

## Rockaway Meadow

# Related Service Newsletter

Summer 2022

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### Summer Vacation!

Summer break is just around the corner! There will be many more opportunities to get outside and play once school is out. Take advantage of the nice weather and get to the beach, where there are so many opportunities for your child to move, play, and strengthen their muscles as well as their communication skills!

Here are some great beach activities:

- Build a sandcastle
  - Have your child dig in the sand and fill pails or buckets to create a solid base. This is not only a great strengthening activity, but also provides a heavy work experience for sensory input.
  - Under adult supervision have your child go get a bucket of water and carry it back to the castle to create a moat.
  - Use your imagination! You don't have to build a sandcastle... you can build a snow(sand)man or anything that you think of!
- Take a walk and look for shells
  - Walking on the uneven sand can be a challenge and will help your child to work on their balance and also strengthen their muscles
- Play catch with a beach ball or football
- Use the sand to make a hopscotch board or a target to throw to
- Have a water relay!
  - Under adult supervision have your child fill up a cup of water and bring it to fill a bucket. The first child to fill a bucket wins the race!
- Cool down:) Whether it's in a pool, the sprinklers, water table or just a bucket of water. Place different objects in the water (fish, cars, toy figurines, etc). You can have your child identify/label the objects, complete actions (swim, splash, pour), sort the objects, follow directions, etc. You can also set up a hose and have a car (or bike) wash- the activities are endless!

**Play Board Games.** Encourage social skills like turn-taking, following a sequence and being a good sport and topic maintenance. Here are some suggestions:

-Don't Break the Ice, Pop the Pig, Connect Four, Pop-Up Pirate, Zingo, Candyland

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**Keep a “photo journal.”** Take pictures of any activities your child/family does this summer (even if it is just playing in your own backyard). You can then look back and talk about the pictures (i.e. Identify/Label the objects/people, ask them various “wh” questions “what are you doing?” and “where are you?”).

**Keep reading!** Continue to read to your child to expand their vocabulary. You can work on identifying/labeling objects and actions, answering various “wh” questions, following commands, predicting outcomes, etc. (See the previous weekly activity called “Let’s Read” for more ideas)

Some suggested summer books:

- Biscuit’s First Beach Day
- There was an Old Lady Who Swallowed a Shell
- There was an Old Mermaid Who Swallowed a Shark
- Where is Baby’s Beach ball?
- Froggy Goes Camping
- The Night Before the Fourth of July/The Night Before Summer Vacation



HAVE A GREAT SUMMER!

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