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Tricky Transitions

Asking your child to stop a rewarding activity and transition to a "not so fun" activity can be a challenge. For some children, transitions can feel like a punishment or as if they don't have control their environment. Understanding what makes transitions difficult can help us approach them with more empathy and patience. Let's think about what we are asking children to do during a transition:

- First, we'd like them to stop doing what they are currently doing.
- Next, they need to shift their attention from what they were doing, to something new (and maybe less desirable).
- Lastly, they need to refocus on this new activity.

Here are a few strategies that may assist with transitions:

1. Give them time to prepare

Let the child know how much time they have left before the transition is going to take place. For example, say "5 minutes, then we clean up." Visual timers, countdown clocks, or playing a familiar song are other ways to help with transitions. When the timer goes off or song ends, it is time to move on.

2. Establish a schedule

Children do well when they know what is going to happen. A daily or weekly schedule can help them prepare for changes, or transitions. Use a schedule to talk about what their day or week will look like. For younger children, pictures of places or activities work best. Let your child help pick out the pictures. For older children, use can use words or pictures to create a schedule. Be sure to involve your child and create the schedule together.

3. Problem solve with your child

Talk to your child about what makes transitions hard and work together to develop strategies and a plan to make transitions successful. Try using a favorite object to provide comfort during transitions from fun activities to more challenging activities.

Reuse, Reduce, Recycle!

Spring is a great time to teach kids about sustainability and recycling. These items can also be repurposed for play and development. Be sure to thoroughly clean and dry items prior to play. Here are some ideas:

- Spray bottles: fill with water to water plants- add some soap for a car wash or dog bath
- Bubble wrap: pop with fingers or by stomping
- Bottle tops: roll, spin, lace onto string, or cut a slit in the top and push coins through
- Toilet paper or paper towel rolls: tape together to make a car or ball track
- Large plastic bottles/cartons: bowling pins
- Rubber bands: make sling shots to hit targets on the wall (be sure to educate on safety!) or put them around a small ball
- Packing popcorn in box: guess that hidden toy by reaching in and feeling, no peeking allowed!



Did you know April is Occupational Therapy month?! Check out the Rady Children's Facebook page to see how we are celebrating our wonderful profession and staff!



Sensory Spring Time Fluffy Slime



Ingredients:

- 1/2 Cup White Washable School Glue
- 3 Cups Foaming Shaving Cream
- 1/2 Tsp Baking Soda
- Food Coloring
- 1 Tbsp Saline Solution (contains both sodium borate and boric acid as ingredients)
- Bowl, Spoon, Measuring Cups & Spoons

Directions:

1. Measure 3 heaped cups of shaving cream into a bowl
2. Add a few drops of food coloring and 1/2 cup of glue to the shaving cream and gently mix
3. Add 1/2 tsp of baking soda and mix
4. Add 1 Tbsp of saline solution to the mixture and start whipping. If your slime is too sticky, add a few more drops of the saline solution.
5. Once you get the mixture thoroughly whipped and incorporated, squirt a few drops of saline solution onto your hands, remove the slime from the bowl and knead with your hands

Fine Motor Fun with Straws and Spaghetti

Work on using both hands together, hand coordination and grasp with this activity.

Supplies:

- Playdough or sponge
- Uncooked spaghetti noodles
- Colored straws
- Scissors



Directions:

1. Squish playdough into a large ball
2. Stick spaghetti noodles into the playdough ball
3. Cut colored straws into a variety of sizes
4. Put the pieces of straw onto the noodles

Tips:

- Try using cereal or beads instead of straws
- Make more challenging by copying patterns or giving your child a number of beads for each noodle

It's Time for a Movement Break! Alphabet Move and Groove

Supplies:

- Popsicle sticks
- Marker
- Container/bag

Directions:

1. Write a letter of the alphabet on one end of the popsicle stick
2. Write the exercises from below on the other end of the stick
3. Have your child pick the letters to spell their name or other fun words, then complete the exercises

Exercises:

- A- arm rolls
- B- butterfly legs
- C- crab walk
- D- downward dog pose
- E- elephant trunk swing
- F- frog hops
- G- giant leaps
- H- high knees
- I- pretend to ice skate
- J- jumping jacks
- K- knee squats
- L- lunges
- M- mega big jumps

- N- neck rolls
- O- overhead stretch
- P- push-ups
- Q- quack and walk like a duck
- R- run in place
- S- snake slither
- T- toe touches
- U- upside down bowling
- V- victory dance
- W- windmills
- X- make an x with your body
- Y- yoga pose
- Z- zig-zag run

