



Your Therapy Source News

**Digital magazine for pediatric
occupational and physical therapists.**

Issue 35 - February 2012

www.YourTherapySource.com

New and Popular Products



Pretend Play - Secret Agent

Download this activity book of secret spy missions, play forms and secret agent training exercises to encourage physical activity and creativity

Regular price: \$5.00

SALE PRICE until 2/13/12 only \$1.99

www.YourTherapySource.com/gpagent



Cut and Paste

Download of 40+ activities to cut and paste.

Regular price: \$5.99

SALE PRICE until 2/13/12 only \$0.99

www.YourTherapySource.com/cutpaste

Good Fine Motor Skills = Good Grades

N

ew research that will be published soon in the *Journal of Early Childhood Education and Development* indicated that children who scored well on fine motor tasks when in pre-K had higher averages in second grade than those who scored lower on fine motor tasks in pre-K. Data was reviewed on 1000 second graders in Florida. The researchers looked at averages in 2nd grade and compared that to fine motor scores in pre-K. The results indicated the following:

2nd graders with an average GPA of 3.02 in math and 2.84 in reading – B averages, had received good grades in fine motor tasks in pre-K

2nd graders with an average GPA of 2.30 in math and 2.12 in Reading – C averages, scored poorly on fine motor tasks in pre-K

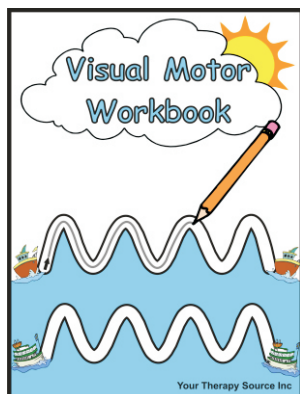
on the 2nd grade SAT the students with better fine motor scores in pre-k scored in the 59th percentile for reading and 62nd percentile for math

the students with poorer fine motor scores in pre-K scored in the 38th percentile on the Reading SAT and the 37th percentile for the math SAT

Although there is no cause and effect relationship it does make a good case for occupational therapy in the early years if delays are present.

You can read more about it at Florida International University [website](#).

Reference: J Prenaud. Good handwriting and good grades: FIU researcher finds new link. Retrieved from the web on 1/17/11 at http://news.fiu.edu/2012/01/good-handwriting-and-good-grades-fiu-researcher-finds-new-link/34934?utm_source=rss&utm_medium=rss&utm_campaign=good-handwriting-and-good-grades-fiu-researcher-finds-new-link



Visual Motor Workbook

Download of 20 different visual motor exercises with varying degrees of difficulty for a total of 54 worksheets

www.YourTherapySource.com/visualmotorworkbook

Free Sensory Integration Webinars



recently came across a company, Sensational Teaching, that will be offering free webinars on sensory integration. The next one is February 2, 2012. I asked the occupational therapist from Sensational Teaching, Katie Ryzhikov, some questions about the upcoming webinars.

1. Who is the target audience for the webinars - therapists, parents, teachers or all three?

- The webinars are aimed at teachers, parents and any therapist or youth worker who works with children who have sensory processing disorders, ADHD or Autistic Spectrum Disorder

2. How long are the webinars?

- The webinars are approximately an hour long

3. What is your background?

- I am an occupational therapist. I have worked with the pediatric population my whole career, both within the school system and privately, but my area of interest is sensory integration.

4. What motivated you to start the free webinars?

- Working in a private outpatient clinic I had the leisure of working on whatever goal the family and I chose. If the child's main goal was to pump a swing or ride a bike, that's what we would work on. Most of the kids we saw were struggling at home and at school, they were being labeled 'difficult' kids because of their sensory processing issues. Sensory integration therapy was really helpful on both social and academic levels. So when I started working within the school system I noticed that often the root of the child's issues was sensory based and many kids would not receive OT services for this. These kids would begin to 'fall through the gap'. I started working with teachers, explaining sensory integration and giving them ideas to build into their lessons to help these kids become more successful. Research was also suggesting that our ADHD kids would also benefit from some sensory strategies. Parents too were struggling, not only to get homework done but to get other daily activities done too, like brushing teeth or just getting dressed. I decided to launch a free webinar series, primarily for parents and teachers to help their 'tougher' kids become successful both at home and at school.

