

Welcome Fall!

Pearl River Speech & Language

Dear Parents,

We welcome you back to the 2017-2018 school year in the Pearl River School District! We are very excited to begin speech and language therapy with our students. We are pleased to share some organizational tips to improve your child's executive functioning skills as they get ready for a successful school year. We would also like to share some facilitative prompts when engaging in discussion with your child to reflect upon their school day. We hope you find these tips and prompts to be useful in creating a strong organizational foundation for the academic year and helpful as you engage with your child in everyday conversation.

From,

The Pearl River Speech Department



Colleen Moore
Moorec@pearlriver.org

Stephanie Hommel
Hommels@pearlriver.org

Stephanie King
Kings@pearlriver.org

Executive Functioning Tips to Start the Year Off on the Right Foot

- Pre-plan and talk aloud about projects, goals, and tasks. Utilize growth mindset while doing so. "I can _____!"
- Utilize visual schedules, calendars, and checklists to help students plan, transition, and visualize tasks they have accomplished.
- Color code tasks into designated categories to stay organized.
- Break down large projects into smaller tasks. This will make a big project less daunting and students will be proud of each accomplishment along the way.
- Use timers and clocks to allow students to monitor themselves and reflect upon their use of time.
- Designate a specific time for tasks.
- Apps for Executive Functioning:
Paperless (checklists), *Time timer* (visual for timing)
- View this great article for more tips: [EF article](#)

Morning Routine	
Breakfast	
Get Dressed	
Get Shoes On	
Lunch box in bag	
Do Hair	
Brush Teeth	
Pack Bag	
Get in Car	

Questioning Prompts:

Present open-ended questions to your child to yield more descriptive responses!

- "Tell me your favorite/ least favorite part of the day."
"Why?"
"How come?"
- "What did you do in *Special/ELA/Speech* today?"
- "Tell me about something you learned today?"
- "Tell me about a fun game you played at recess."
- "What are you most/least excited for this week?"
- "What are you excited for in the next few weeks?"

Speech Practice on the Go: 5 Easy and Simple ways to Practice Speech and Language in the Car

Car rides provide a great and convenient time to practice those speech and language skills. Get into the habit of practicing every time you're in the car to establish a routine of consistent practice. Listed below are some enjoyable ways to practice those skills on the go!

1. **Sequencing:** Have your child sequence the events of the day using those transition words (first, next, then).
 2. **Describing:** Practice describing items by playing "I Spy" with your child. Make sure to have them include category, function, and parts.
 3. **Figurative Language:** Discuss the examples of figurative language that you hear in songs as you listen to the radio.
 4. **Wh- questions:** Ask your child a variety of wh- questions (*Who, What, When, Where, Why*) and encourage them to ask you questions as well!
 5. **Articulation:** Create a sound book focusing on the target sound your child is working on. A short car ride is the perfect time to practice!
-
-