



hands at home

November 2024

Kids in the Kitchen

The holidays can be a stressful time for children (and parents) with feeding disorders! Many children demonstrate characteristics of picky eating while others have severe aversions or oral motor difficulties. We implement a no stress approach to feeding therapy as eating is supposed to be fun, social, and enjoyable! Getting your kids in the kitchen this holiday season may help reduce some of that pressure they may feel around food! Encouraging children to help in the kitchen offers a variety of ways to build confidence, skill level, and have fun. Helping in the kitchen can build a healthy relationship with food and increase a variety for their dietary needs by exploring with their senses (touch, sight, smell, and taste). It can build confidence and instill a sense of ownership or responsibilities over what they put into their bodies.

Working in the kitchen can target problem solving, following directions, and fine motor skills! It is always a great way to bond with your child and foster creativity! When you bring your child into this kitchen this holiday season, start small! Break the recipe down into simple steps and give them a visual model on what they are supposed to do! Let them make mistakes and keep it fun! Remember, less stress is best!



Saucy Season

Pair a familiar dip or sauce with an unfamiliar or non-preferred food while encouraging the child to eat the dip off of the food item (i.e. ketchup with broccoli). Dips instantly add new colors, smells, tastes, and textures to meal time!



Benefits of Sauce:

Edible messy play!

Helps with food chaining (i.e. going from ketchup to tomato soup)

Examples of dips:

Nutella, peanut butter, ketchup, yogurt,

marinara, ranch, guacamole, hummus, cream cheese, hot sauce, gravy, cranberry sauce, etc.

What's Happening?



Election Day on

11/05/2024



Veteran's Day on

11/11/2024



Thanksgiving on

11/28/2024.



Hand in Hand is CLOSED

on 11/28/2024 and

11/29/2024



Sleep Comfort Month

Establishing good sleep habits for children is essential for their health and development. A consistent routine helps children know what to expect, calming their minds and preparing their bodies for rest.

Effective Sleep Strategies:

- Set a regular bedtime and wake-up time, even on weekends.
- Engage in calming activities before bed, like reading or gentle stretching.
- Limit screen time at least 30-60 minutes before bed to reduce stimulation.
- Keep the bedroom dark, quiet, and cool (65-70°F is ideal).
- Use white noise or calming sounds if needed.
- Avoid heavy meals or caffeine close to bedtime.

Implementing these strategies promotes better sleep quality and consistency, crucial for children's physical and mental well-being.



Shape Turkey

November 2024



Make your own shape turkey using colored paper, scissors, and glue! This craft targets expressive and receptive vocabulary by labeling or identifying the shapes used during the craft. It also targets following one or multi step directions and fine motor skills used in drawing, cutting, and gluing.

Materials Needed:

Colored Paper
Pencil
Scissors
Glue

1. Decide which colored paper you want to use for each body part of the turkey.
2. Draw or trace the shape of that body part onto the chosen color.
3. Cut out the shapes.
4. Glue the shapes to form a turkey.



Provider Spotlight

November 2024

What is your favorite therapy toy/activity right now?

My favorite therapy tool is whatever the kids are into the most, right now the kids are really enjoying the small cookie cutters and crinkle cutters. We use them to explore and get more comfortable with new foods.

What new therapy topic/technique have you been learning about?

Pediatric feeding and Pediatric Pelvic Health

Have you taken any special training that parents/families could/should ask you about?

Beckman Oral Motor, SOS Approach to feeding, Herman and Wallace Pediatric Pelvic Health level 1, A Holistic and Integrative Approach to Pediatric Pelvic Health, ATTACH level 1 and 2: Training on Trauma and Attachment in Children

What do you love most about working in the pediatric population?

I love working in pediatrics because I get to experience the joy and excitement with the kids when they do something new or hard for the first time.



Lauren, Occupational Therapist



Aubrey, Occupational Therapist

What is your favorite therapy toy/activity right now?

I like utilizing exercise balls for sensory regulation activities such as steamrolling for deep pressure, pushing around gym for heavy work, and lying in prone or supine position to transfer bean bags for vestibular processing and core strength.

What new therapy topic/technique have you been learning about?

Executive functioning

What is your favorite snack?

Cheez-Its

If you were an animal, which would you be and why?

I would want to be a butterfly because I feel like it represents a willingness to learn and develop my skills as a new practitioner!

What is your favorite thing about Hand in Hand?

I appreciate the encouragement and support of my coworkers as well as the interactive and collaborative gym space conducive to addressing a variety of goals.