



# Parent CONNECTIONS

## Immunizations and Child Care

With recent concerns around H1N1, we have had a few more questions from providers about accepting unimmunized children into care. Some providers question whether it is safe to have non-vaccinated children around other children. One thing for parents and providers to consider is that the other children in care may have already had their vaccines and therefore have some level of protection. In the state of Oregon, a child's immunization status may not be used as a reason to deny a child's place in child care or school.

Some children have medical reasons for receiving only some, or even none, of the vaccines. For children to be exempt from vaccinations parents must fill out a Certificate of Immunization Status (CIS) form with their reason for not fully immunizing their child. A medical exemption will need to include a letter signed by a licensed physician stating the child's condition that contradicts vaccination and which vaccinations that applies to.

Other children may be part of a family who adhere to a religious teaching which is opposed to certain types of medical intervention, including immunizations. In Oregon the definition for religion as it applies to vaccinations is a broad one, allowing each family to choose whether to vaccinate or not. In this case the family must also fill out a CIS form with their reasons for not immunizing their child.

Even though providers may not specifically deny care to an unvaccinated child they may exclude a child from care in the case of a disease outbreak. If this should happen, providers will need to work closely with their local health department. Providers may also encourage parents to have a full conversation with their child's doctor about their decision to immunize or not immunize.



## Do you have crashers, jumpers, movers and shakers?

Introducing heavy work activities (proprioceptive input) as a means of settling and focusing these highly active types.

Heavy work activities include:

- Whole body actions involving pushing, pulling, lifting, playing, and moving
- Oral actions such as chewing, sucking, and blowing
- Use of hands for squeezing, pinching, or "fidgeting"

Proprioception is a form of sensory input to the muscles and joints which makes us aware of our "position in space" (i.e., where we are in relation to other objects or people). Children who have difficulty interpreting proprioceptive input have trouble grading and planning their movements and regulating their level of arousal.

You may see a child who accidentally breaks things often, appears clumsy and uncoordinated and may have an excessive need to crash and bump into objects, walls and people.

If they are seeking out excessive proprioceptive input, they are looking for a way to calm and organize their nervous system. They may seem disruptive, full of excessive energy, or even unsafe. These are the crashers, jumpers, movers, and shakers! These are the children

we ABSOLUTELY want to target with heavy work activities. It WILL make a difference in them!

The following is an extensive list of heavy work activities/proprioceptive activities that may help regulate a child's arousal level, concentration, ability to fall asleep or sit still and attend to a task.

Keep in mind, the type of heavy work activities, timing and duration is most effective when directed by a professional (such as an Occupational Therapist) knowledgeable about this type of proprioceptive input.

It is also important to note which activities calm your child, arouse them, or over arouse them. This is very unique to each individual and must be observed and treated as such! You want to choose activities THEY are interested in and that IMPROVE their state of arousal to its most functional point.

### **Gross Motor Activities**

#### **Carrying objects, such as...**

- groceries
- animal backpacks
- kid's fanny pack
- stacking or moving chairs/books
- watering can/hose
- baby's diaper bag
- ANYTHING with weight to it

#### **Pushing or pulling objects and activities, such as...**

- toy shopping cart
- laundry basket
- kids wagon
- tug of war rope
- toy vacuum
- mop/sweep floor with a mop, broom and dustpan for kids
- wrestling
- raking leaves, dirt etc. using a kid's wheelbarrow and tools
- pushing/pulling self or others on a jumbo scooter board
- "push of war" between partners (with ball, have to cross over line)
- riding bicycles / scooters
- kids roller blades

### **Jumping and bouncing on/with items, such as...**

- on a trampoline
- on an old mattress or soft area
- into bean bag chairs
- on a therapy ball (with adult assistance of course)
- on a pogo stick
- moon shoes
- on a hopping ball
- horseback riding
- with a jump rope
- foam hopscotch pads
- jump ropes
- floor gymnastics
- happy hop ball

### **Wheelbarrow walk relays**

### **Potato sac/jumping bag races**

### **Lizard crawl (belly on floor, push self with elbows)**

### **Climbing/hanging on things, such as...**

- jungle gyms
- monkey bars
- jungle climber with swings
- hanging rings and trapeze
- zipline/fun ride trolley
- rock walls
- outside on rocks or trees
- up ladder and/or slide
- climbing rope
- climbing/cargo nets

### **Walking/running/playing in the sand**

### **Twister**

### **Crabwalk (hands and feet on floor, belly facing up) games, such as...**

- relays
- soccer
- volleyball (in crabwalk position kicking balloon with feet in air)

Excerpt from [www.sensory-processing-disorder.com/heavy-work-activities.html](http://www.sensory-processing-disorder.com/heavy-work-activities.html)

To read about fine motor and oral activities, please refer to the complete article.

## **Struggling with Child Care Payments?**

See if you qualify for Employment Related Day Care, through the Department of Human Services. These offices also handle food stamps, Oregon Health Plan and cash assistance programs.

**Ashland**, 482-2041; **Medford**, 776-6172; **White City**, 846-8700; **Grants Pass** 474-3101; **Cave Junction** 592-4149

**Online:** [www.dhs.state.or.us](http://www.dhs.state.or.us), click on Children & Teens, Child Care-Parent Info, Copay Estimate