

Rockaway Meadow

Related Service Newsletter

Spring 2021

LET'S TAKE A WALK!

Distance learning on the computer is not the only way your child can make progress. Take advantage of the nice weather! Going outside and exploring in your own yard/block provides for so many learning opportunities- not to mention fresh air is necessary for all of us!

Targeting Receptive Language

Have your Child Listen

-During the walk, ask your child to listen carefully and tell you what they can hear. You can even create a checklist of sounds or objects you may come across before you leave. This way they know what to listen and look for (Sort of like a scavenger hunt).

-You can also have your child identify objects that you are talking about. For example, you can have them follow simple commands such as "point to the tree." As your child's skills develop and need more of a challenge, you can focus on objects given function or characteristics (i.e. "Point to something yellow" or "point to something that flies.")

Describe

The best way to introduce new vocabulary is by naming lots of different things/actions.

Describe what you see/sounds that they can hear. Pre-teach these new words by also showing pictures before you leave, and review again when you return from your walk.

Use a Multi-Sensory Approach

For example, if you were trying to teach your child the word "leaf," you would maybe first show your child a picture. Then you might want to go outside and show them a real leaf. Perhaps you would then have them collect a bunch of different colored leaves. This helps solidify their understanding of an object.

Targeting Expressive Language

Record

Record some of the walk on your phone and replay it when you get home. You can ask your child to name what they hear or see on the phone. If they are able to, they can also label actions (i.e. "What are you doing?" "Yes, you were riding your bike!").

Expand

Expand on your child's verbal language. For example, if they point to a car, you can say, "Yes, it's a car!" If they say "beep, beep," you can say, "The car's horn goes 'beep, beep.'"

Motor Ideas for Outside Play

Spring is finally here, and with that comes nicer weather. Now is a great time to get your child back outside to play!

Here are some fun spring gross motor ideas that require very little equipment:

- [Rainbow Scavenger Hunt](#): Great color identification game that incorporates gross motor as well!
- Hopscotch: Draw on sidewalk/driveway with chalk and practice jumping and hopping. If your child isn't ready to hop on one foot just have them jump their feet together on the single spaces.
- [Hula Hoops](#): These are relatively inexpensive, and there are many things you can do with the besides their traditional use
- [Sidewalk Chalk](#): This has many uses beyond just drawing pictures. Use the link to find some great things to do with chalk.
- Go to the playground and let your child explore and climb the various pieces of equipment. This is a great strengthening activity!

~ Mara Mamroud, M.S., CCC-SLP & Jamie Fugowski, PT, DPT ~

