

Park County School District #1

Therapists and Specialists Information and Optional Learning Resources

SPEECH AND LANGUAGE

Some suggestions for fostering speech and language development at home:

1. Say/read nursery rhymes so your child can hear the rhythm and flow of language.
2. Sing simple songs together to encourage vocal use, teach concepts, and expand vocabulary. (i.e. Heads, Shoulders, Knees and Toes)
3. Use body language in everyday communication to support multi-modal communication. (i.e. shrug your shoulders, shake your head)
4. Name and describe objects you and your child are looking at together. You can ask your child to help you come up with descriptive words (i.e. What color is it? How does it feel? Soft or hard? [Giving them a choice of words reinforces vocabulary and decreases the language demand.]
5. Model correct pronunciation and grammar. You don't need to always correct them; just repeat what they say with the corrections. Children are like sponges – they soak up what they hear repeatedly!
6. Expand on your child's sentences to be more descriptive/clear/grammatical. This validates his/her efforts and provides a model, which supports and encourages language growth.
7. Talk during play. The more language models your child hears, the more he/she will want to talk and will know about language.
8. Ask open –ended questions instead of yes/no questions. This encourages your child to produce language rather than answering yes or no. If he/she has difficulty, you can provide two choices. (i.e. what do you want to eat? Spaghetti or pizza?)
9. Look at books/read together. This supports language development in so many ways! You don't need to read the pages word for word, but talk about the pictures, make connections to your child's life (i.e. in the book the boy has a red ball; say to your child "Oh look, there is a red ball like yours! What do you do with your ball? What does he do with his?")
10. If your child is working on a specific sound, you can look for that sound/letter throughout the book and practice saying words with that sound.
11. Emphasize the correct production of a sound in your own speech if your child has difficulty saying a particular sound. If your child says a word incorrectly, do not ask him to repeat it. Instead, you repeat the word correctly and say the troublesome sound louder and longer.

If you have any questions or need support, please feel free to contact the speech therapist at your child's school:

Westside: Jennifer Fernelius jrfernelli@pcsd1.org

Parkside: Susan Reynolds sreynolds@pcsd1.org

Southside: Lindsey Swope klswope@pcsd1.org

Middle School/High School: Sarah Klingler snklingler@pcsd1.org

WEBSITES FOR SPEECH AND LANGUAGE ACTIVITIES

ARTICULATION

- www.mommyspeechtherapy.com - specific sounds in words, sentences, and paragraphs. Click on “FREE DOWNLOADS” and navigate to a specific sound and select level to work on.
- <https://www.youtube.com/channel/UCJ2we6uaxjczxATRB9jepCg> - Carrie Clark- SLP Solutions: This YouTube channel includes 5-6 minute videos that can provide direct instruction, models, and verbal/visual cues for a student’s target speech sound. It also includes videos that can provide parents with strategies for expanding language skills in young children.

LANGUAGE

- www.turtlediary.com - Games and resources by grade level, “stories” for language enrichment, games for grammar, categorization, language development.
- <https://youtube.com/watch?feature=youtu.be&v=0knOmm3yPrk> - Language lessons to songs
- <https://teachingtalking.com/best-board-games-for-speech-therapy/m> - Ideas for ways to use common board games for language development.
- <https://www.eduplace.com/tales/> - Wacky Web Tales: Practice for grammar use in stories (similar to Mad Libs)
- <https://www.storylineonline.net/> - Videos of story books being read aloud
- www.readworks.com - Kindergarten to 12th Grade reading and passages and comprehension questions.

PRAGMATICS / SOCIAL SKILLS

- <https://videolearningsquad.com/courses/free-access-social-skills-squad/>. - Video Learning Squad, free social stories

WEBSITES FOR AAC PRACTICE

- <https://www.aacandautism.com/lamp/resources-and-support>

PHYSICAL THERAPY

Dear Parents, Guardians, and Students,

Here are two links to a breathing activity and some body movement activities that you can practice with your child. Those of you who have a child receiving physical therapy at school, please practice these with your child for their safety. Your child may use one hand on the couch or a chair for balance as needed with the balance exercises. I recommend performing each movement for 1-5 seconds and working up to 10 seconds as able. Remind your child to breathe while they are doing the movements and to stop any activity if they cause any discomfort. The breathing exercises can be done 1-2 times each, several times a day. I have practiced breathing with all of your students who receive physical therapy at school so they may be familiar with this.

Please contact me with any questions or concerns regarding your child’s gross motor skills and these exercises.

I look forward to assisting your children with their physical therapy needs!

Kerry Breen, PT, MPT

kabreen@pcsd1.org

<https://www.pinkoatmeal.com/wp-content/uploads/Mindful-Breathing.pdf>

<https://www.pinkoatmeal.com/wp-content/uploads/Yoga-Kids-Posters-Subscribers.pdf>

OCCUPATIONAL THERAPY

Dear Parents, Guardians, and Students,

Below is a slideshow of fine motor activities with a list of websites for additional resources.

https://docs.google.com/presentation/d/1FB4DkvGy1U6ll7f60Vt3UN-jFB86K69Gse_Bm3ufxB0/mobilepresent?slide=id.p15

Here is another resource with a plethora of ideas:

<https://theinspiredtreehouse.com/activities-index/?fbclid=IwAR2K9aKviRXIj6ChdYkbbi5fsJ7BQJvqoxm863JwwVmTNlfpR9OdTquWDmo>

Occupational Therapy, continued

Below is a link that Mrs. McKee uses with her high school population:

Yoga for Teens - <https://www.youtube.com/watch?v=6Ekep9GqvaM>

Here is information on creating an indoor obstacle course:

Indoor Obstacle Course Instructions - <https://mommypoppins.com/new-york-city-kids/boredom-busters/build-an-indoor-obstacle-course-for-kids-in-7-steps>
DIY Obstacle Course - <https://www.fatherly.com/play/how-to-build-an-obstacle-course-living-room/>

Here is a resource for creating a sidewalk obstacle course with chalk
<https://www.facebook.com/PlayTivities/videos/1878755249006690/>

Please contact us if you need additional information or assistance!

Adrienne Harvey, MS,OTR/L - amharvey@pcsd1.org
Stephanie McKee, MS,OTR/L - slmckee@pcsd1.org

ADAPTIVE PE

Below are some resources to consider when trying to keep kids active at home.

Exercises for home with no equipment: <https://external-content.duckduckgo.com/iu/?u=https%3A%2F%2Fwww.sunnyskyz.com%2Fuploads%2F2018%2F01%2F97j8v-best-home-workouts-with-no-equipment-1.jpg&f=1&nofb=1>

Resources for staying active at home: <https://www.thepespecialist.com/peathome/>

Please contact me if you need additional assistance.

Chris Wolff - Adaptive PE - cbwolff@pcsd1.org