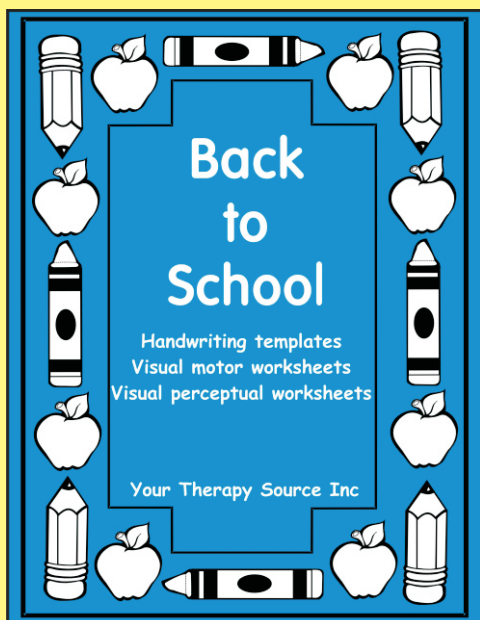


www.YourTherapySource.com

New and Popular Products



Back to School Handwriting Activities - Back to School Handwriting Activities is a great collection of handwriting templates, visual motor worksheets, visual closure and visual perceptual activities. The handwriting templates are spaced 1", 1 1/2" and 2" apart with added color blocks to mark writing spaces.

LIST PRICE: \$4.99

Shipping: FREE - once payment is made you will receive an e-mail with a link to download the book.

www.YourTherapySource.com/backtoschool



Partner Pictures includes over 35 pictures to complete in simple designs. The pictures are started and the child needs to finish the picture by adding vertical lines, rectangles, circles and creative drawings.

LIST PRICE: \$4.99

Shipping: FREE - once payment is made you will receive an e-mail with a link to download the book.

www.YourTherapySource.com/partnerpictures

www.YourTherapySource.com

Moderately Preterm Babies, EI Services and School Age Function

P*ediatrics* reports in a recent issue that children who were born at 32-36 weeks gestational age are at greater risk for requiring special education services than full term children at 8 years of age. Of the 377 children studied who were moderately preterm (with no NICU care or congenital malformations), the special education rate was 7.2% compared to the general Dutch population of 2.8%. The 32-33 week gestational age group were at a significant risk for grade retention when compared to the 34-36 week gestational age group. The preterm children also exhibited more behavioral issues and ADHD characteristics. The researchers concluded that children with a history of moderate prematurity need to be monitored at a young age.

The June 2009 issue of *Pediatrics* reported on a study that indicated that preterm children (34-37 weeks gestational age) are two times more likely to be eligible for early intervention programs compared to full term children. Although many physicians are not recommending services due to unacceptable screening tools. The researchers recommend that physicians lower their threshold for administering an acceptable screening tool such as the Ages and Stages Questionnaire.

Reference:

van Baar, Anneloes L., Vermaas, John, Knots, Edwin, de Kleine, Martin J. K., Soons, Paul Functioning at School Age of Moderately Preterm Children Born at 32 to 36 Weeks' Gestational Age *Pediatrics* 2009 124: 251-257

Marks, Kevin, Hix-Small, Hollie, Clark, Kathy, Newman, Judy Lowering Developmental Screening Thresholds and Raising Quality Improvement for Preterm Children *Pediatrics* 2009 123: 1516-1523

Independent Exercising

The *Journal of Intellectual Disabilities* reports on a small research study involving 4 adults with intellectual disabilities. The adults had a face to face meeting to go over the exercise regimen and follow up phone calls. The participants used a DVD at home to exercise. Seventy-five percent of the participants increased their exercise frequency threefold.

Although this study has an extremely small sample size, it offers some nice ideas for prescribing home exercise programs for people with intellectual disabilities.