5. Will the webinars be archived online following the live webinar?

- Yes, the webinars will be available online following the webinar.

6. Tell us more about Sensational Teaching.

- Sensational Teaching is based in the Washington DC area. We bring practical, applicable and fun workshops to schools and parent groups. We combine Sensory Integration theory with dynamic teaching strategies in a format that enables parents, teachers and related service providers, to create rich and responsive learning environments. Our current workshops include

APPLYING SENSORY INTEGRATION PRINCIPLES IN THE CLASSROOM

- How to improve attention spans!

APPLYING SENSORY INTEGRATION STRATEGIES AT HOME

- How to get homework and other stuff done!

APPLYING SENSORY INTEGRATION PRINCIPLES FOR HANDWRITING DEVELOPMENT

To register for the webinars you can go to [Sensational Teaching](http://SensationalTeaching.com).

Activity Idea: Fine Motor Match Up

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ere is a brief description of how to create a simple fine motor matching activity.

Materials:

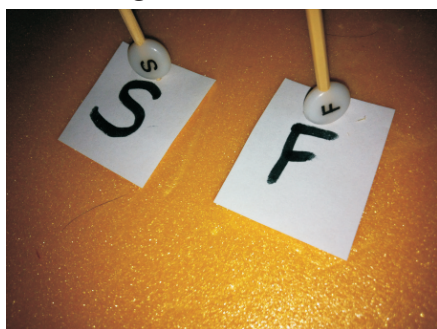
- toothpicks
- beads (that can fit on the toothpicks)
- styrofoam or leftover, recycled, clean meat trays
- scraps of paper and marker

Purpose: Encourage fine motor skills, precision, cognitive skills, coordination and grading of movements

Activity: The child will be placing beads on a vertical toothpick. The adult can set up the activity by placing the toothpicks into the styrofoam. You could ask the child to match up letters, shapes, colors, numbers or play four in a row.

Adaptations: If this is too difficult, you could use larger wooden BBQ skewers and bigger beads. Just make sure you use a styrofoam block that will support the taller skewers.

Matching letter beads to letters



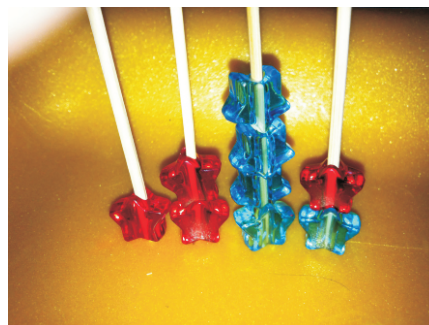
Matching correct # of beads to numbers



Matching color beads to colored toothpicks



Playing four in a row.



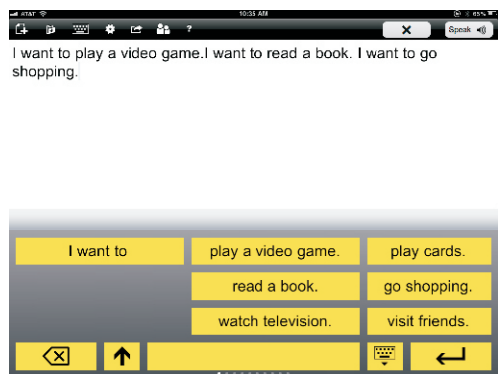
Need more fine motor activities?
Check out our website - www.YourTherapySource.com.

