

## Summer Time Practice for Speech and Language!



Summer time is quickly approaching which means no school, summer camps, and vacations! Many students receiving services through the school will take a break for summer. It is important to maintain and continue to improve skills learned throughout the year so there is no regression! Goals can be worked on informally and can be incorporated into your daily routine! I have created a list of strategies to incorporate speech/language goals into your everyday routine, and different activities that can be implemented.

### Speech:

- Practice word lists in the car on the way to camp, when you're traveling, or running errands! Play an "I spy" game that starts with your child's target sound.
- Make a sound book with all of your child's target sounds/words. Make it a fun arts and crafts activity and customize it to make it original!
- Read books and find target sounds/words to practice while you read!

### Speech (cont'd):

- Create an outdoor scavenger hunt with pictures/objects containing your child's target sound. You can incorporate language by providing written clues to encourage inferencing!
- Enjoy the outdoors by playing with sidewalk chalk! Create a hopscotch board and fill in target words. Each time you hop on a word you have to say it.
- If you're going to the beach, pack some objects/pictures of target words in the beach bag. Bury them in the sand and have child dig for gold!
- Play flashlight hide and seek on a rainy day! Tape target words around the house, turn the lights off, and use the flashlight to search for the target words!

### Language:

- READ BOOKS!! They are an amazing resource to target a variety of goals such as: answering WH- questions, identifying story grammar elements, vocabulary comprehension, grammar, and much more!
- When going on vacation create a list of items needed, to work on categories/associations/vocabulary.
- In the car, play a guessing/describing game (like "I Spy") to work on expanding receptive/expressive language skills.
- Create a summer vocabulary book to discuss/learn/categorize!



## Upcoming Events

### **Surviving the Summer: Using Behavior Strategies that Work:**

**What:** Free event! It's nearly summertime, which can be challenging for our kids, and for us. They are out of their routines, acting up more than usual, and we are nearly (or completely) out of our minds. How can we use our summertime to foster better behavior in our kids? What do behavior experts know that we don't?

Hear Jessica Brooks, an experienced BCBA, and improve your summer parenting game. Jessica is a Board Certified Behavior Analyst with years of experience working with children and adults with autism and other developmental disabilities. She has provided services to these individuals in homes, schools and residential settings.

**When:** June 4<sup>th</sup> 2018

**Where:** West Bridgewater, MA. For more details please contact [wbsepac@wbridgewater.com](mailto:wbsepac@wbridgewater.com)

### **Rise and Play: Sensory-Friendly Mornings at the Zoo:**

**What:** Designed for families who have a child with sensory sensitivities, an hour of nature play before the zoo opens. Rise & Play allows you and your family to spend time playing in nature, in a smaller group of guests. Registration is required so visit the website!

**When:** June 5<sup>th</sup>, 2018

**Where:** Roger Williams Park Zoo 1000 Elmwood Avenue, Providence, RI 02907

### **Accessible Hiking at State Parks in MA:**

**What:** Take a gentle hike with Stavros Outdoor Access and the DCR Universal Access Program. Teamwork and assistive equipment, such as the Terra Trek mountain wheelchair, GRIT Freedom Chair, and all-terrain walkers serve people of all abilities. Please visit this website [www.mass.gov/service-details/adaptive-hiking-programs](http://www.mass.gov/service-details/adaptive-hiking-programs) to view times and locations!

**When:** June 6<sup>th</sup>- October 20<sup>th</sup> 2018

**Where:** Please visit the above website.



### **Special-Olympics Young Athletes Program:**

**What:** Northeast Arc is partnering with Special Olympics Massachusetts to host this weekly sports and play program, focusing on fun activities that are important to mental and physical growth. This program is an early introduction to sports and the world of Special Olympics. Registration is required so visit the website or contact [recreation@ne-arc.org](mailto:recreation@ne-arc.org) or 978-624-2308.