Reference: Michelle D. Lynnes, Doug Nichols, and Vivienne A. Temple **Fostering independence in health-promoting exercise** *Journal of Intellectual Disabilities*, Vol. 13, No. 2, 143-159 (2009)
DOI: 10.1177/1744629509340815

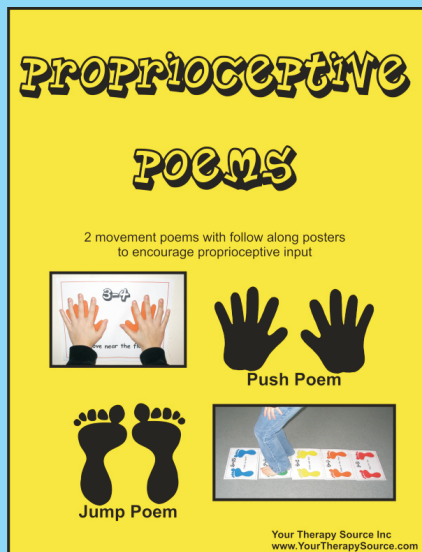
Autism, Proprioception and Visual Cues

The journal entitled *Nature Neuroscience* recently published research on how autistic children use proprioceptive information and visual information. The researchers concluded that autistic children relied much more on the proprioceptive information to learn new movement patterns rather than external visual cues when compared to typically developing peers. In addition, they found that the children who greatly relied on the proprioceptive information exhibited greater deficits in social and motor skills.

The researchers hypothesize that this coincides with previous research. Proprioception is more closely linked to motor areas in the brain. This could indicate that autistic children exhibit an over development of short range white matter connections and an underdevelopment of long range connections (visual motor information in this example).

The researchers recommend that motor skills should be taught early to autistic children with a focus on external visual motor associations.

Reference: Kennedy Krieger Institute (2009, July 10). Difference In The Way Children With Autism Learn New Behaviors Described. ScienceDaily. Retrieved July 13, 2009, from <http://www.sciencedaily.com/releases/2009/07/090706113647.htm>



Proprioceptive Poems

This is a 14 page electronic book of 2 movement poems - Push Poem and Jump Poem. The poems encourage proprioceptive input with visual cues for the child to follow. Each poem comes with 5 pictures for visual cues along with a poster. The sing song text of the poem is easy for the child to remember. This is a great starter activity prior to table top tasks, fine motor skills and tactile input. Suitable for home and school use.

www.YourTherapySource.com/proprioceptivepoems

These pages are not intended to provide medical advice or physician/therapist instruction. Information provided should not be used for diagnostic or training purposes. Consult a therapist or physician regarding specific diagnoses or medical advice.

www.YourTherapySource.com

Task-Oriented Strength Training and Mobility for Children with Cerebral Palsy

NeuroRehabilitation published research regarding the effects of task-oriented strength training on mobility function in children with cerebral palsy. Five children with cerebral palsy (GMFCS I-III) were randomly assigned to an experimental group which received task-oriented strength training with a focus on the lower extremities for 5 weeks. This group also practiced functional tasks similar to daily living skills. The control group (5 children) received physical therapy for 5 weeks with a focus on facilitation and normalization of movement patterns to improve walking and balance.

The experimental group showed significant improvements in dimension D (standing) and dimension E (walking, running and jumping) of the Gross Motor Function Measure. This group also scored significantly lower on the Timed Get Up and Go Test. The researchers concluded that children with cerebral palsy may benefit from a task-oriented strength training program to improve functional outcomes.

Check out our electronic book - Play Strong: Activities to Promote Muscle Strengthening in Children. More info at www.YourTherapySource.com/playstrong

Reference: Yasser Salem, Ellen M. Godwin (2009) **Effects of task-oriented training on mobility function in children with cerebral palsy** *NeuroRehabilitation* 24(4): 307-313.

