

THE PROGRESS REPORT

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December: Celebration Skills

Holiday etiquette, gift giving & receiving, traditions

Social Skills

Gift Giving & Receiving: Practice gratitude, turn-taking, and emotional regulation. Children learn to express appreciation verbally, maintain eye contact, and respond appropriately even when receiving unexpected gifts.

Holiday Etiquette: Greet guests, engage in polite conversation, wait their turn during gift exchanges, and navigate social gatherings with confidence.

Fine Motor Skills

Wrapping & Unwrapping: Tearing paper, using scissors, tying bows, and carefully opening gifts strengthen hand muscles and coordination.

Craft Activities: Making cards, decorating cookies, stringing garlands, and creating ornaments develop precision and hand-eye coordination.

Gross Motor Skills

Active Traditions: Decorating the tree (reaching high and low), carrying packages, dancing to music, and participating in family games build core strength, balance, and coordination.

Outdoor Celebrations: Looking at lights, visiting markets, and community events provide vestibular input while practicing endurance.

Sensory Processing

Sensory-Rich Environment: Twinkling lights, festive music, new textures (wrapping paper, ribbons), and varied scents (pine, cinnamon, baked goods) help children practice sensory regulation.

Calming Strategies: Create quiet spaces, use noise-canceling headphones if needed, and establish predictable routines to help children feel secure.

This Month's Family Activity

"Gratitude Gift Wrap Station"

What you'll need: Wrapping paper, scissors, tape, ribbons, gift tags, markers

How to do it:

1. Set up a wrapping station together with all materials organized in bins or baskets
2. Let your child choose a small gift for a family member, friend, or someone in need
3. Practice cutting paper to size, folding edges neatly, and securing with tape
4. Have your child write or draw a message on the gift tag expressing why they're grateful for that person
5. Practice the gift-giving exchange: making eye contact, handing over the gift with both hands, and saying something kind

Skills practiced: Fine motor coordination, planning and sequencing, emotional expression, social communication, and the joy of giving!

Community Champions Wanted!

We're looking for our first Community Champion! Know a local business that supports families? We'd love to feature them and display their logo. It's FREE to participate—just a way to celebrate businesses that care about our community. Contact us to refer a business!