



THE NEWS

- Fun Friday Nights
- Celebrating Milestones
- 2024 Camp PAL Volunteer Summer Intern
- New Year, New Goals - Make it FUN
- Winter-Themed Therapy Activities for Home
- Understanding Sensory Processing: Winter Edition
- Awareness Calendar
- Local Activities & Upcoming Events



Happy New Year

OFFICE ADDRESSES & INFORMATION

SUMMIT OFFICE:
151 SUMMIT AVENUE,
SUMMIT, NJ 07901

MONTCLAIR OFFICE:
198 BELLEVUE AVENUE,
MONTCLAIR, NJ 07043

CONTACT INFORMATION:
(908)-598-0228
WEBSITE

CLICK TO EXPLORE OUR VIBRANT
COMMUNITY ON SOCIAL MEDIA

INSTAGRAM

FACEBOOK

LINKEDIN

TIK TOK





Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER

Introducing Fun Friday Nights – Starting February 2nd! 🎉

Get ready for a monthly dose of excitement as we kick off Fun Friday Nights, beginning February 2nd at our Summit Office!

These fantastic evenings promise to be the highlight of your month, featuring a variety of thrilling themes and activities for teens **ages 13 and older**.

Mark Your Calendar for the First Friday of Each Month:

February 2 - March 1 - April 5 - May 3 - June 7

Monthly Themes to Look Forward To:

Each month brings a unique theme to spice up the night! From Crazy Hat or Crazy Hair to Beach/Luau, 80's and 70's nights, and even showcasing your favorite sports team – there's something for everyone.

Registration Details:

Secure your spot by registering via the link below. A \$30 fee guarantees you 1.5 hours of non-stop fun! Each group is limited to 20 students, so be sure to sign up early. To be eligible, participants must be able to attend independently.

Drop Off Procedures:

Drop-off is a breeze! Head to the waiting room, where our friendly staff will be ready to assist. Check-in at the door to ensure a smooth start to the night.

Event Hours:

Fun Friday Nights will take place from **7:00 pm - 8:30 pm**. Join us for an evening of laughter, and unforgettable memories.

We can't wait to see you there!




Summit Office
151 Summit Ave, Summit
NJ 07901

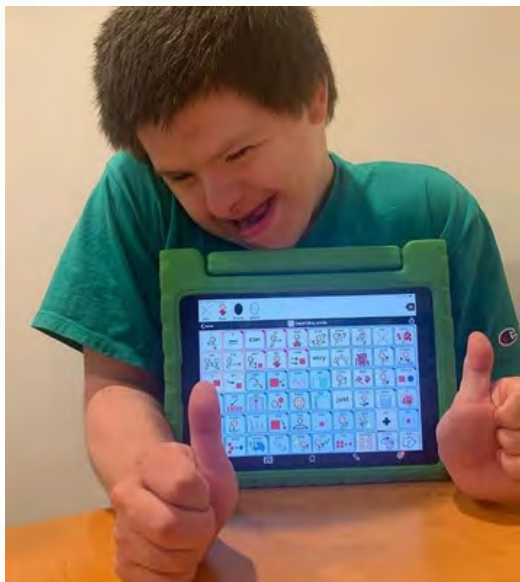


[Registration link](#)

Take a look at the amazing presentation created by our friend, Zachary.

 **SOCIAL INCLUSION FOR NEURODIVERGENT PEOPLE ON HIGHER EDUCATION CAMPUSES** By Zachary Sena-Cash

Celebrating milestones



Matt successfully communicated his dislike for colorless pictures.



Matt, Miss Sam, and Miss Olivia successfully ordering coffee using AAC!



Miss Anna celebrating her friend's accomplishments.



Miss Tricia and Kristofer, Kristofer, the creative force behind 'Tell Me About It' T-shirts.

CAMP PAL

Southern Blvd Elementary School, Chatham

JULY 2ND-AUGUST 8TH
THREE DAYS WEEKLY
(EXCEPT FOR WEEK 1 TUES/WED ONLY)

**GET READY FOR AN UNFORGETTABLE
EXPERIENCE AT CAMP PAL 2024!!!**





Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER

Guess How Many

We have our winners for the "Guess How Many" challenge!



Your sweet tooth intuition is truly impressive!



Creative Speech Solutions LLC
PEDIATRIC THERAPY CENTER



JOIN OUR 2024 CAMP PAL VOLUNTEER SUMMER INTERNSHIP

- Creative Speech Solutions, LLC is looking for Speech Pathology or Occupational Therapy students for our Volunteer Summer Internship program who interested in gaining necessary observation hours needed to apply to graduate school. Our internship opportunity is a six-week therapeutic summer program as part of Camp PAL (Play and Learn) for children with learning differences.
- This unique opportunity provides college and graduate students with hands-on experiences and great insight into understanding and observing therapeutic intervention strategies for children with a wide variety of developmental disabilities in a camp-like environment. Additionally, they will have the ability to see children progress and learn through play. Summer interns will have the opportunity to observe and assist talented certified therapists who are fully prepared to offer highly motivated professional interns instruction and opportunities to learn the most up to date therapy techniques.

Review the camp section of our website. You will see links to our brochure, flyer, and videos/slideshow from past summers.

www.creativespeechsolutions.com

[Click here to apply.](#)

New Year, New Goals: Make it FUN

New Year's resolutions with your kids can be a blast! Here are some ideas to add a playful and enjoyable twist to the process:

1. Resolution Scavenger Hunt:

Turn goal-setting into a scavenger hunt adventure. Write down different resolutions on pieces of paper, hide them around the house, and let the kids find them. Each resolution they discover becomes a goal for the year.

