



# Foothills Pregnancy Resource Center

*A State-Licensed Medical Clinic*

“If our children are blank pages upon which we write their future, then we must carefully consider what we want to write.” Patricia H. Rushford



**Welcome Parents! Music & Reading! Everyone participates ~**



**Sleep Solutions for Parents! Plan for sleep using natural circadian rhythm**

- ⇒ Taking a walk or another quiet time before bed
- ⇒ Sensory nervous system should be quiet: 15-45 minutes of downtime after lunch
- ⇒ Sleep deprived person misreads facial expressions, increases anxiety
- ⇒ Spiritual self-care ‘My heart is restless until I rest in God’ St. Augustine
- ⇒ Foundations: connecting when kids wake up with joy, decreasing anxiety
- ⇒ Baths or water play in the morning big muscle activity during the day
- ⇒ Calming focus before nap/bed – suggestion: pet fish, dim lava lamp
- ⇒ Podcast - - [https://connectedfamilies.org/sleep-solutions-tired-families-expert-advice/?ck\\_subscriber\\_id=2898443176&utm\\_source=convertkit&utm\\_medium=email&utm\\_campaign=Experiencing%20defiance%20&%20disrespect?%20-%2015643239](https://connectedfamilies.org/sleep-solutions-tired-families-expert-advice/?ck_subscriber_id=2898443176&utm_source=convertkit&utm_medium=email&utm_campaign=Experiencing%20defiance%20&%20disrespect?%20-%2015643239)



**Learning Styles – Follow up part 2 ... Sensory Processing**

- ⇒ “Choose your battles – strong willed or compliant?”
- ⇒ Do your kids know what you like about them vs. what they need to change?
- ⇒ <https://www.focusonthefamily.com/episodes/broadcast/discovering-your-childs-learning-style-part-2-of-2/>
- ⇒ 4 Attachment Styles – Secure, Anxious avoidance, Ambivalent avoidance, disorganized. Journeying toward healthier attachments; our default style can be changed. Podcast: <https://connectedfamilies.org/why-attachment-parenting-matters/>



**Easter & Spring**

- ⇒ [https://youtu.be/Oo8NQBuneJM?si=ciHUCfSFOGCfo\\_bL](https://youtu.be/Oo8NQBuneJM?si=ciHUCfSFOGCfo_bL) SuperBook episode ‘Last Supper’ ... fun way to share biblical truths with young kids, probably ages 4+!
- ⇒ Ideas for fun adventures/lessons - - demonstration!

## SPRING ADVENTURES FOR YOUNG KIDS (AGES 3-7)

### 1. **Grow a Resurrection Garden**

Teach little ones about Jesus' resurrection by planting a small garden using a shallow dish, potting soil, and grass seed. Add a small stone "tomb" and a larger stone to roll away on Easter morning! (**John 11:25**)

### 2. **Bubble Science**

Make homemade bubbles with 4 cups water, 1/2 cup dish soap, and 1/4 cup corn syrup. Kids watch & chase the bubbles as they float and pop.

### 3. **Spring Nature Scavenger Hunt**

Create a list of springtime sights (bird nest, dandelion, butterfly, etc.), then head outdoors for a scavenger hunt. Tie it into Psalm 104:24, "How many are your works, Lord! In wisdom you made them all."

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## SPRING ADVENTURES FOR MIDDLE-GRADE KIDS (AGES 8-12)

### 4. **Rain Cloud in a Jar Experiment**

Fill a clear jar with water, add shaving cream on top, then drop blue food coloring to watch "rain" fall! A great way to talk about God's provision (Job 37:6).

### 5. **DIY Bird Feeder & Backyard Bird Watching**

Use an empty toilet paper roll, spread peanut butter, roll in birdseed, and hang outside. Keep a journal of the birds that visit and read **Matthew 6:26** about how God provides for them—and us!

### 6. **Ocean Layers Jar** (helps to do this after reading a book about the ocean or visiting a marine museum)

Create a layered ocean jar with corn syrup (deep ocean), dish soap (twilight zone), water (sunlit zone), and oil (surface). This hands-on project visually explains ocean layers while appreciating God's amazing underwater world!

