



# From the Speech Room

## December



### Holiday Time

December can be a very stressful month for our children. It is important to keep routine in their daily life, as well as, providing fun and enjoyable activities for them at home. If you are planning on doing any baking or cooking for the holidays, include your children. Let them also help you wrap presents, decorate a tree or put cards in envelopes. These activities are all language-based lessons for building vocabulary. They teach sequential skills, such as what comes first, second and third like in a recipe. Wrapping presents and putting cards in envelopes can strengthen fine and gross motor skills. All of these activities increase vocabulary and encourage our children to engage in a conversation with us as we do the activity together. In turn our children will increase their self-confidence and form a lasting bond with us, as well as, all the memories that will be made during the holiday season with their family.

**Here at Westbridge Academy we wish you a very happy, healthy and joyous holiday season!!**

### Strategies to Promote Language

#### THEMES/UNITS

Holidays - Make and decorate your own holiday cards. Bake holiday cookies and decorate them. Let them pick out their own holiday presents for their siblings. Read a holiday story together.

1. Parallel Talk –Narrating a child’s actions, sights, smells and touches out loud.
2. Sequencing - Narrating what happens first, second, third, etc. while engaged in an activity.

#### December Word List

Kwanza

Hanukkah

Blizzard

Frigid

Celebration

#### BOOKS

I Know An Old Lady who Swallowed a Dreidel –  
By Caryn Yacowitz

How to Catch a Snowman by Adam Wallace

A Christmas Wish by Lori Evert

The Polar Express by Chris Van Allsburg

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