

# ABA Connections of PA Newsletter

## WINTER SPEECH IDEAS

### TIPS TO PROMOTE LANGUAGE

GETTING THERE  
TOGETHER

"What's the weather, what's the weather, what's the weather like today?" It's winter time, and while every season is a great time to talk about the weather, winter is especially fun because, SNOW!

### WINTER CRAFT

#### 2 INGREDIENTS PLAY SNOW

#### What you'll need:

- 2 ½ cups of baking soda
- ½ cup of white hair conditioner

#### How to:

Mix 2 ½ cups of baking soda with ½ cup of white hair conditioner, it's really that simple!!

Add more baking soda as desired to make your snow less wet.

Now you're ready for hours

of fun,  
without  
the  
cold  
hands!!



• Snow can be a great Speech topic because it can go in so many different directions. (Literally, sometimes it looks like it's snowing backwards during crazy snow days!)

• -Sing a weather song with your child. Songs are great for prompting speech and understanding of weather/seasons. See if your child can answer the question, "What is the weather today?" Use this as a starting point to talk about seasons and their different weather.

• -Talk about SNOW! Play with the SNOW! Bring some snow inside and put it in a plastic container and let your child play with it. Ask your child, "How does it feel?" (cold, wet), "What color is it?" (fun trick: change the color with food dye!). The snow will start melting... ask your child, "What is happening?" or "Why is the snow melting?" (Don't forget to cover your space with towels to prevent a big wet mess.)

• -If you're going outside to play, you can work on your child's labeling

skills as you're getting them dressed for the snow (hat, mittens/gloves, socks, more socks, boots, snow pants, coat, etc). Ask your child some "where" questions or work on functions. "Where do we wear boots?" "Where does a hat go?", "Why do we wear gloves?" Get them dressed and get them talking!



# SAVE THE DATE

-Build a snow man! Whether you make a snow man outside or do some arts and crafts, this a great time to work on following directions and body parts. Ask your child what you need to make a snowman or what a snowman needs while you're drawing. Give your child some directions to follow, "Get some snow," "Put on the buttons," "Glue on his the eyes." Talk about body parts and ask your child what each part is used for. "What do we do with our eyes," "Where is the snowman's nose," "Where do we put the arms?"

Get your little one chatting during this cold season with a little WINTER FUN!!

## WINTER HACKS

**Coat Flip Trick:** Put a coat on a table with "tags to toes." Insert hands into arm holes and flip over your head.

**Quick Zip:** Attach a fun, chunky key chain to the zipper to help promote independence with pulling up a zipper.

**Stay Bundled:** Sew buttons on the inside of jackets and button before zippering. This will help keep your child's coat closed even if they unzip it.

**Santa Social Story:** Read a social story to your child to prepare them to visit Santa so that they know what to expect.

**Snow Fun Schedule:** Use a visual schedule to help your child get dressed before going outside.

\*\*\* Visit our website for a free printable Santa Social Story and Visual Winter Dressing Schedule. \*\*\*



### Sensory-Friendly Santa

Families with children with special needs can enjoy the traditional meeting of Santa in a warm and welcoming environment. The visits with Santa are free and there are options to purchase a photo package. See link for locations and times. RSVP is required to ensure each family has sufficient time with Santa.

[https://www.autismspeaks.org/events/sensory-friendly-santa?audience\[2111\]=2111](https://www.autismspeaks.org/events/sensory-friendly-santa?audience[2111]=2111)

### PEEA 2019 Winter Autism Resource Fair

**December 7, 2019 4:00-7:00pm**

This resource fair provides valuable information for advocating for your loved one with special needs and increasing your knowledge related to autism. See link for registration.

<https://www.eventbrite.com/e/project-elijah-empowering-autism-winter-resource-fair-tickets-75882537713>

### PA Family Network Workshop

**January 18, 2020 12:00- 3:00pm**

Workshop to help learn about how waivers can help support individuals with intellectual disabilities and/or autism.

<https://www.visionforequality.org/wp-content/uploads/2019/09/1.18.2020.Waiver.Workshop.Harrisburg.pdf>

### Art Reach

Did you know ACCESS Philly invites individuals with a PA ACCESS card to attend 51 cultural sites & theaters for just \$2. See link for more information.

<https://www.art-reach.org/what-we-do/access-admissions-2/>