Intellipad App for the iPad

I

have had the pleasure of playing around with a new app - Intellipad for the iPad. It was created by an occupational therapist, Cheryl Bregman. This app is quite impressive for a simple way to create individualized keyboards. It allows you to make any keyboard you want which is great for simple layouts. It offers word prediction and text to speech as well. Although I am not a speech therapist, I love this app because of its ability to be customized. This would work for an individual who needed very few symbols to select to an individual who could create his/her own boards for communication. Another huge plus is for keyboarding practice. You can eliminate keys to decrease the choices.

Here is one board I created for leisure activities.



Here is one created with a picture alongside of the text.



I can see many opportunities to use the app beyond communication. It would be an excellent tool for teacher's to create interactive lesson plans. Another huge benefit to this app is that it is suitable for all ages. It is available in Spanish, French and German. Fun app to use with ESL students especially with the picture cues. There is also a way to share notepads and keyboards. You can download keyboards already created or share the ones that you create. Overall, super versatile with a lot of bang for the buck.

You can view more videos of the app and further description of its capabilities at [Intellipad's website](#). [This app is only \\$19.95 available from Apple](#).

Your Therapy Source

www.YourTherapySource.com



Physical Activity, Processing and ADHD



study to be published in the *Journal of Attention Disorders* indicates that physical activity helped to improve the coordination, motor skills and ability to process information in children with ADHD.

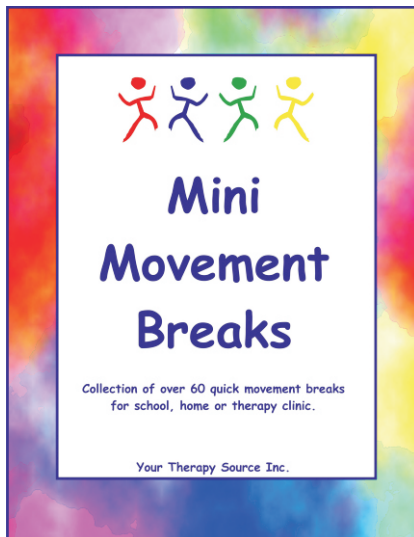
Ten children (9 boys and 1 girl) with ADHD participated in a physical activity training program for 3x/week, 45 minute sessions during lunch, over a 10 week period. The control group was 11 children (10 boys and 1 girl) with ADHD who did not participate in the physical activity program. The sessions consisted of warm ups, aerobic, muscular and motor skill exercises and a cool down. The results indicated the following in the experimental group:

- increase in locomotion and total motor skill scores
- information processing improved
- increased scores in arm muscle strength
- no changes in aerobic fitness and body composition
- higher scores in behavior and attention functions
- improved scores on the social scale

You can view the full article at the [Journal Of Attention Disorders](#).

If you need activity ideas for children with ADHD check out our [sensory motor electronic books](#).

Reference: Verret, C et al. A Physical Activity Program Improves Behavior and Cognitive Functions in Children With ADHD : An Exploratory Study. *Journal of Attention Disorders* January 2012 vol. 16 no. 1 71-80



Mini Movement Breaks:

Download of 60+ quick sensory motor activity cards for school, home or therapy clinic.

www.YourTherapySource.com/minimove

Hot Topics

Motor Characteristics of Children with Possible Autism

Pediatric Physical Therapy published research on a retrospective chart review of 30 children (mean age 31.57 months (plus or minus 6 months) who were referred to an autism clinic. According to scores on the Bayley Scales of Infant and Toddler Development, Third Edition (BSID-III), the children exhibited a mean delay of 6 months in gross motor skills and 8 months in fine motor skills. Although, overall there was no difference between children who were or were not diagnosed with autism for total score or item analysis. The researchers concluded that motor skill delay is a characteristic of young children who are referred to an autism spectrum disorder clinic.