Higher Academic Scores for Physically Fit Children

The New York City Department of Health recently reviewed academic and fitness records of public school children in Grades K-8. This records review revealed the following:

1. More than 20% of the students were obese and 18% were overweight totaling 38% of all students.
2. Boys were more likely to be obese than girls (except among black students). Twenty nine percent of Hispanic boys were obese.
3. The overweight and obese children were less physically fit.
4. Students who were more physically fit had higher academic test scores.
5. Academic test scores increased consistently with increasing fitness levels for all students.

The Department of Health recommends that parents, schools and health care providers should help all children be fit through daily physical activity. In addition, adults should help children develop healthy eating habits. Here are some suggested activity books from Your Therapy Source, Inc. that encourage daily physical activity in children at www.YourTherapySource.com/sensorymotordownloads :

50 Sensory Motor Activities for Kids!

Mini Movement Breaks

Motor Magic Sensory Motor Group Activities A to Z

Sidewalk Chalk Fun and Games

Reference: Egger JR, Bartley KF, Benson L, Bellino D, Kerker B. Childhood Obesity is a Serious Concern in New York City: Higher Levels of Fitness Associated with Better Academic Performance. *NYC Vital Signs* 2009, 8(1): 1-4.

These pages are not intended to provide medical advice or physician/therapist instruction. Information provided should not be used for diagnostic or training purposes. Consult a therapist or physician regarding specific diagnoses or medical advice.

Auditory Filtering and Reading



Northwestern University study researched how children processed three sounds with background noise present in the room. The three sounds, "ba", "ga" and "da" were difficult for children to interpret. The researchers used a new technology that is sensitive enough to measure how the nervous system represents differences in sounds in each person. This study is the first to indicate a relationship between reading ability and neural encoding of speech sounds. The sounds of "ba", "ga" and "da" are interpreted more accurately in strong readers and children who can filter out background noise. Previous research has shown that the same area that hears speech in noise is enhanced in people with musical experience. Therefore, the researchers recommend the following for poor readers: reduce background noise, auditory training and incorporating music.

Think of all the children now with auditory hypersensitivity or hyposensitivity. Previous research has shown that children with autism have auditory filtering sensitivities. Many children, including those with sensory processing disorder experience auditory defensiveness. Auditory sensitivities greatly effect a child's abilities to function each day. It can be extremely scary and upsetting for certain children when there are loud, unexpected noises or very distracting if background noises are present (windows open, peers talking, etc.) Now, add another potential symptom of auditory sensitivity - poor reading skills.

This is a great study to provide a rationale to teacher's when you are requesting modifications in the classroom such as a reduction in background noise, preferential seating or headphones. Also, don't forget to add in the tip on combining music with speech sounds.

Check out Tuned Into Learning - on Daily Living Skills and Self Regulation. This program combines music with visual picture and text supports. More information at www.YourTherapySource.com/tunedintolearning

Reference: Pat Vaughan Tremmel, Northwestern University. How Noise and Nervous System Get in Way of Reading Skills. Retrieved July 15, 2009 from <http://www.northwestern.edu/newscenter/stories/2009/07/ReadingNoise.html>.

Musculoskeletal Problems in Obese Children



Annals of Family Medicine published research on self reported musculoskeletal problems in obese and overweight children. They studied 2459 children ages 2-11 years old of which 4.1% were overweight or obese. The overweight and obese children self reported significantly more musculoskeletal problems than normal weight peers. The musculoskeletal problems included back/neck pain and lower extremity pain (ankle/foot problems more than hip/knee problems). There was no difference between the two groups for reports of upper extremity musculoskeletal pain. In addition, children who were 12 years and older consulted a physician more often than normal weight peers for musculoskeletal problems.

Reference: Krul, Marjolein, van der Wouden, Johannes C., Schellevis, Francois G., van Suijlekom-Smit, Lisette W. A., Koes, Bart W. Musculoskeletal Problems in Overweight and Obese Children *Ann Fam Med* 2009 7: 352-356

NEW Handwriting Program

W

e are very excited to announce a new handwriting program that we are offering on our website. **Handwriting on the Wall© and the W.I.N. TM (Write Incredibly Now TM)** program has been developed by Susan N. Orloff OTR/L.

