

Speech Language & Learning Center

The Spot

“Where Speech Language Pathologists,
Parents, and Occupational Therapists come
Together”

Table of Contents:

- A Leader Listens.....1
- 12 Tips for the Holidays.....2
- Handwriting Without Tears.....2
- The SLLC Team.....2
- Holiday Activity Ideas.....3
- Continuing Education.....3
- Developmental Speech Sounds...4
- Oral Motor Therapy.....4
- Language and Literacy.....4
- Services Provided.....5
- Internet Resources.....5
- SLLC Locations.....5



***A Leader
Listens...***

**Terri Philpot Flynn
SLLC
Director/Owner**

And right now I am listening to Christmas carols. Of course, they have been playing in stores since Halloween! Every single year, I fall more and more behind with my shopping, decorating, and celebrating!

Here at the Speech, Language & Learning Center we also have the honor of listening to happy children during this season! What a blessing to hear a child who has been unable to speak begin to make wonderful sounds! And what a joy to be able to see children glue, cut, and color when they once avoided having to touch glue or paint! We are blessed to have so many parents who actively participate in their child’s therapy and become close to us at our Center.

We are thankful to the doctors and clinics that support us with referrals, information and assistance with education. All of these things are our gifts from you! Thank you for sharing your children with us!

During the season, the Center closes briefly for time to be with our own families. Please know that we want to take every precaution that your child does not regress during this time. We ask that you constantly stimulate your child with reading, language and fun cooking and craft activities that will enhance their social, speech and fine motor skills. Be ever mindful of their goals and keeping them on task.

We wish you a blessed Holiday Season. May God bless each and every one of us!

**Good Leaders Listen... Let me hear from you!
~Terri**



Eleven Tips for Helping People with Autism and Their Families Have a Happy Holiday **Autism Society of America**

1. Preparation is crucial for many individuals.
2. Decorations around the house may be disruptive for some.
3. If a person with autism has difficulty with change, you may want to gradually decorate the house.
4. If a person with autism begins to obsess about a particular gift or item they want, it may be helpful to be specific and direct about the number of times they can mention the gift.
5. Teach them how to leave a situation and/or how to access support when an event becomes overwhelming.
6. If you are traveling for the holidays, make sure you have their favorite foods or items available. Pack a cooler.
7. Know your loved one with autism and how much noise and activity they can tolerate.
8. Prepare a photo album in advance of the relatives and other guests who will be visiting during the holidays.
9. Practice opening gifts, taking turns and waiting for others, and giving gifts.
10. Prepare family members for strategies to use to minimize anxiety or behavioral incidents, and to enhance participation.
11. If the person with autism is on special diet, make sure there is food available that he/she can eat.

***For more information go to**

http://www.autism-society.org/site/PageServer?pagename=holiday_tips

Handwriting Without Tears

Kerry Suit, MS, OTR/L

Developed over 30 years ago by Occupational Therapist Jan Olsen, Handwriting Without Tears is a program that helps children learn correct letter formation in an easy and fun way. Children ranging from pre-K to writing in cursive manuscript could benefit from the Handwriting Without Tears program. Handwriting Without Tears has been adopted by school districts, Occupational Therapists, teachers and parents to help children learn not only correct letter formation but also learn how to be an efficient and neat writer.

Handwriting Without Tears uses various fun activities to learn print and cursive manuscript. From music to a Stamp-and-See-Screen and wood pieces to create letters, Handwriting Without Tears makes learning to write and write well... FUN!

Occupational Therapy and the Handwriting Without Tears program can help children who might be having difficulty with the following skills:

- Pencil grasp
- Heavy pressure on the pencil often breaking the pencil lead
- Arm or hand pain during handwriting
- Difficulty staying within or on the line
- Letter reversals
- Letter sizing (using uppercase versus lowercase letters)
- Correct letter formation



The Team at the Speech, Language, and Learning Center:

Speech-Language Pathologists:

- Terri Philpot Flynn
- Beth Benson, MS, CCC-SLP
- Becky Brown, MS, CCC-SLP
- Brittany Floyd, MS, CCC-SLP
- Angela States, MS, CCC-SLP
- Amanda Huntley, MS, CCC-SLP
- Alex Morrison, MS, CCC-SLP
- Leslie James Hunt, MS, CCC-SLP

Occupational Therapists:

- Cindy Brown, OTR/L
- Kerry Suit, MS, OTR/L
- Jean Kelley, OTR/L

Office Managers, Billing and Referrals:

- Carla Clayton
- Deysi Cook

Holiday Activity Ideas

Alex Morrison, MS, CCC-SLP

- Make hot cocoa and stir with a peppermint stick and marshmallows. Use vocabulary words such as hot, stripes, soft, sweet.
- Visit a grocery store and find Christmas words written on signs and foods. Great for working on reading and letter recognition.
- Sing Christmas songs together.
- Bake cookies: Make a shopping list, buy the ingredients together, describe what you are doing while baking, eat and enjoy ☺
- Practice reading aloud a Christmas poem.
- Make Christmas ornaments together. Make a list of things you need, describe what you are doing while making the ornament, talk about it later (“What did we do first?”)
- Write Christmas cards.
- Look through a magazine, cut out pictures of things that are related to Christmas, and create a picture with them.
- Write a letter to Santa.
- Go for a walk together and describe how things are changing (trees losing its leaves, the temperature, winter clothing, no flowers, etc.)