Reference: Lane, Alison; Harpster, Karen; Heathcock, Jill. Motor Characteristics of Young Children Referred for Possible Autism Spectrum Disorder. *Pediatric Physical Therapy*. 24(1):21-29, Spring 2012. doi: 10.1097/PEP.0b013e31823e071a

Wii Use and Down Syndrome

A case study was published in *Pediatric Physical Therapy* regarding a 12 year old with a diagnosis of Down Syndrome who followed a home program using the Wii. The 12 year old used the Wii 4 times per week for 20 minute sessions over a period of 8 weeks. The family was encouraged to participate. The 12 year old choose 4 different games to play. Following the 8 week period, the results showed improvements "in the child's postural stability, limits of stability, and Bruininks-Oseretsky Test of Motor Proficiency, 2nd edition balance, upper-limb coordination, manual dexterity, and running speed and agility standard scores".

Would love to see this study replicated with a larger sample size. The Wii is so much fun and engaging. In my opinion, home programs could be easily set up with increased follow through with the Wii. More fun for the individual and less set up time for the parents.

Do you use the Wii in your practice?

Reference: Berg, P et al. Motor Control Outcomes Following Nintendo Wii Use by a Child With Down Syndrome. *Pediatric Physical Therapy*: Spring 2012 - Volume 24 - Issue 1 - p 78-84. doi: 10.1097/PEP.0b013e31823e05e6

Does CIMT Effect Gait and Balance?

What an interesting question to raise...does constraint induced movement therapy (CIMT) effect gait characteristics, balance and functional locomotor ability? The researchers evaluated 16 children, who participated in a 3 week CIMT program, with the Standardized Walking Obstacle Course (SWOC), the Pediatric Balance Scale (PBS) and the GAITRite Gold system. The children underwent a pretest and post test during the 3 week CIMT program. The results indicated a significant difference in faster cadence and faster velocity. No changes were recorded on the PBS or the SWOC.

Reference: Zipp, Genevieve Pinto; Winning, Sue. Effects of Constraint-Induced Movement Therapy on Gait, Balance, and Functional Locomotor Mobility. *Pediatric Physical Therapy*. 24(1):64-68, Spring 2012. doi: 10.1097/PEP.0b013e31823e0245

On The Web...

[Free Webinar Including Preschoolers with Special Needs in Active Play](#)

Heard on Twitter from [@balmeras](#) about a free webinar on February 7th entitled including preschoolers with special needs in active play. Here is the description from the Head Start Body Start website:

"Join HSBS Advisory Board member Diane H. Craft, Ph.D. to learn fun ways to include preschool children with special needs in active play with their peers. This webinar provides many practical ideas for inclusive physical activities that are developmentally appropriate, use inexpensive equipment, can be done in small spaces, and are enjoyable for children to play together!"

You can register for the webinar for free [here](#).

It looks as if they archive their webinars if you are not available at 1:00pm. You check out their previous webinars [here](#).

[Grant Money Available From Collective Brands](#)

Collective Brands Foundation is offering grant money to non profit organizations with programs that involve children's physical activity and fitness or improving the lives of children and youth in need. They also consider sponsorship requests if you live in certain areas (NYC and greater Boston area are two locations along with others). Grants can be awarded up to \$30,000. You must submit the grant by Feb. 13, 2012. You can get more information at the [Collective Brands Foundation website](#).

[DIY Balance Board for About \\$1](#)

Here is a video to make your own balance board out of cardboard, a piece of pool noodle and some glue. By gluing three sheets of cardboard together it makes it sturdy enough for kids to stand or sit on. You can watch the video at [Your Therapy Source](#).



[Portable Clothes Line](#)

Read this blog post to learn how to make a [Simple Portable Clothes Line](#)

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The Winners Are...