Susan N. Orloff, OTR/L has been an occupational therapist since 1971. She has had extensive experience both in schools and in the clinical setting. As licensure chairman for the state of South Carolina, Susan worked hard to establish guidelines for occupational therapists in the school setting. She is the author of the recently published book, *Learning Re-enabled*, a guide for parents, teachers and therapists. She is the owner of Children's Special Services, LLC a provider of comprehensive therapy services for children aged 3-15.

She graduated from the University of Maryland earning a BS in education, with continued graduate studies in occupational therapy at the University of Pennsylvania. She participated in the early standardization of Ayers Southern California Sensory Integration Tests, a nationally used test for discerning sensory issues with children.

Susan was recently awarded the Georgia OT of the Year 2007, GA OT Association Merit Award 2008 and the 2004 GA Woman of Distinction by the Crohns and Colitis Foundation for her contribution to the betterment of the lives of children with disabilities. She also was awarded the "Outstanding Educator Award" from the South Carolina Occupational Therapy Association in 1981, and "Therapist of the Year" from Advanced Rehabilitation Services, Inc. in 1994.

Here are the key point of the Handwriting on the Wall© program:

- Reduces manuscript to 3 universal symbols
- Reduces cursive to 4 universal symbols
- Uses games and activities
- Focuses on automatic responses
- Is not a trace/write/repeat program
- Works on kinesthetic and proprioceptive skills
- Is sensory based
- Limited verbal cues; is color coded
- Works with letters within "shape groups"
- Helps with children who have visual processing issues such as dyslexia, dysgraphia, etc.
- One-time purchase~Pages can be copied; no need to buy additional programs
- Materials used are easy to purchase from local stores such as Target, Wal-Mart, etc.
- Separate pdf download is included so that the program can be explained to teachers and parents. Can be used by occupational therapists, certified occupational therapy assistants, teachers, etc.

This is delivered as an electronic document therefore you will receive an email to download the program immediately after payment. Shipping is free worldwide. For more information visit www.YourTherapySource.com/WIN.

Handwriting on the Wall©
*A perceptual kinesthetic approach
to stress free fluid handwriting.*

Created by:
Susan N. Schriber Orloff, OTR/L

Therapist's and Teacher's Manual and Program

Student Manual included

Handwriting on the Wall© is the theoretical and instructional combined segments of the W.I.N.™, Write Incredibly Now™, Program. This program including the manuals are U.S. trademarked by Children's Special Services, LLC.

Handwriting on the Wall©
Children's Special Services, LLC.

Page 1

Ideas for August

August is National Inventor's Month:

Here are some ideas to celebrate National Inventor's Month:

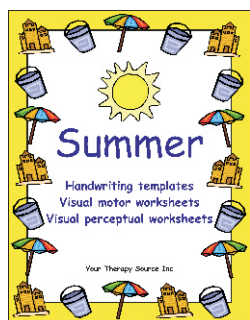
1. Pick a theme such as cars, robots or spaceships. Have children invent different items using materials that encourage fine motor skills such as LEGO's, clay or interlocking blocks.
2. Working together with a child, determine a task that is difficult for them to achieve. See if you can create a simple invention or adaptation that will allow the child to complete the task with greater ease. Ask other children for help on solving the problem.
3. Invent a new recipe. Let the children experiment mixing and stirring different ingredients together. Then have a tasting session. Children LOVE this activity.
4. Invent new games. Have the children go outdoors and invent a new game to play. Encourage the children to create games allowing children of all abilities to participate.

Create Therapy Homework Bags:

Create several different themed therapy bags - i.e. fine motor skills, gross motor skills, etc. Put inexpensive items in each bag or folder. Give it to the children to work on at the end of the summer session until school starts again. Use them throughout the school year over holiday breaks as well.

