



### Books We Love

*No Longer a Secret* by Doreit Bialer & Lucy Jane Miller

We love this book because it offers cost effective, functional, on the spot tips to use for children with sensory issues at home, at school, or in the community setting

### Local Fall Harvest Farms

**Patterson Fruit Farm**

Chesterland, Ohio

**Red Wagon Farm**

Columbia Station, Ohio

**Heritage Farms Peninsula, Ohio**

**Mapleside Farms**

Brunswick, Ohio

### What's Happening Next Month

October is Physical Therapy Month

October 25-29 Physical Therapy Spirit Week

October 31st- Halloween

Check out our socials to see how we celebrate



### TIP OF THE MONTH: PHYSICAL THERAPY FOR THE WHOLE FAMILY

Strong muscles and a stable core are key to your kiddos performance in activities of daily living and performance in school. Here are some creative, fun ways to incorporate strengthening to help your kiddos grow strong!

- **Woolly Bear Walkouts:** This one is a great one for kids and adults to build full body strength and stretch those hamstrings and calves. Standing, reach your arms down to the floor and walk them forward until you are in a plank, then walk your feet forward to meet your hands. Keep moving forward until you reach your target. Pretend to move like one of the woolly bear caterpillars that come out this time of year!
- **Step-up Apple Picking:** If you can't make it to the actual farm, bring apple picking to your home! Cut out some paper apples and tape them high on the wall. Have your kiddo step up onto a stool to reach and pick the apples and step back down to place them in a bucket; repeating the step ups is a great way to help to build leg strength and get in a little cardio.
- **Wheelbarrow Walks:** Wheelbarrow walks are a great way to build core and shoulder strength. If this activity is too difficult for your kiddo or even you to hold up your kids legs, a great alternative is to have your kiddo kneel or play his/her bottom half on a scooter and pull themselves forward with their arms. Have them do races with friends or siblings to make it even more fun!

### A MESSAGE FROM YOUR GALVIN STAFF:

Making the Most of Fall by: Erika Ilkanich, PT, DPT

September is finally here and the seasons are beginning to change! Kids are getting back to school, the leaves are beginning to change colors and there's starting to be the slightest crisp in the air indicating fall is here. With all these changes brings the opportunity for fun new activities, and Northeast Ohio has plenty of them to enjoy this wonderful time of year! Bring the kids out to *hike* in the many wonderful parks we have in the area, get lost *wandering* through a corn maze, *jump* in a pile of leaves, make homemade applesauce from the apples you *harvest* at one of the great local farms, or go for a fall *bike ride* to look at all the foliage, the activities are endless. It's important to continue to take advantage of the outdoors, especially while the weather is still warm outside, and get our kids active to explore their environments.

One easy way to get kids exploring, visually tracking, and navigating the obstacles outside is to do a scavenger hunt; scavenger hunts are an easy way to get kids communicating about items they find, feel how different textures feel when they pick up their scavenger hunt treasures and it a great way to get them moving. All these activities give our sensory system all different kinds of input, from the smells of fall, to the changes in temperature, to the different noises of leaves crunching, and it's important for kids to experience these! So get outside, get active, and enjoy the beautiful fall in the place we love to call home.

# Fall Scavenger Hunt

