Each time I walk into a classroom, I can find at least 3 children who are on the floor in the W-Sitting position...and they kind of remind me of melting snowman. Their legs are wide around their bottoms, their trunk posture is often droopy and they aren’t able to move their arms outside of their base of support to play. I am constantly saying “fix your legs” or “NO ‘W’ SITTING!”. What’s so wrong with W-sitting? Let’s explore.

(Continued on page 4)
Fun Days in November
3  Sandwich Day
5  U.S. General Election Day - VOTE!!!
6  Marooned without a Compass Day
6  Saxophone Day
9  Chaos Never Dies Day
10 Forget-Me-Not Day
11 Veteran's Day
12 Chicken Soup for the Soul Day
12 Young Readers Day
13 National Indian Pudding Day
13 Sadie Hawkins Day
13 World Kindness Day
14 Hindu Diwali Day
15 America Recycles Day
16 Have a Party With Your Bear Day
17 Homemade Bread Day
17 Take A Hike Day
19 Have a Bad Day Day
20 Absurdity Day
20 Universal Children's Day
21 World Hello Day
22 Go For a Ride Day
23 Eat a Cranberry Day
24 All Our Uncles are Monkeys Day
25 National Parfait Day
30 Stay At Home Because You Are Well Day
- Aviation History Month
- Child Safety Protection Month
- International Drum Month
- National Model Railroad Month
- Native American Heritage Month
- Peanut Butter Lovers Month
- Week 3 Game and Puzzle Week

Native American Fry Bread

Ingredients
- 1 cup all-purpose flour
- 1 1/2 teaspoons baking powder
- 1/4 teaspoon salt
- 1/2 cup milk

Vegetable oil (or shortening for deep frying; enough to reach 1-inch depth)

Steps to Make It
1. In a deep cast iron skillet or heavy saucepan heat about 1 inch of oil to 350 F. If you don’t have a deep-fry thermometer to attach to the pan, dip the handle end of a wooden spoon in the oil. The oil should bubble around it fairly steadily when it's ready. Another way is the popcorn method. Put a kernel of popcorn in the oil. It will pop when the oil reaches 350 F to 360 F.
2. Meanwhile, combine the flour, baking powder, and salt in a bowl; mix well to blend.
3. Add the milk and stir until the dough holds together. Knead 3 or 4 times on a floured surface.
4. Divide the dough into four uniform pieces and shape each into a ball.
5. Roll each ball of dough into a circle with a lightly floured rolling pin. Make a depression in the center of each round of dough.
6. Carefully slide one or two into the hot oil and fry for about 1 to 2 minutes on each side, or until lightly browned.
7. Remove the fried dough to paper towels to drain.
8. Serve and enjoy.

Tips
- Fry dough can also be spiced and sweetened with sugar and then served with syrup or honey.
- Serve the bread as a base for taco salad, or cut hot fry bread into wedges and serve with salsa or a dipping sauce.

What is Diwali?

Diwali is the Indian “festival of lights,” a holiday that celebrates the triumph of good over evil. Though technically religious, it’s also become a cultural event in North America—celebrated with sweets and special foods.

Parent Aware Online Information sessions

Saturday, November 16, 2019 at 9am

This online information session will be held by webinar.
To RSVP please contact Tanisha Lungelow at 651-233-2297 or tlungelow@gmail.com.
Please RSVP at least one day prior to the session to get a link emailed to you to join the session.
Encouraging Healthy Development - 6 Months

Incredible growth occurs during the first three years of a child’s life. There are many things you can do to support and nurture healthy development during this time. Below, we’ve listed some specific activities to help a 6-month-old baby develop and grow.

http://helpmegrowmn.org/HMG/HelpfulRes/EncourageHealthDev/6Months/index.html

Join Us for Our November Professional Learning Community Meeting

We welcome Lori Hameister, to help us understand what 1-2-3 Magic is all about.

Hope to see you there!

Please RSVP to: Annette Borman
763-783-4711
aborman@accap.org
(Please specify date)

Tuesday, November 19, 2019
6:30-8:30pm
Blaine Human Service Center
1201 89th Ave NE
Room 204
Blaine MN 55434

Thursday, November 21, 2019
6:30-8:30pm
Jerry’s Food Store
7760 Hargis Parkway,
Room 2
Woodbury MN 55129

If you need an interpreter, please contact us seven (7) days before the event
What is W-Sitting?

W-sitting looks like this: a child sits on the floor, his bottom is between their legs, and his knees are bent with legs rotated away from the body – if you stand above him and look down, it looks like his legs are forming a “W”. All children have the potential to begin the W-sitting habit.

In this position, a child’s base of support is wider and his center of gravity is lower, allowing for increased stability through the hips and trunk. It’s a convenient position for play because they do not have to work on keeping their balance while also concentrating on toys.

Why is W-Sitting Problematic for Kids?

In this position, a child cannot achieve active trunk rotation and cannot shift his weight over each side making it difficult to reach toys that are outside of their immediate reach. It is so important for kids to be able to weight shift and rotate in order to develop adequate balance reactions, for developing the ability to cross midline, and to have access to the movement needed to attain other important developmental milestones.

How to Correct W-Sitting

If a child is frequently in a W-sitting position, core strength may be an issue, which may lead to poor posture, delayed developmental skills, and overcompensation of other muscle groups. If your child is a W-sitter, there are a few things you can do to help him correct his sitting.

First and foremost, encourage other ways to sit on the floor. Side sitting (to either side), long sitting (legs out in front), pretzel sitting, playing in all fours, or sitting on a low bench or stool. Consistency is important!

If you find that your child has difficulty maintaining any other position than W-sitting, it may be worthwhile to seek the advice of a pediatrician or physical therapist for suggestions on how to correct his position and for treatment of any underlying strength deficits or muscle tightening that has resulted.

If you’re a therapist or teacher who frequently encounters children who are W-Sitters, share a copy of our printable W-Sitting handout with parents and caregivers!

Read more about the W-Sitting Controversy and hear how others are weighing in on the W-Sitting Debate!

Check out all of our best therapy tools here!

We love this post about W-Sitting from Rachel at CanDo Kiddo – such a well rounded review of the related issues and when W-Sitting is really a problem for kids.

Our Favorite Core Strengthening Activities for Kids

Simple Core Strengthening With a Playground Ball
Core Strengthening Through Everyday Play
Flying Feet Core Strengthening Activity
Crab Crossover Core Strengthening Activity
Our Most Popular Core Strengthening Exercises for Kids
Creative Core Exercises With DIY Materials
Crab Walk Core Strengthening Ideas
Body Bridges: Core Strengthening Through Play!
Inchworm Core Strengthening Idea
Core Strength & Independent Dressing

Other Core Strengthening & W-Sitting Information

Side Effects of Weak Core Muscles
How to Tell if a Child Has Weak Core Muscles
A Surprising Cause of Attention Issues in Kids
A Physical Therapist Explores W-Sitting [FREE Printable]

We hope the ideas and information here is helpful to you in your classroom, home, or therapy practice!

Claire & Lauren

https://theinspiredtreehouse.com/