Get Organized before the school year gets too hectic:

Organize and arrange your paperwork requirements. Begin to prepare your schedules for the upcoming year as much as possible. Review IEP goals. Check out our back to school checklist at www.yourtherapysource.com/freestuff3.html.



Summer Handwriting Activities has over 30 pages of handwriting templates, visual motor exercises and more.

\$4.99 for download

www.YourTherapySource.com/summerhandwriting

Sensory Motor Activities for Summer



Sensory Motor Activities for Summer has over 35 ideas and activities for Summer time fun.

Only \$4.99 for the download.

www.YourTherapySource.com/summeractivities

These pages are not intended to provide medical advice or physician/therapist instruction. Information provided should not be used for diagnostic or training purposes. Consult a therapist or physician regarding specific diagnoses or medical advice.

FREE Stuff

Yoga in the Classroom

This is a post on OT Connections about the benefits of using yoga in the classroom. If you scroll down there is 4 pdf documents that you can open and print. Each document is a yoga routine to use in the classroom. This is a great, free resource ready to use right away. Not only are the yoga routines available, the post also includes her experiences using the routines in different types of classrooms. Here is the link to Yoga in the Classroom -

http://otconnections.aota.org/groups/at_and_school_ot/forum/p/232/305.aspx#305.

Want more yoga ideas for kids? On the YogaKids website you can sign up for a free pose of the week. Here is the link for the pose of the week - www.yogakids.com/about-pose-of-the-week.php

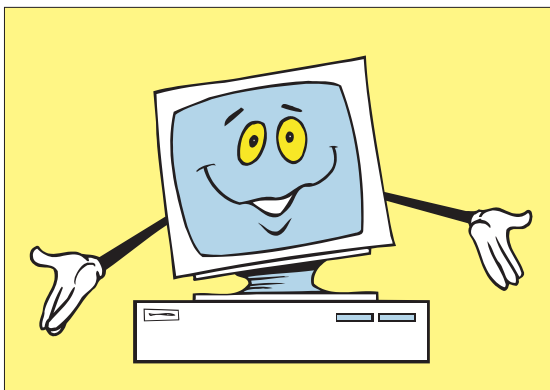
Tummy Time Hand-Outs

Came across this great hand out for parents to encourage tummy time for babies. It is 6 pages with great visual pictures to go along with the written material. It has been created by Orthomerica. Download Tummy Time Tools - www.orthomerica.com/pdf/tummytimetools.pdf

A reader commented and wanted to include the following resources on tummy time as well. Here are the link for her suggestions from Pathways Awareness: www.pathwaysawareness.org/?q=tummytimecentral There are hand-outs and videos in English and Spanish regarding the importance of tummy time.

Tying Shoe Laces

Ian's Shoelace site - www.fieggen.com/shoelace/index.htm . This man has created an entire website dedicated to tying shoes. He provides an extensive amount of information on shoe tying. He compares knots, rates knots and demonstrates knots. He writes about shoe lacing tips for children, people with disabilities, adults and everyone. In addition, he has quite a few products listed to assist with learning shoe tying. This is a comprehensive website on shoe tying that is for sure. All occupational therapists will love this website.



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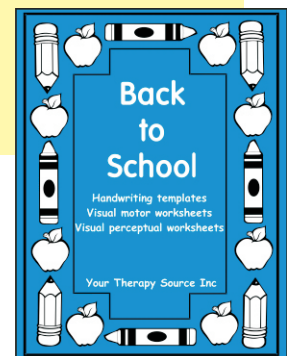
More FREE Stuff!



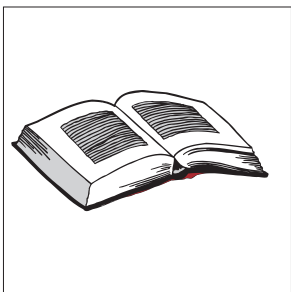
**Free sample
pages from Back
to School
Handwriting
Activities (pgs 12-14)
and Partner
Pictures (pgs. 15-17)**

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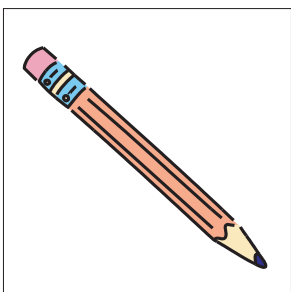
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Directions: Trace over each letter.



