

# Helping Hands Speech Therapy

## Happy Holidays! Happy New Year!

Dear Parents and Family Members,

I just wanted to wish everyone Happy Holidays and wishes for a happy and healthy 2020!

### Holiday Activities with Your Kids at Home

Although December is a busy time of year, it can be a great time to read books and do crafts at home during the winter break. Many activities at home can incorporate speech, language, and reading activities that kids and adults enjoy. Here is a list of some: talk about decorating the Christmas tree in terms of steps using the terms first, second, third, last; talk about the ornaments for the tree – which ornaments are special to you and why?; read books about the holidays and talk about holiday traditions; cutting out holiday cookies and decorating them; talk about what to expect for holidays; write a letter or list of presents to Santa; write thank you notes for gifts and holiday cards to friends and family; play outside in the snow!

### Reflections on 2019

I have been practicing speech-language therapy services for over 18 years, and this year was a year that I learned a lot about my profession. I have grown this year as a professional based on the things I have learned. Here are some of my reflections from 2019. 1) I joined a Facebook group that has over 45,000 members of speech-language pathologists from all over the world, and following that page has taught me a lot about how other professionals work and view speech and language disorders. Everyone in that group is extremely supportive of each other, and I appreciate the expertise that has been shared amongst professionals. 2) I have purchased several new assessment materials and have realized how important it is to review the psychometric properties of each test that I am using to diagnose a child with a language or literacy disorder. Some tests that are very popular among therapists are not well-supported by good or excellent psychometrics and should not be used to diagnose disorders. 3) I am continuously appreciative of how supportive the families who I work with are towards me and the services that I provide. Without them, my job would be nearly impossible. 4) I am looking forward to using some of the strategies and techniques that I have learned during continuing education courses in 2020, particularly the things I have learned about executive functioning and working memory.

## Happy Holidays Everyone!

Where Communicating Feels Right at Home



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## DECEMBER

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### Suggested Vocabulary Words for

Winter

Holidays

Snow

Snowman

Reindeer

Christmas

Santa

Hanukkah

Presents

Elf

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