

S.O.P News for You!

(Speech, Occupational & Physical Therapy)

A Great New Tool Just for ESM Families... By ESM Speech, Occupational & Physical Therapists

Summer is here! This is the last edition of SOP for the 2009—2010 school year. We thought it would be helpful to offer ideas geared specifically towards projects and activities to help you and your family enjoy the summer months. We are including active

ideas as well as ideas designed for rainy or lazy days.

Once again, we hope these ideas are easily incorporated into your everyday life at home and in the community.

Sincerely,
ESM Therapists



East Syracuse
Minoa
Central Schools

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Special points of interest:

- This edition is devoted to great summer ideas for sunny & rainy days!
- Communication skills
- Fine motor and sensory skills
- Gross motor skills

Speech & Language Corner....

The Natural Process of Language

Ways to expand your child's use of language:

- During trips to zoos, museums, parks, nature walks, etc., talk about the unique and interesting things you see.
- Ask your children questions that require more than a yes or no answer (i.e., "What do you think happened?: What do we do next?").
- Draw pictures with your child and take turns telling stories about the pictures.
- When reading books with your children ask them questions about the book's characters, places, and events.
- Play scavenger hunt games with seasonal/environmental items and group them into categories by size, shape, function, attributes, etc. You can also talk about which items do not belong.

Website Links for you!

http://kidshealth.org/kid/stay_healthy/fit/bmi.html

www.syracuse.ny.us/parks/

www.healthy-recipes-for-kids.com

www.creativekidsathome.com

www.funattic.com

Occupational Therapy Place...

It's finally here. Summer Vacation!

This last column is devoted to ideas about—**Handwriting!** The following ideas are all about fun and writing, gathered from OT's all across the country. There is something for everyone here!

1. Hangman—a longtime favorite. Once your child figures out the word, have him or her write a sentence using that word.
2. Write a silly story with illustrations.
3. Write a far away (or not so far away) family member a letter—not

by email or texting!

4. Have your child write up the stations for an obstacle course, with illustrations. Then do it!
5. Make a story with a series of photographs of your child doing something fun or interesting.
6. Make a Word Search using graph paper.
7. Play Scrabble using graph paper.
8. Have your child make a secret code using symbols, then write messages to each other.
9. Write with Q-Tips dipped in paint.

10. "Black Magic": color a piece of white paper with colored pencils or crayons. Go over it with black pastel or wax crayon. Etch out words / pictures with a pencil without the lead, or a toothpick, or some other device.
11. Make clues for a treasure hunt, then go on one!
12. Daily diary—write at least one sentence a day. These may very well be treasured items some day!

Many of these ideas combine action with writing—perfect! Simplify for younger children, increase the difficulty factor for your older children.

Physical Therapy Arena...

Summer is the time to get outside and get kids in action!

While kids can relax on their school work, they shouldn't relax on healthy nutrition and physical activity!

Some ideas to keep kids active:

Sports-these can range from formal leagues to neighborhood "pick-up" games. It can help your child make new friends when they don't get to see their school friends as much.

Get Outdoors-Take hikes through

local nature trails (Erie Canal, Beaver Lake), bike to new neighborhoods. Have a "slip and slide sprinkler" party. Go to a beach and build a sand castle.

Summer Programs-There are many parks and recreation day camps, or overnight camps available. While there is usually a fee, some are not very expensive. Check local newspapers and look for one geared toward your child's interest (art, music, sports, etc).

At Home-set limits on TV, computer and video games. Grow a garden to-

gether. Use sidewalk chalk to make a hopscotch board, or race track for bikes. Go fly a kite! Have a water balloon fight.....the possibilities' are endless!

Most importantly-find things your child enjoys and is comfortable with and HAVE FUN!!

On The Wild Side... a Summer Challenge for You and Your Children!

Your mission, if you choose to accept...

If your child has a skill or ability that has been described in our newsletter or website that you would like to see polished up a bit, consider taking our challenge:

- Decide upon the targeted skill (i.e., building vocabulary, neater writing, better ball skills)
- Determine a time frame such as one week, two weeks, etc.
- Create a simple chart to document the amount of times they demonstrate that skill and track (hopefully!) improvement.
- Provide opportunities to practice that skill.
- Reinforcement such as verbal praise, sticker charts or a reward for a job well done may be helpful.
- Most importantly, have fun!