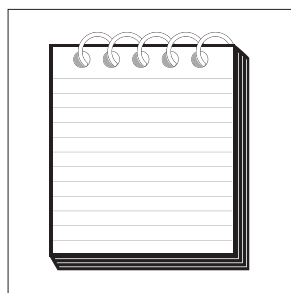
Book



Pencil



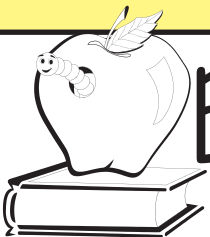
Glue



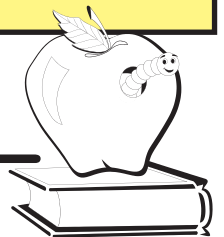
Notebook



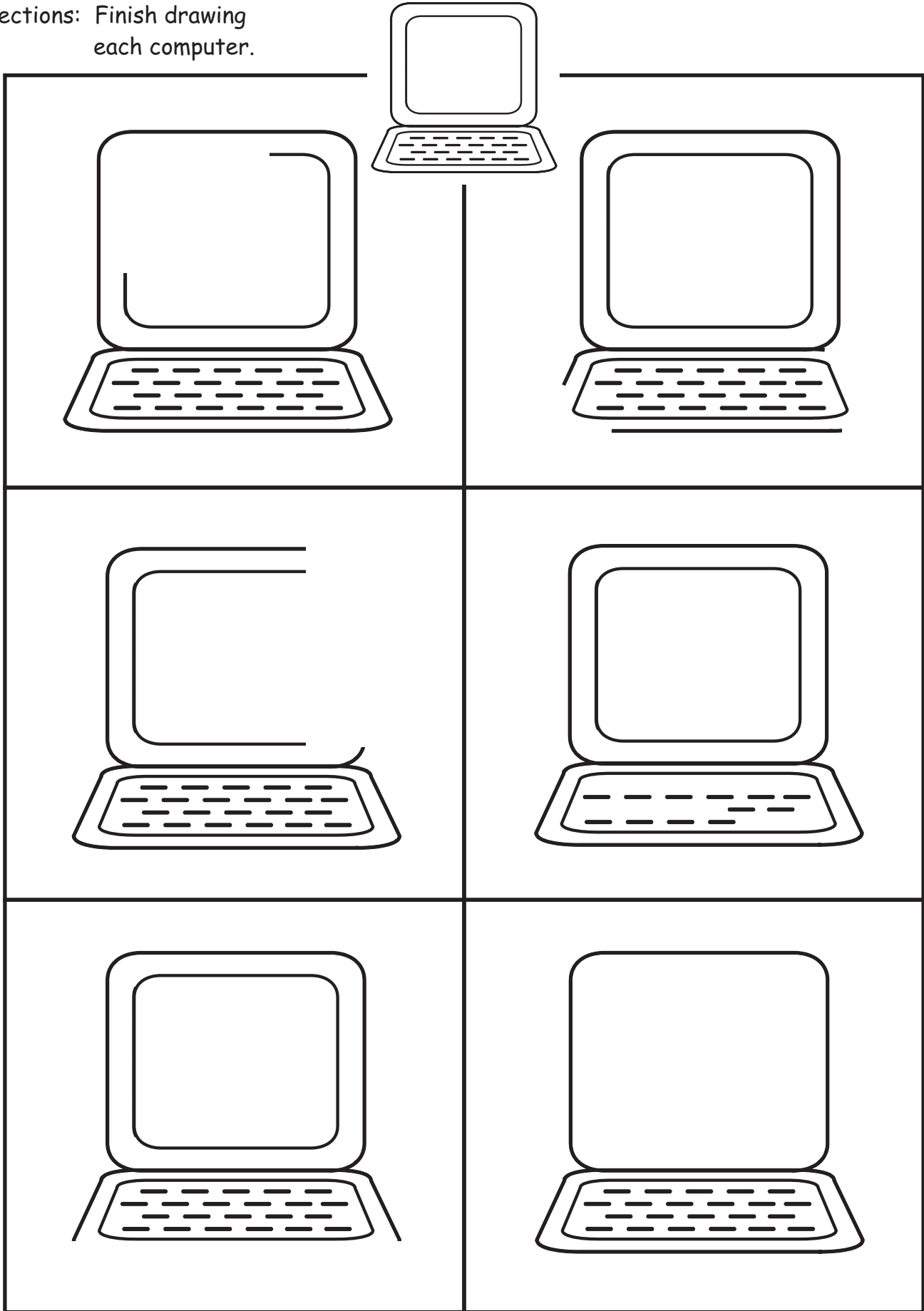
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BACK TO SCHOOL