Favorite Pediatric
2011
Therapy Resources

Favorite Adapted Seating System:

1. Rifton Chair
2. Therapy Ball
3. Wedges/ Cushions

Favorite Wedge/ Disc or Ball:

1. Move n sit
2. Seating Disc
3. Wedge

Favorite Resource Book (tie between these four titles):

Occupational Therapy For Children by Jane Case Smith
Building Bridges Through Sensory Integration by Yack, Sutter and Aquilla
Move to Learn by Jenny Clark Brack
Out of Sync Child by Carol Stock Kranowitz

Favorite Website for Pediatric Therapy Information:

1. www.YourTherapySource.com
2. Pediastaff
3. HWT Website

Favorite Vendor for Therapy Products

1. Abilitations
2. Therapy Shoppe
3. Therapro
4. Fun and Function

Favorite Scissors:

1. Fiskars
2. Loop
3. Benbow

Favorite Pencil Grip

1. Claw
2. The Pencil Grip
3. Grotto Grip

Favorite Continuing Education Courses:

1. Alert Program
2. Pediatric Taping
3. Multiple course titles with one vote

Favorite Handwriting Program:

1. Handwriting Without Tears (won by a landslide)

First Strokes, Loops and Other Groups, Write Now, Write Start, Zaner Bloser

Favorite Fidget:

1. Stress/Squishy items
2. Koosh Ball
3. Tangle

Favorite Tool to Strengthen Muscles:

1. Theraputty
2. Clothes Pins
3. Tongs

Favorite Blogs: (tie b/w 4)

Your Therapy Source.blogspot Therapy Fun Zone

PediatricOT.blogspot KidzOccupationalTherapy



Favorite Item Purchased in 2011:

1. iPad

Many other items listed - Biddy belly, Sneaky Squirrel Game, Wii Dance, Interactive Metronome, Hyperdash, Smencils, Yoga Pretzels, Pix Mix game, Rock crayons and more!

Favorite Oral Motor Product:

1. P, Q and T Chewy
2. Z-vibe
3. Gum

Favorite Gross Motor Product:

1. Balls
2. Scooter boards
3. Trampoline

Favorite Assessment Tool:

1. PDMS - 2
2. BOT 2
3. M Fun

Favorite Standing Frame:

1. EasyStand
2. Leckey
3. Rifton

Favorite Assistive Technology Tool:

1. iPad
2. Proloquo2go
3. Alphasmart

Favorite Fine Motor App:

1. Dexteria

Tie b/w iWriteWords and Montessori Apps

Favorite Overall App:

1. Dexteria
2. iWriteWords
3. Tie b/w many other apps

Favorite Software:

Three way tie between - Boardmaker, SticKids and Type to Learn

Free Stuff

Lots of free stuff this month:

Goals in OT/PT - Draw and Write

Pretend Play - Secret Agent Sample Page

Self Calming Videos

Check out our collection of videos to watch for relaxation, stress relief and self calming. Wonderful for children and adults!

Water (1 Minute) and The Sand and The Sea

<http://www.yourtherapysource.com/videocalmfree.html>

Beach at Dusk and Under the Sea

<http://www.yourtherapysource.com/videocalmfree2.html>

Streams

<http://www.yourtherapysource.com/videocalmfree3.html>

Your Therapy Source





My goals in occupational therapy are:

Draw a picture about your goals and write a few sentences.



My goals in physical therapy are:

Draw a picture about your goals and write a few sentences.



My goals in speech therapy are:

Draw a picture about your goals and write a few sentences.

Secret Spy Missions

Directions: Print and cut out the secret spy mission cards. Fold each card and place in a dark bag or hat. Pick a card out and complete your mission.

SECRET SPY MISSION

Mission: You are going on a secret mission for hidden treasure from pirates. You must find or write the following information:

- something that is a golden color
- draw 5 gold coins and a pearl necklace
- something shiny

You have 3 minutes to complete this mission.



SECRET SPY MISSION

Mission: The post office has been robbed. You must find and retrieve the following:

- 2 envelopes
- envelope with a stamp on it
- something with an address on it

You have 3 minutes to complete this mission.

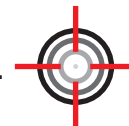


SECRET SPY MISSION

Mission: The circus would like to hire your agency for security. They want you to be able to do the following before they will hire you:

- perform a trick standing on one foot
- write your name using your foot
- balance a ball on your foot for 5 seconds

You have 3 minutes to complete this mission.



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