



October Newsletter

K.I.D.S. Therapy

Experiencing the Seasons through the Five Senses

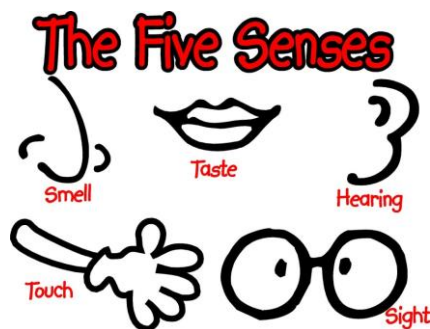
Contributing Therapists: Amanda Olson, M.A., CCC-SLP, Christine Grupa, M.S., OTR/L

October is a fantastic time of year, filled with many changes. The weather is changing, the leaves are turning color, and the holidays are just around the corner. This is a great time of year to help expand your child's linguistic abilities by talking about the seasons and helping your child understand the different changes that occur all around us each time of year. Help your child increase their vocabulary and ability to verbally describe their environment using a multi-sensory experience. This is a great way for children to not only improve their descriptive verbal skills, but it also exposes them to new sensory inputs, including new sounds, textures, tastes, smells, and temperatures. Take advantage of the noticeable changes occurring as summer turns to fall by helping your child discover the following.

USING OUR SENSES

Help your child learn about the **5 SENSES** by exploring the changes that occur each season.

- **Sight:** Discuss how the environment changes with each new season. Help your child notice the changes in color, shape and size of plants outdoors. Talk about changes in the weather, outside surroundings, and even the clothes that people wear.
- **Taste:** How do the foods of the season compare to others? Are they salty, sweet, sour, bitter, or spicy?
- **Touch/Textures:** Talk about how various objects and food feel in your hands: soft, rough, spiky, smooth, or squishy. Explore how different foods feel in your mouth: crunchy, mushy, chewy, hot, or cold. Discuss how changes in the weather and temperatures affect how your body feels.



- **Sound:** Listen to the new sounds that fall brings. Help your child hear the leaves rustling in the trees, the cool breeze blowing in their ears, and rain falling on the roof.
- **Smell:** Use your nose to find new smells that fall brings.

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Take a look at our website, <http://www.kidstherapyassociates.com/news/newsletter.cfm> to view our *Trick or Treat* social story and more!

Preparing for Halloween Night:

- Make a social story
- Watch Halloween videos or read Halloween stories together
- Do a practice walk through the neighborhood before the big night
- Role Play or act out what they should do and say when they get to the door



Play the Icky Sticky, Ooey Goey Sensory Game:

Help your child better understand each of his/her senses by putting together a food sensory activity like the one provided below:

Step 1:

You will need 5 or more paper bags that you can't see through them. You will want to line the bags with plastic. You will be placing a different food in each plastic bag.

Step 2:

Items to place in bags:

Bag #1: Cut bananas into slices and mash them up to represent the brains.

Bag #2: Take grapes and peel the skin off of them to represent the eyes.

Bag #3: Stick pretzels to represent the Bones.

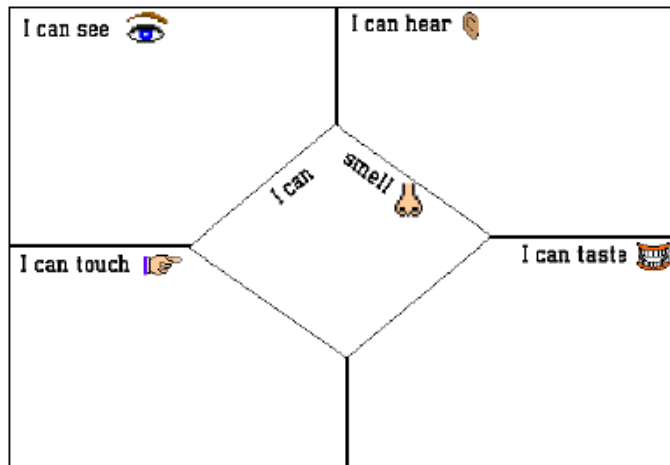
Bag #4: Cook spaghetti noodles to represent the worms.

Bag #5: Dried orange peels to represent the dried skin.

Step 3:

Have your child use one sense at a time to guess what the item is. For example, have your child close their eyes and you ask, "Let's use our sense of touch: What does it feel like?" Then ask "Let's use our sense of taste: what does it taste like?" Continue to use the sense of smell, hearing, and finally let them look at the item at the end.

Use a copy of the diagram below to guess what each mysterious food could be by writing or drawing what your child encountered.



It may be difficult for your child to identify an appropriate word to describe what they are feeling, tasting, etc. Instead of providing them with the answer, help your child identify different senses by providing **BINARY (TWO) CHOICES**. For example, when you ask your child, "What does it taste like?" and they are having difficulty providing an answer, ask them, "Does it taste sweet or salty?"

Fall Leaf Cookies



Make your favorite sugar cookie recipe, and then divide the dough into four or five portions. Color each portion a different fall color, including, red, orange, green, yellow, and brown using paste food color. To make the dough brown, use cocoa powder. To make each cookie, press several colors of dough together, then roll out the dough so it has a various colors mixed together. Use a leaf shaped cookie cutter to cut out each cookie, then bake and cool.



Website:

www.kidstherapyassociates.com

Address:

11838 Bernardo Plaza Court, Suite 110,
San Diego, CA 92128

Telephone

858-673-KIDS (5437)

Developing Fine Motor Skills During October

- Practice putting put on their costume as independently as possible. Zipping, snapping, and buttoning are good ways to increase fine motor skills.
- Sort candy into different categories based on size, shape, color or type of candy. They can also use chopsticks or tongs to help work on grasp when picking up these items
- Pumpkin Carving is also a great way to work in fine motor skills, you can have your child use a large spoon or their hands to help scoop out the pumpkin seeds or if following a pattern have them help poke holes into the pumpkin.
- Drawing or coloring pumpkins is a great way to encourage your child to draw the basic shapes such as triangles for the eyes, a square for the nose and straight lines/curved lines for the mouth

