Speech Therapy, Developmental  
and Nutrition services offered at  
no cost for children  
birth to age three with  
delays or disabilities.

Co-Directors:  
Roxann Stickney and  
Becky Werner  
Phone: 724-283-3198

For additional information visit  
our website:  
[www.communitycareconnect.org](http://www.communitycareconnect.org)



## Kickoff Cheese Ball

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### Ingredients:

4 oz. reduced-fat cream cheese cubed  
4 oz. Colby-Jack cheese, cubed  
1/2 cup canned chickpeas, drained and rinsed  
1/4 cup finely chopped jarred roasted red peppers  
1/2 cup small pretzel twists  
Fresh chives for decorating.

### Instructions:

1. Combine cheeses and chickpeas in a food processor and blend until smooth about 1 minute, stopping to scrape down the sides as needed.
2. Spoon mixture into a shallow dish, add the red peppers and mix well. Spread mixture evenly into dish. Cover and chill for 30 minutes or up to 24 hours.
3. Place pretzels in a zip-top bag and crush them into fine crumbs. Pour crumbs out onto a piece of wax paper.
4. Scrape the cheese out of the dish and form it into a football shape with your hands. Roll it around in the pretzel crumbs to coat. Transfer to a serving plate and use chives to make the laces.