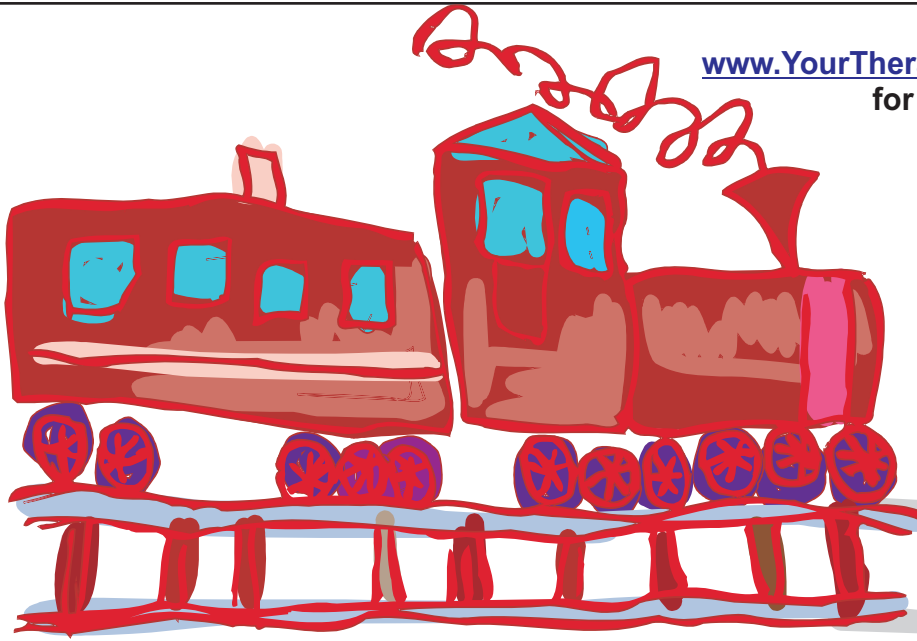
Directions: Finish drawing
each computer.



Free sample from *Partner Pictures*

Go to

www.YourTherapySource.com/partnerpictures
for complete download.



Draw tracks for the train.

Free sample from *Partner Pictures*



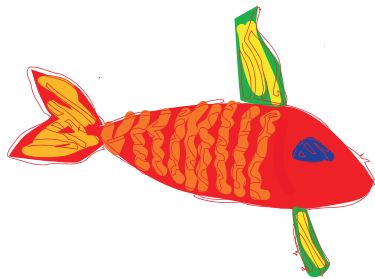
Go to
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Draw more bubbles.

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Draw more fish under the water.

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- **sensory motor activity ideas**
- **sensory processing resources**
- **visual perceptual activities**
- **music downloads**

We ship digital items worldwide for FREE!

Visit our website for FREE hand-outs, articles, free newsletter, recent pediatric research and more!

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