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## Easter Story using "Resurrection Eggs"

Materials: An empty egg carton, 12 plastic eggs, items for each egg & story starters (described below)

There will be 12 parts to our story - number the eggs 1 to 12 - & 12 Bible verses that should help the kids understand the story of Easter, Jesus' crucifixion & resurrection. For each theme/verse, find a small object to put inside the eggs. Read ahead of time so you understand how to relate the item to the scripture.

1. A tiny plastic donkey (Matthew 12:1-11)
2. Tiny perfume bottle or cotton ball soaked in perfume (John 12:2-8)
3. Small piece of bread or toy loaf of bread (Matthew 26:17-19)
4. Silver coins (Matthew 27:3)
5. Small cross - you can make out of toothpicks or sticks if you don't have one (John 19:17)
6. Small thorny branch or stem (John 19:2-4, Mark 15:17)
7. Dice (John 19:23)
8. Small nails (John 19:18, 37; John 20:25-29)
9. Piece of sponge (John 19:28-30)
10. Pieces of whole spices like cloves, nutmeg, and/or cinnamon (John 19:40)
11. Small stone (Matthew 27:59-60)
12. Egg will be empty! He has risen! (Matthew 28:6)

Place the eggs in the empty carton & decorate (kids can help!) ... Share the verses and discuss ideas with kids either 1 or 2 each day or all 12 at once.



## Sensory Processing Questionnaire

Child's name \_\_\_\_\_ Age \_\_\_\_\_ Gender \_\_\_\_\_

The items are examples and not all inclusive. Similar behaviors from when your child was younger can also be significant.

