

OTCES NEWS

April 2018

Recycling & sustainability can impact children's physical, communication, social, emotional & cognitive development by improving:

- **Eye-hand coordination**
- **Fine motor precision**
- **Bilateral Coordination**
- **Ability to discern sensory input**
- **Language**
- **Social interactions**
- **Self-confidence**
- **Problem solving/creativity**

Howe, N. (2013) Recycled Materials: A Resource for Young Children's Creative Expression & Design Thinking

Ideas For "found" Materials:

- Use recycled milk cartons for mini doll houses or race cars!

- Use toilet paper & paper towel tubes to create rocket ships, binoculars, musical instruments, and more!



- Use a sturdy 2 liter plastic bottle, poke holes, & attach to end of water hose with waterproof tape to make a DIY water sprinkler this summer!

Message from the team:

Spring has sprung here at OTCES! As some of you may know, April hosts both Earth Day and OT Month. We are so excited to celebrate these events with you and all of our wonderful kids.

As OT practitioners we are compelled to be a part of the sustainable development movement by meeting the environmental and social demands of the current generations while taking into account the needs of future generations. We are firm believers in recycling and repurposing items here at OTCES.

You may have noticed some of the new furniture around the clinic. Like most of what we have here at the clinic, is repurposed from other departments at JMU.

Recycled, or "found", materials can provide an **AFFORDABLE** resource for young children's creative self-expression. The materials might include *bottle caps, fabric scraps, gift wrap, strawberry baskets, ribbons or toilet paper tubes*. A child can explore their unique characteristics and properties; collaborate or work independently to **design, build, & create**; practice **sorting, categorizing, & counting**; explore the **concept of parts and whole, matching, or pattern making**; gain important knowledge about tools and materials as they learn & practice techniques like **joining, cutting, stapling, taping and gluing**. Children gain a sense of pride and accomplishment when they **INNOVATE!**

"THE EARTH IS WHAT WE ALL HAVE IN COMMON."
 - WENDELL BERRY

"PLAY IS OFTEN TALKED ABOUT AS IF IT WERE A SERIOUS RELIEF FROM LEARNING. BUT FOR CHILDREN, PLAY IS SERIOUS LEARNING. PLAY IS REALLY THE WORK OF CHILDHOOD." - FRED ROGERS

CHECK OUT HOW OTCES IS CELEBRATING OT MONTH EACH WEEK:

April 2nd- 6th: Pick up a free stress ball for you & your child to enjoy in the waiting area

April 9th-13th: Pick up a brochure on how to incorporate chores at home to promote developmental skills in children & embedding environmentally friendly practices & activities into your family routines.

April 16th-20th: Pick up a brochure on how to promote a good night's sleep for your child & ideas for creative play activities using recycled/"found" materials.

April 23rd-27th: Free coffee & treats for parents & guardians in waiting area! Please pick up tip sheet for parent/guardian self-care.

OTHER NEWS/REMINDERS

Appointment Cancellation Policy (Important): We continue to enforce our cancellation/no show policy in an effort to improve consistency and effectiveness of provided services. Our primary goal is to improve outcomes for the children that we see and this is done best when there is consistency for the child, family and therapist.

Holiday schedule: We are Closed: May 28th (Memorial Day) & July 4th (Independence Day)



Planning for Summer: Information on summer programs will be available soon. Also, **May 7th - August 30th, Grace Street will be blocked off due to new construction.** In order to get to the clinic you will need to turn onto Grace Street from South High (as pictured; yellow star indicates the clinic)

Social Media & Overcoming Barriers: Please visit our facebook page as well as contact overcoming barriers for upcoming programming in our community! Also, **We're now on Instagram, follows us @JMUOTCES.**

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