2. Crafty Resolutions:

Get creative by turning resolutions into a fun craft project. Have the kids make a colorful collage, draw pictures, or create a sculpture representing their goals. This hands-on approach can make the process more engaging.

3. Goal Jar:

Decorate a jar and turn it into a "Goal Jar." Each family member can write down their resolutions on colorful slips of paper and place them in the jar. Throughout the year, you can randomly pull out goals and celebrate achievements together.

4. Wheel of Resolutions:

Create a "Wheel of Resolutions" with different goals written on it. Spin the wheel and let fate decide which resolution each family member will focus on. It adds an element of surprise and anticipation.

5. Resolution Time Capsule:

Create a time capsule with notes about each family member's resolutions. Bury it in the backyard or hide it in a special place. Open it the following New Year's Eve to reflect on the progress made.



Winter-Themed Therapy Activities for Home

Turn winter into a fun and engaging opportunity for speech and occupational therapy at home! The snowy season provides a unique backdrop for activities that can enhance your child's communication and motor skills. Here are some delightful winter-themed ideas to incorporate into your home therapy routine:

1. Snowflake Articulation:

Transform speech practice into a creative art project by making snowflake articulation cards. Write speech words or sounds on each snowflake, and as your child practices each one, they can create a beautiful snowfall of words.

2. Hot Cocoa Breathing Exercises:

Warm up with hot cocoa-themed breathing exercises. Use a pretend "hot cocoa" (a cup, a bowl, or even a cozy blanket) to practice deep breaths. Inhale the delicious aroma and exhale slowly, turning it into a calming routine for relaxation.

3. Winter Obstacle Course:

Build a winter-themed obstacle course indoors to focus on gross motor skills. Incorporate activities like "ice skating" (sliding on socks), "snowball toss" (using soft plush toys), and "snow angel" movements to encourage coordination and balance.

4. Winter Storytelling:

Snuggle up with a blanket and read winter-themed books together. Afterward, encourage your child to create their winter story. This activity not only enhances speech and language skills but also stimulates creativity and narrative abilities.

5. Arctic Animal Movement Game:

Bring the Arctic to your living room with a game inspired by polar animals. Assign different movements or sounds to each animal (waddle like a penguin, roar like a polar bear). This activity helps with motor planning, coordination, and expressive language.

Winter-Themed Therapy Activities for Home

6. Winter Sensory Bin:

Create a winter-themed sensory bin filled with "snow" (cotton balls or shredded paper) and various winter objects. Let your child explore different textures, fostering sensory development. Use this opportunity to discuss and describe the sensations they experience.

7. Snowball Letter Toss:

Craft paper snowballs with letters written on them. Arrange targets with corresponding words around the room. As your child tosses the snowballs onto the targets, they can practice letter recognition, sound production, and word association.

8. Frosty's Feelings:

Explore emotions through a snowman-themed activity. Create different snowmen representing various emotions (happy, sad, surprised). Discuss each emotion, encouraging your child to express themselves verbally and through facial expressions.

9. Winter Vocabulary Bingo:

Play a winter-themed vocabulary bingo game. Create bingo cards with winter words or pictures and call out definitions or descriptions. This activity promotes speech and language development while adding an element of friendly competition.

10. Ice Skating Rhythm:

Turn the floor into an ice rink with paper plates or fabric squares as "skates." Glide and dance to music, incorporating rhythmic movements. This activity enhances coordination, balance, and rhythm, making it a delightful winter-themed therapy exercise.

Tailor these activities to your child's specific therapy goals, and most importantly, have fun embracing the winter season while nurturing their development at home!

Understanding Sensory Processing: Winter Edition

Understanding how sensory processing may be influenced during this season can help parents navigate the winter wonderland with their child's needs in mind. Here's a closer look at sensory processing during the winter and tips to make the most of this chilly season:

1. Tactile Sensations in the Snow:

Encourage your child to explore the textures of snow – from the powdery feel to the crunch under their boots. This sensory play not only delights but also supports tactile development.

2. Layered Clothing for Temperature Regulation:

Dress your child in layers to provide opportunities for sensory input. The textures of different fabrics and the snug feeling of layered clothing contribute to sensory awareness. Pay attention to their comfort and preferences to optimize their winter wardrobe.

3. Sensory-Friendly Winter Gear:

Invest in sensory-friendly winter gear, such as gloves with various textures or coats with cozy linings. These items not only keep your child warm but also provide sensory input that can be soothing or stimulating, depending on their individual needs.

4. Calming Winter Scents:

Engage your child's olfactory senses with calming winter scents. Aroma diffusers with scents like peppermint or cinnamon can create a sensory-friendly environment at home. Experiment with scents to find what promotes relaxation and comfort.

Awareness Calendar

Birth Defects Awareness Month



World Braille Day, 4 January




Local Activities & Upcoming events

 [The Wizard of Oz,](#)
SUN JAN 7, 2024 @ 1:30 PM & 4:30 PM

(Sensory friendly)

This one-hour adaptation of the classic story uses a mix of actors and puppets, new songs and favorites from the classic movie. Rediscover the joy of following the yellow brick road with Dorothy, the Scarecrow, the Tinman, and the Cowardly Lion as they travel through a reimagined world of Oz. Perfect for audiences 2 - 7 years old.

 [2024 SPECIAL NEEDS RESOURCE FAIR](#)
Sunday, Feb 25 - 10 am-2:30 pm
JCC of Central New Jersey, 1391 Martine Avenue, Scotch Plains



CSS Open House
Stay tuned!