



## **SUMMER 2020!!! (Unlike any other) What to do during COVID-19 closures? | Summer Reading | Insurance Updates & Teletherapy**



School's out, and distance learning is done! This means your child has more time on their hands, and given the current closures around the state due to COVID-19, finding things to fill the day may be hard. Below are activities to help fill the day, and to find new "tricks" to tie in learning with fun, as well as to encourage speech and language development while still having a good time!

### **1. Create a summer scrapbook.**

Take digital pictures and glue them in a construction paper book after special events throughout the summer. This can address sequencing skills, receptive language skills (e.g. answering WH?s), vocabulary, etc. Your child write, dictate, or create a sentence via AAC about the picture/s. Afterwards, encourage your child to share their book with family and friends to address social skills. (Personally, each summer I have my two daughters, Trinity and Haley, do this, as well as journal, to support their language skills during the summer.)

### **2. Have fun with sidewalk chalk!**

Draw pictures of summer words, sight words, and/or items within a category. Play a listening game by encouraging your child to step on the pictures as you name them: "Hop to the sunglasses", "Bear crawl to the word of." or "Skip to all the pictures of foods." AAC users can use their device to direct their communication partner as to what to draw, colors to use, and/or describe pictures drawn. (I have my daughters do this with numbers to help support their math skills during the summer.)

### **3. Design a homemade placemat.**

This activity can be easily tailored to your child's age. For younger children, use crayons and pre-cut shapes to decorate a large piece of construction paper with fun summer pictures. For older children, hunt for category pictures in a magazine and glue them onto the placement. You can encourage your child by saying, "Find three cold foods", "Find three yellow things" or "Find three pieces of summer clothes". Afterwards, laminate your child's placemat and enjoy using it at mealtime. For individuals who use AAC the placemat may be created with icons of common vocabulary for meal time to support easy access. Remember descriptive words like: yummy, yuck, sweet, and comments such as: I don't like it, more please, all done.

### **4. Make a creative snack.**

My youngest daughter Haley, is my little baker. She will chose a fun recipe, such as Ants on a Log, Apple Smiles, or Gummy Worm Dirt Cups. (If you're looking for ideas, the internet is a great resource for creative, kid-friendly recipes.) When she has picked one out, I have her read the recipe ahead of time (addressing sequencing skills), and have her make a list of needed items. Plan out each step by making a list or drawing pictures (e.g. "First, put peanut butter on the celery. Then..."). Enjoy your snack! For AAC users, when baking, remember to discuss verbs and descriptive words, not just the nouns of items needed.

## 5. Plan a treasure hunt.

Choose five to ten items to hide around the house or outside. Give your child clues about where each item might be hidden, and have them cross each item off a list as they find it. Then let your child hide the items and encourage them to describe where items are hidden using descriptive words and location concepts.

[www.tlcspeechct.com](http://www.tlcspeechct.com)

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## Parent Resources to support skills during COVID-19 closures



Nat Geo for Kids

[www.kids.nationalgeographic.com](http://www.kids.nationalgeographic.com)

Virtual Field Trip

<https://www.weareteachers.com/best-virtual-field-trips/>

Kids Yoga

<https://preschoolinspirations.com/kid-yoga-videos/>

Kids Art Classes

<https://www.kitchentableclassroom.com/online-art-classes-for-kids/>

## TLC's Calendar

What we've done since our COVID-19 closure:

In April we began publishing Read Alouds with Mrs. Maureen.

April 26th we participated in the ASRC's walk for Autism with our team #TLC4ASD.

In May we celebrated Better Speech and Hearing Month by providing information and videos to support skills we address. May 14th was Apraxia Awareness Day and we worked to educate people of this motor speech disorder.

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## SUMMER READING



### Beyond Books: 6 Fun Things for Kids to Read

It's summer, so kids might not want to read traditional books at home, especially if reading is hard for them. But there are lots of other things kids can read to get their practice in, and even have fun doing it. [Here](#) are six ideas.

### Bored of storytime? 5 ways to make reading to your baby more interactive

We've all been there: It's storytime, and you're about to pull out another book that you've read to your child so many times (sigh) that you can probably recite the whole book from memory without even opening it. Even though you know reading and [re-reading helps your little one learn](#) (and the younger you start reading to your baby, [the better](#)), sometimes it's hard to bring the energy. How do you make storytime exciting yet again? [Here's](#) how...

### Simple Yet Powerful Things to Do While Reading Aloud

To get the most out of a shared reading, encourage your child to appreciate the pictures, and also guide their attention to printed words. Doing so may help your child's reading, spelling, and comprehension skills down the road. Click [here](#) for more information.

# TLC Updates



**This picture says it all! We miss you!!!**

As we stated in our email last week, we are hoping all continues to go well in CT and we can open our doors again on July 1 for those not currently receiving teletherapy services.

### **Our plan:**

We know you might still have concerns about returning to our clinic. You can rest assured that we will implement the following safeguards to minimize the exposure risks related to COVID-19 for our clients, caregivers, and therapists:

- Therapists will be asked to wear a mask and/or face shield when possible.
- If anyone in our immediate or extended family has been ill or traveled outside of the state of Connecticut, we will inform you and re-scheduled your child's appointment.
- It is to the therapist's discretion if they deem a child well enough for therapy.
- No-show fee will be waived for cancelling sessions.
- Our waiting room will remain closed.
- Contactless payment arrangements will be made. Credit card on file forms will be available, and/or payments can be made over the phone.
- Toys utilized during therapy sessions will be kept to a minimum and sanitized before reuse.
- Fabric toys, swings, playdough, sensory bins, and other difficult to clean objects will not be used.
- Therapists will wash their hands before and after each session.
- Therapists will sanitize their therapy room and/or work station between each client.

## **INSURANCE UPDATES 2020**

Many plans have an effective date of June or July. If your plan, policy, or carrier has changed, please notify us immediately.

To date, teletherapy end dates are as follows:

Anthem BCBS-CT: 9/13

Aetna: 8/1

Cigna: 7/31

CTCare: 6/30

Please contact Lynn regarding any concerns you have regarding billing or insurance.



TLC prides itself on being an intimate clinic where all families feel welcome. We strive to make each child and caregiver feel welcomed and supported. We'd love to share the wonderful work we do here on the internet, so if you are willing to sign a photo/video release, please do so with your therapist. Don't forget to post and share our social media posts on your page! If you are interested, please feel free to email Lynn LaValley a testimonial about your therapist to be published, and/or rate us on Google.