**When:** June 10<sup>th</sup>-July 15<sup>th</sup> 2018

**Where:** Northeast Arc

### **Autism Friendly Dining Experience:**

**What:** An Autism-friendly dining experience for families with children and other family members with Autism. All supporters are welcome. Dine in a nonjudgmental setting, enjoy a meal out with your family and hear music performed by an acoustic duo. There will be a special children's menu available. Please direct any questions to the event organizer Andrea Moreland: [Andrea8132@aol.com](mailto:Andrea8132@aol.com) or 781-820-0191. Andrea is also a local Weymouth mom, parent of a child on the spectrum, and a special education teacher.

**When:** June 26<sup>th</sup> 2018

**Where:** The Cottage Bar and Restaurant 26 Union St, Weymouth, MA

Summer is around the corner! If you are looking for camps that are fun and inclusive for all abilities and needs, please refer to the following websites to sign up for one in your area!

- <http://www.specialneedsma.com/camp%2olist.htm>
- <http://www.veryspecialcamps.com/Massachusetts/Special-Needs-Summer-Camps.shtml>
- <http://www.thebridgectr.org/>
- [www.spedchildmass.com](http://www.spedchildmass.com) and visit the "camps" section



## Looking for more services this summer??

### Sign up for our summer social groups!!

#### Adventures in Problem Solving:

Ages 7+

Goal: To improve problem-solving skills, via participation in a variety of challenging games and activities within a small group setting. Social Thinking® vocabulary/concepts will be reviewed and incorporated. Groups will have a maximum of 5 children with 2 certified, experienced SLPs.

#### Specific Skills/Areas Targeted:

- Social Attention (to self and others)
- Social Problem-Solving
- Emotional regulation
- Social Communication with peers

Starting July 12<sup>th</sup>-August 23<sup>rd</sup> Thursdays 1-2p.m. \$315 total cost

#### Pretend Play Pals:

Ages 3-6

Goal: To facilitate social interaction and communication in a small group setting by engaging in cooperative pretend play and problem-solving activities, with new themes each week. Max of 5 children with 2 certified, experienced SLPs.

#### Specific Skills/Areas Targeted:

- Executive functioning (e.g., planning, inhibition, initiation, self-monitoring)
- Problem-Solving
- Emotional regulation
- Social communication

Starting July 11<sup>th</sup>-August 22<sup>nd</sup> Wednesdays 1-2p.m. \$315 total cost

Insurance is NOT billed – group sessions are private pay only!

\*\*Please refer to our posters hanging in the clinic or contact Amy Blanchette [ablanchette@ltspeech.com](mailto:ablanchette@ltspeech.com) if you have additional questions!

Thank you for reading our Let's Talk Newsletter! We appreciate your feedback about additional events, resources, advice, and information you may have. In addition, we welcome recommendations about the content of the newsletter.

Please email: [nscalera@ltspeech.com](mailto:nscalera@ltspeech.com) with suggestions/comments/concerns.

\*\*\*\*Please Join Us\*\*\*\*

### Boston Walk for Apraxia

Sunday August 5, 2018 @ Braintree High School

Show your support this month by signing up for the annual Walk for Apraxia (Register at: [www.apraxia-kids.org](http://www.apraxia-kids.org)). There will be snacks, raffle prizes, a silent auction, and plenty of other activities for the whole family!! This event is open to all. Come out and enjoy the day with us!



#### \*\*Reminders\*\*

Summer schedule begins the week of June 25<sup>th</sup>. **Let your clinician know ASAP if there will be scheduling changes for summer!!** Please note that if your child misses 3 consecutive sessions, he/she will lose their current therapy slot and be placed on the wait list. Your child is also NOT guaranteed to return to his/her current time slot if changes are made for the summer schedule.

#### **Let's Talk Speech and Language Therapy Services LLC.**

802 Washington St  
South Easton, MA 02375

Phone: (508)-230-8181