Sensory System	Sensory Craving (may also be under-responsive)	Typical Responsiveness	Over-responsive, Sensory Avoiding
<b>Auditory</b>	<ul style="list-style-type: none"> <li>Makes frequent or unusual noises</li> <li>Often doesn't hear name called</li> <li>Easily confused by or doesn't respond to verbal directions</li> <li>Hard to understand speech</li> </ul>	<ul style="list-style-type: none"> <li>Usually responds when name is called</li> <li>Able to focus in noisy environment</li> <li>Understands directions well</li> </ul>	<ul style="list-style-type: none"> <li>Dislikes/upset by loud noises, covers ears, startles easily</li> <li>Struggles in noisy, busy environments</li> <li>Bothered by others' talking, music, or TV</li> <li>Talks excessively and/or loudly</li> </ul>
<b>Visual</b>	<ul style="list-style-type: none"> <li>Easily "lost" in small visual activities such as Legos or art</li> <li>Overly intense and preoccupied with screen time</li> <li>Preoccupied with things that sparkle, shimmer, or move</li> </ul>	<ul style="list-style-type: none"> <li>Able to easily shift focus between a small visual activity and the environment</li> <li>Regulates screen time well</li> <li>Adequate reading abilities</li> </ul>	<ul style="list-style-type: none"> <li>Bothered by bright lights, squints</li> <li>Poor eye contact</li> <li>Overwhelmed by clutter/unable to find things</li> <li>Easily distracted by items or people in environment</li> </ul>
<b>Oral/Smell</b>	<ul style="list-style-type: none"> <li>Beyond toddler age - chews on fingers, shirt, objects; or dependent on pacifier</li> <li>Misses smells others notice</li> <li>Overstuffs mouth when eating</li> </ul>	<ul style="list-style-type: none"> <li>Eats a varied selection of food</li> <li>Brushes teeth without resistance</li> <li>Notices but not overly upset by smells</li> </ul>	<ul style="list-style-type: none"> <li>Limited diet; avoids foods, especially if slimy, mixed, or unfamiliar; may crave certain foods or sweets</li> <li>Gags easily, complains of textures</li> <li>Distress and resistance to toothbrushing</li> <li>Upset by smells, reacts to minor smells</li> </ul>
<b>Touch</b>	<ul style="list-style-type: none"> <li>Loves messy play</li> <li>Hurts themselves (pinch, bite, hit)</li> <li>Frequently touching or fidgeting</li> <li>Loves and seeks hugs, backrubs, back scratching, pressure, etc.</li> <li>Diminished awareness of pain, food on face, twisted clothing, being bumped or touched</li> </ul>	<ul style="list-style-type: none"> <li>Accepts hugs/kisses appropriately</li> <li>Able to complete an activity with a non-preferred texture</li> <li>Accepts but does not intensely seek backrubs or back scratching, hugs, etc.</li> <li>Appropriate pain awareness</li> </ul>	<ul style="list-style-type: none"> <li>Dislikes/avoids getting wet or messy</li> <li>Distress and resistance to nail care, face washing, hair care, splashing water, etc.</li> <li>Avoids or strongly controls touch by others, may rub a spot after being touched</li> <li>Bothered by clothing - tags, buttons, sock seams, fabric; avoids going barefoot</li> <li>Strongly upset by minor injuries</li> </ul>
<b>Movement</b>	<ul style="list-style-type: none"> <li>Constantly moving or wiggling, hates sitting still, rocks in chair</li> <li>Loves spinning and high swinging</li> <li>Reckless, bumps, jumps, crashes</li> <li>Craves wrestling or roughhousing</li> </ul>	<ul style="list-style-type: none"> <li>Balances active and sedentary play</li> <li>Enjoys movement, but does not crave it</li> </ul>	<ul style="list-style-type: none"> <li>Avoids or upset by somersaults, rapid spinning, being upside down, or unstable</li> <li>Strongly prefers sedentary, solitary, quiet activities</li> <li>Overly cautious in new movement experiences</li> <li>Tends to get carsick/motion sickness</li> </ul>
<b>Body Awareness</b>	<ul style="list-style-type: none"> <li>Trips, falls, clumsy, or unsure</li> <li>Uses excessive force with toys</li> <li>Slow to learn motor tasks/toileting</li> <li>Dislikes fine motor activities - i.e. coloring, clothing fasteners</li> <li>Frequently in other people's space</li> </ul>	<ul style="list-style-type: none"> <li>Good body awareness</li> <li>Average to good coordination</li> <li>Learns tasks easily</li> </ul>	<ul style="list-style-type: none"> <li>Rigid body posture or locks joints</li> <li>Overreacts to being moved or bumped.</li> </ul>
<b>Self-Regulation</b>	<ul style="list-style-type: none"> <li>Immediately active in the morning</li> <li>Difficulty making friends - unsafe, impulsive, or aggressive</li> <li>Excitable, easily "wound up"</li> </ul>	<ul style="list-style-type: none"> <li>Easily adjusts attention and effort to the activity and between activities</li> <li>Makes friends easily, can give and take during activities</li> </ul>	<ul style="list-style-type: none"> <li>Difficulty falling and/or staying asleep</li> <li>Upset by transitions and unexpected changes, irritable, moody</li> <li>Withdrawn or controlling with peers</li> <li>Aggressive/impulsive when overwhelmed</li> </ul>

This checklist draws from numerous researchers with different perspectives, including Lucy Jane Miller, PhD, OTR, and Winnie Dunn, PhD, OTR.



**Foothills Pregnancy  
Resource Center**

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Parenting Classes Offered to the  
Clients of Foothills Pregnancy Resource Center (FPRC)



Hope you can join our spring 2025 parenting classes where we discuss fun and creative parenting strategies! We meet at FPRC one Tuesday each month at 10:30AM and the Session is about 1 hour, to include snack, craft/activity for kids & handouts to take home. This is geared for you moms, dads or guardians needing some ideas, encouragement and to realize you're not alone!

Tuesday January 14th

Tuesday February 11th

Tuesday March 11th

Tuesday April 15th

Tuesday May 13th

Tuesday June 10<sup>th</sup>

Classes will be 10:30 – 11:30 ... PLAY AREA FOR KIDS in the Lobby!

We'll have a raffle for a chance to win a gift card for those who RSVP! \*\*

Location: FPRC, 924 Buena Vista St., Suite 202, Duarte - - 626-358-2122

\*\* PLEASE RSVP by calling FPRC - - leave your name with the receptionist or voicemail!

OR better yet, email [barbarawiltsey@gmail.com](mailto:barbarawiltsey@gmail.com)