Continuing Education Courses Attended by SLLC Staff:

Behavioral Assessment and Program Evaluation

This course covers behavioral assessment, measurement of behavior, data display, and interpretation in Applied Behavior Analysis. This course also introduces the experimental evaluation of interventions.

Presented by:

Jose Martinez-Diaz, PhD, BCBA
Florida Institute of Technology
(Online)

October 15, 2009- January 7, 2010

Attended by: **Kerry Suit, MS, OTR/L**

Language and Literacy: Unique Contributions of SLP's

This course discussed a child's ability and skills needed to read including word recognition and phonological processing. This course also discussed the role of Speech-Language Pathologists in helping children learn to read.

Presented by: C. Melanie Schuele, PhD.
Vanderbilt University
Attended by: **Angela States, MS, CCC-SLP**



Developmental Speech Sounds
Becky Brown, MS, CCC-SLP

We are often asked the question, “My child is not making the “k” sound. When should he be able to make this sound?” Although no two children are the same, the following should be a guideline as to when specific speech sounds should be produced. If your child is demonstrating difficulty with any of these sounds, please give us a call.

Age	Speech Sounds
3 years	p, b, m, n, k, g, f, d, h, w, t, all vowels
3 ½ years	y (as in yes)
4 years	s, sh (as in shoe), j, r, l
4 ½ years	ch (as in chair)
6 years	th (as in thin), v
7 years	z

Norms from Mildred Templin, *Certain Language Skills in Children*, 1957.

Oral Motor Therapy
Brittany Floyd, MS, CCC-SLP

What is Oral Motor Therapy?

Oral Motor Therapy is the treatment for problems related to the muscles of the lips, cheeks, jaw, tongue and soft palate. Therapy involves exercises to increase the strength, range and control of these muscular movements. The Beckman Oral Motor Program provides a way to quantify these components of movements and develop a treatment plan to best address them.

Why do Oral Motor Therapy?

Oral Motor Therapy is typically done to treat feeding and/or speech problems related to muscular control. Feeding therapy helps to increase coordination for sucking, chewing, and swallowing so that a child can tolerate a variety of food textures and utensils. Oral Motor Therapy of speech helps the child improve muscle skills to produce sounds correctly and words and sentences more fluently.

Does My Child Need Oral Motor Therapy?

Problems such as drooling, tongue thrust, gagging, tooth grinding, excessive mouthing of objects, poor tolerance for tooth brushing, hypersensitivity, poor suck, poor eating, poor progression to textured foods, limited food preferences and poor speech are all issues that could require Oral Motor Therapy. Therapists can do an evaluation to assess Oral Motor muscle movements and develop a treatment plan

Language and Literacy:
Unique Contributions of SLP’s
Angela States, M.S., CCC-SLP

Reading and writing are **language** based skills. The primary deficits that affect a child’s ability to read are word recognition and phonological processing, including phonological awareness. Phonological awareness refers to a child’s awareness of how sound is heard in a spoken word. This includes the ability to auditorily distinguish individual speech sounds, generate rhyming words, segmentation of sounds in words, count out the number of syllables in words, and sound letter correspondence. Children who attend preschool and are read to often, or receive early intervention are 95% more likely to read at grade level during their school years. Children with a language disability are at a 70% higher risk for reading disabilities. SLP’s and Reading Specialists also have special training to help children decode written information, but when a language problem is the core deficit the SLP is the professional who is best qualified to help. Improving phonemic awareness skills improves a child’s ability to read, spell, and write.

Information from C. Melanie Scheule, PhD. Vanderbilt University



*Best Wishes
for a
Merry Christmas*

Services Provided by SLLC:

Speech-Language Pathology

- Hearing Impairment
- Social Language Groups
- Fluency Therapy

Occupational Therapy

- Sensory Integration
- Fine Motor Skill Development
- Handwriting
- Self Care Skills

Internet Resources

- Handwriting Without Tears:
www.hwtears.com
- Beckman Oral Motor Protocol
www.beckmanoralmotor.com
- Autism Society of America
www.autism-society.org

Have a Safe and Happy Holiday!!

Columbia:
1121 Trotwood Ave.
Suite 7
Columbia, TN
931.490-7770

Spring Hill:
220 Town Center Pkwy
Suite 204
Spring Hill, TN
931.487.9787

Lawrenceburg:
909 N. Locus Ave.
Suite 109
Lawrenceburg, TN
931.766.6374