

THE CITY SPEAKS

A PARENT NEWSLETTER BY DISTRICT 75 SPEECH-LANGUAGE PROVIDERS

Joel I. Klein, Chancellor

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Home for the Holidays

The holidays are here! This issue of The City Speaks will provide you with information on how you can be involved in your community with your child during the holiday season. As speech providers, we rely on you, the parents, to continue working on **your child's communication goals** at home and in the community. Citywide Speech Services (CSS) is committed to maintaining a strong home-school connection. Past issues of The City Speaks are available on the Citywide Speech Services website -

<http://schools.nyc.gov/Offices/District75/Departments/RelatedServices/Speech/default.htm>. If you have any questions regarding speech, language and/or communication issues, contact your speech-language provider.

Parents as Partners in the Community Setting during the Holiday Season

Here are some suggestions on how you, (the parent,) can involve your child in preparing for and participating in the holidays. We have included activities that provide many opportunities for your child to communicate with you and others in the community. Remember to take photographs during each activity, so your child can then share his/her experience with family and friends.

- **HOLIDAY GIFT SHOPPING:** You and your child can look through circulars (i.e. Toys R' Us, GameStop) to create their wish list for the holidays by cutting and pasting or writing the desired items on a sheet of paper. Set limits for your child on the number of gifts they can choose. If looking through a circular is too overwhelming for your child, you can cut out a few select items that you know your child likes and let him/her choose from those pictures. Your child can also be included in shopping for gifts for friends or family members.
Speech-language goals addressed: Labeling, requesting, commenting, choice making, responding to and asking questions.
- **HOLIDAY DINNER WITH FAMILY:** Meals are a great time to work on social skills with your child. Take the time to teach skills, such as greeting others and table etiquette. Social stories can be used to demonstrate appropriate behaviors in real life situations. The websites www.graycenter.org and www.sand-box-learning.com are two sources for social stories. You can also talk to your child's speech therapist to have him/her write a personalized social story for your child.
Speech-language goals addressed: Greeting, requesting, choice making, commenting, turn-taking and social interacting.
- **PEER INTERACTIONS DURING THE HOLIDAYS:** Winter break is a great opportunity for you to make a play date for your child and a peer. Going bowling, to a fast food restaurant, to the library, museums, ice skating rinks, parks, zoos and aquariums are a few examples of community activities that they can do together. As the parent, you can model the social language between your child and his peer or the community workers.
Speech-language goals addressed: Greeting, choice-making, turn-taking, requesting from a peer, exchanging objects, commenting, responding to and asking questions.
- **FOOD PREPARATION:** First, you and your child can create a shopping list at home with pictures or written words. Then, at the store have your child find the items on the list. (Last,) encourage your child to pay the cashier, wait for the change and say "thank you". Once you have your shopping done, let your child be involved in helping to prepare the food for the holiday meal. Give your child a safe job, such as measuring, pouring, stirring, or opening packages/containers with your supervision.
Speech-language goals addressed: Choice making, vocabulary development, commenting, greeting, sequencing, following directions, labeling, requesting, responding to and asking questions.
- **TECHNOLOGY:** The schools are now incorporating technology into everyday practice. Your children are learning to use technology for various functions other than leisure activities. Computers are a great resource for finding information, such as recipes and travel directions to get around the community as well as activities available in your community. Go online with your child to find an easy recipe that you can prepare for the holidays (www.allrecipes.com) or directions for local events (www.hopstop.com).
Speech-language goals addressed: Choice making, vocabulary development, commenting, sequencing, following directions, labeling, requesting, responding to and asking questions.

Dear CITY SPEAKS,

My child is 12 years old and has difficulty communicating with people in the community. My child does not start conversations, is withdrawn and does not make eye-contact. I am concerned, with the upcoming holidays, that my child will have trouble interacting with family and friends. What can I do to help my child?

Signed,
"Worried"

Dear "Worried",

To make your child feel comfortable in social situations you can rehearse questions that are typically asked in conversations. To do so, play a "Conversation Game" with your child where you practice asking and answering questions. For example: "Hello, how are you?", "How old are you now?", "How's school going?", "Would you like some_____?". Do not forget to encourage your child to answer questions using more than one word and to look at the person who is talking. Remember these are just some examples we provided for you. Feel free to create questions and responses that are relevant to your situation. You can also contact your child's speech teacher for more suggestions.

Joke Time



Jokes are a fun way to practice language skills. Jokes provide a script for children with limited language as well as opportunities to interact with their peers, practice figurative language, develop vocabulary & support language processing, retention and recall skills.

For non-speaking individuals, voice output communication devices can be programmed with jokes.

Q: What do you get when you cross a snowman and a vampire?

A: Frostbite.



Q: What kind of ball doesn't bounce?

A: A snowball!



Knock Knock!

Who's there

Ken

Ken who?

Ken I stay home from school today? It's too cold to go outside!



Internet Resources for Parents

The following are useful resources that will help facilitate your child's communication development.

www.dltk-kids.com This website was developed by a mother and it contains arts-and-crafts and other various printable activities.

www.highfivetix.org This website contains information on discounted tickets to various museums and shows around New York City.

www.starfall.com This website has games and activities that help your child learn how to read.

www.storylineonline.net This website has movie stars reading children's books aloud.

Stay Healthy During the Holiday Season. Cover your cough and wash your hands!



To prevent the spread of the flu and other infections:

- Cover your mouth and nose when you cough or sneeze. Use a tissue or the inside of your elbow- not your hand.
- Wash your hands often with soap and water, especially after you cough or sneeze. Or use an alcohol-based hand cleaner.
- Don't get too close to people who are sick. Maintain a distance of 3 feet. If you get sick yourself, avoid close contact with other people.
- For more information please visit: www.nyc.gov/flu.

Winter Word Search

N S M T N J J B I S S B G A T
 U E E I F A R U F Y H T L E H
 B A A K C I C B S A Z O O Z R
 L R O K A B M F W D E J V O G
 N P E T E L F S M I Z E E T B
 J T H A T U F P U L N Z S T N
 S N O W M A N W D O T T C P X
 Y K F R A C S B O H H R E Z P
 L H A D H Z T Q G N W B C R A
 K E B O Q R I R Q A S R N W O
 Y M Z R S C M F A Q U A X I B
 E T E Q P G O C H W B T A K F
 Y S X M D G E D X O Y G V Q U
 V U U K A J R Z Z N T F S X S
 E J L B P A A Y H S G U P U K

BOOTS EARMUFFS GLOVES HAT HOLIDAYS RAIN
JACKET SCARF SNOWFLAKES SNOW SNOWMAN WINTER

Communication Board: Social

hello 	How are you? 	I'm fine
thank you 	you're welcome 	I'm having fun
bathroom 	please 	goodbye

If you have any questions or topics that you would like us to address, please send an e-mail to: BMandel6@schools.nyc.gov
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