

# NewsLetter

September 2022



## Collaboration: July 27, 2022

Kid Physical met with Pediatric Orthotists from Hanger Prosthetic and Orthotic Clinic in Colorado Springs to share new recommendations on prescribing orthotics in order to gain better outcomes and share knowledge.

## Therapy Tip

After diaper changes are a great time to practice rolling. This allows for frequent practice throughout the day along with a very functional application of your kiddo using this emerging skill once finished on their back.

## Favorite Toys

Stomp rockets are one of our favorite toys for therapy. Kids love the fun while therapists love working on gross motor, fine motor, visual skills, balance, proprioception, vestibular stimulation, and language skills.

## Autism

### Things you should know if you think your child might have Autism Spectrum Disorder

ASD presents differently in girls than it does in boys and can be individual to each person. This is part of what makes it difficult to diagnose and often takes physicians longer than parents and caregivers might like. Additionally, some of the characteristics that children with ASD display may be outgrown and so we would not want to make a diagnosis without taking all of this into account. It is important to recognize the early signs because an early diagnosis can result in greater resources and earlier services which can help kiddos and families implement successful strategies for growth and development.

Check out the full article at <https://www.kidphysical.com/early-indicators-of-autism-spectrum-disorder/>

## Current Research

"Sensory Reactivity, Empathizing and Systemizing in Autism Spectrum Conditions and Sensory Processing Disorder." Tavassoli, T. et al. (2018) *Developmental Cognitive Neuroscience* 29, 72-77

This article aimed to determine if children with Autism Spectrum condition (disorder) could be distinguished from children with Sensory Processing disorder based on sensory reactivity symptoms and cognitive styles, specifically on empathizing and systemizing. The study performed an RCT with 210 children. They used the Sensory processing scale, the Empathy Quotient and the Systemizing quotient for testing. Children with ASC showed the greatest sensory symptomology and scored lowest for empathy. Children with SPD scored similarly to the control group of typically developing children in Empathy. Girls throughout all 3 groups scored higher in empathy than boys did. Children in the SPD group did score slightly lower on empathy than those in the control group. The authors theorize that empathy may be impaired in those with SPD because their sensory challenges interfere with their ability to respond appropriately to others' emotions as they are struggling to process internally and don't have the ability to focus outwardly if overstimulated.

## Recent Blogs

Feeding, An Act of Love

Potty Training A Child With Special Needs

Let's Talk About Shoes

How To Help Your... Newborn

Rolling, Rolling, Rolling

Early Indicators of Autism Spectrum Disorder

My Child Isn't Looking at Toys, Should I Be Concerned



## October Events

1st - Deaf + Autism Day, CO Hands & Voices

5th - An Invitation to Inclusivity

6th - World Cerebral Palsy Day

6th - ASL Interpreted: Into The Woods

9th - ASL Interpreted: The River Bride

14th - World Blind/World Sight Day

15th - Pregnancy and Infant Loss Awareness

16th - Sensory Friendly Passport to Culture

16th - Supporting Siblings, CO Hands & Voices

19th - Low Sensory Evening at Denver Children's Museum

20th - Myth Busting the Colorado Waiver Services

23rd - Sensory-Friendly Morning at Denver Art Museum

23rd - Sensory Friendly Playtime at WOW! Children's Museum

## November Events

3rd - ASL Interpreted: The River Bride

13th - Sensory-Friendly Passport to Culture

14th - Deaf/Hard of Hearing Plus, CO Hands & Voices

17th - World Prematurity Day

17th - Myth Busting the Colorado Waiver Services

20th - National Day of the Child

20th-26th - GERD Awareness Week

## December Events

3rd - Holiday Sensory Friendly Program with Colorado Conservatory of Dance

15th - Myth Busting the Colorado Waiver Services

17th - World Prematurity Day

18th - Sensory Friendly Home for the Holidays

## Pointers for Parents

**Lying on their back** is a great way for kiddos to activate their abdominals and other flexors by reaching against gravity for toys and faces suspended above.

**Tummy time** helps kiddos stretch out their body and gives them a chance to strengthen their extensor muscles. Many parents think this can only be done on the floor after a month or more but it can actually be started within the first week or two on a parent's chest.

**Side-lying** is a great position for bringing hands together and beginning to reach forward to explore toys and parent's faces.