



THE SPEECH BUBBLE

The Speak, Learn and Grow Newsletter

Neurodiversity Affirming Practice

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WINTER WONDERS

It has certainly been a chilly winter season this year, and we have donned the extra layers to venture outdoors. There has also been a lot of infections out & about and we remind everyone to practice good hand hygiene & increase their vitamin C intake to limit the spread of colds & flu.

In our latest edition of the Speech Bubble we explore what Neurodiversity Affirming Practice is & how we implement it at Speak, Learn & Grow.

Rug up, grab a warm drink and read all about neurodiversity affirming practice and what's been going on at Speak, Learn & Grow.

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TEAM MEMBER TRAINING SPOTLIGHT

As Speech Pathologists we are always learning and growing as clinicians. Here is an insight into some of the training courses completed this year already.

Orofacial Myology

Elise and Sophie attended an introduction to orofacial myofunctional therapy 4-day course in February, which focused on developing their knowledge around swallowing patterns, to guess thrust, oral habits, and how the muscles of the face and mouth can be supported. Elise indicated that she will use this knowledge to better assess and provide therapy for clients with lisps and abnormal swallowing patterns. Sophie said that she loved the practical component of this course and how it broadened her clinical knowledge.



Childhood Apraxia of Speech

Elaria attended online courses Childhood Apraxia of Speech (CAS) Assessment and Treatment in June which focused on developing her knowledge around the characteristics of CAS, how to assess, diagnose and treat clients with CAS. Elaria indicated that she plans to embed meaningful targets in child-led, therapist guided play to make learning new motor plans motivating and fun for her clients.



Sounds Write

Anna and Emma attended the Sounds Write course in April which focused on developing their knowledge of synthetic phonics and literacy therapy techniques. Anna and Emma indicated that they loved learning about the importance of starting with sounds when teaching literacy as well as the effective and structured lesson plans of the program.



NEURODIVERSITY AFFIRMING PRACTICE

What is Neurodiversity Affirming Practice?

It's the idea that individuals have differences in their abilities and how they interact with the world around them. These differences are not considered to be deficits that need to be "fixed".

Rather than seeing an autistic child as the one who has social deficits, we should see interaction as a 2-way street and that there is a breakdown in mutual understanding. We experience the world in different ways and might each have difficulty understanding or interpreting the other person's interaction.

*"When a flower doesn't bloom, you fix the environment in which it grows, not the flower."
- Alexander Den Heijer*

How to do we do this at SL&G?

- we embrace each child's unique qualities
- we use a strengths-based approach, focusing on what they can do & build on that
- we focus on understanding the meaning & reasons behind behaviours
- we incorporate the child's interests into the activities
- we focus on connection rather than compliance
- we empower our clients to advocate for themselves
- we accept all forms of communication & play as valid

Why is it important?

It's essential to promote inclusivity and understanding. This approach encourages a more compassionate and supportive world where all individuals have the opportunity to reach their full potential.



TEAM BUILDING EVENT

At SLG, we always have fun and learn together as a team. This time, we learnt about **Neuro-diversity Affirming therapy**



What Neuro-diversity Affirming therapy means to us:

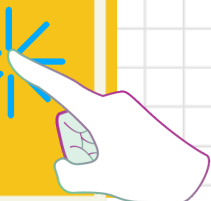


- The viewpoint 'Difference not Disorder'
- Understanding and respecting all communication styles
- Accommodating individual sensory needs.
- Developing self-advocacy and problem-solving skills.
- Encouraging safe self-regulation skills such as stimming.
- Using neurodiversity affirming language
- Use strengths-based approaches



[Check out our TikTok page here](#)

[Check out this blog about Neurodiversity affirming practice written by our Speech Pathologist Elise](#)



COMMUNITY SPOTLIGHT



21 Gifts

Local Kindness Project: 21 GIFTS

“21 GIFTS is a kindness project to rewrite the narrative surrounding a child diagnosis”. Over 120 hospitals have collaborated with this registered charity to celebrate babies born with T21 or CP. Funded by community donations, 21 GIFTS have supplied over 1000 free suitcases to families via their health care professionals. This charity focuses on:

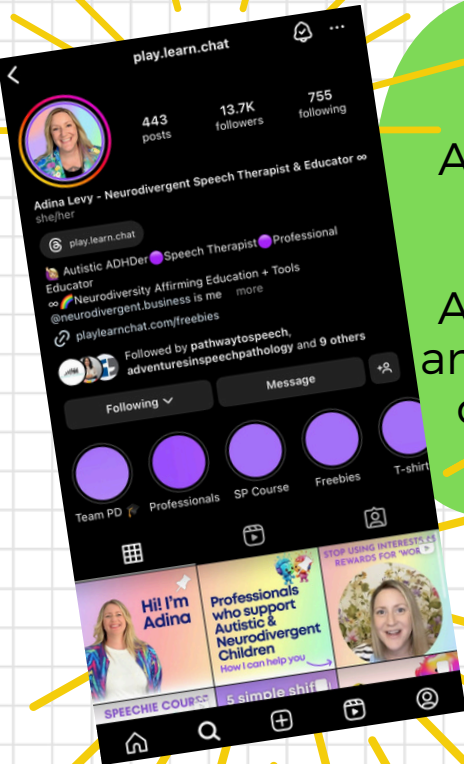
“1) **Providing educational resources** combining the parental perspective with the science of positive psychology and crisis communications, and 2) Providing hospitals with **free suitcases for a new adventure.**” Visit this wonderful website for more information; <https://www.twentyonegifts.com/>



Neurodiversity Affirming Education and Tools

 [@Play.Learn.Chat](https://www.instagram.com/Play.Learn.Chat)

Adina Levy is Neurodivergent Speech Therapist & Educator. Her instagram page has many posts educating her followers on the Neurodiversity Affirming approach, emphasizing understanding and acceptance of neurological differences. Check out her instagram to find a wealth of tips, tricks and tools, as well as some freebies!



We post tips and blogs for parents and professionals regularly on our website speech-learning.com.au

Don't forget to follow us on

 [@speaklearngrow](https://www.facebook.com/speaklearngrow)

 [@speaklearngrow](https://www.instagram.com/speaklearngrow)

 [@slgcaringbah](https://www.tiktok.com/@slgcaringbah)

PARENT TIPS

Here are some tips you can use to support early literacy development!

Focus on Phonemic Awareness

Help your child recognize and manipulate the individual sounds in words. Play games that involve clapping out syllables, finding objects that start with the same sound, and segmenting words into individual sounds.

Encourage your child to blend individual sounds together to form words.

Start with simple consonant-vowel-consonant (CVC) words like "cat," "dog," and "sun."

Read a Book

Use books with words that follow regular phonetic patterns to reinforce phonics skills.

Explicitly teach the relationship between letters and their corresponding sounds. 'a' says 'ah ah ah'!

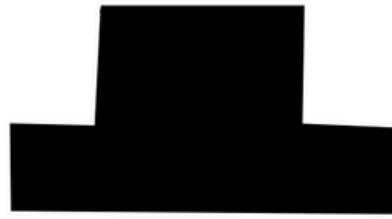
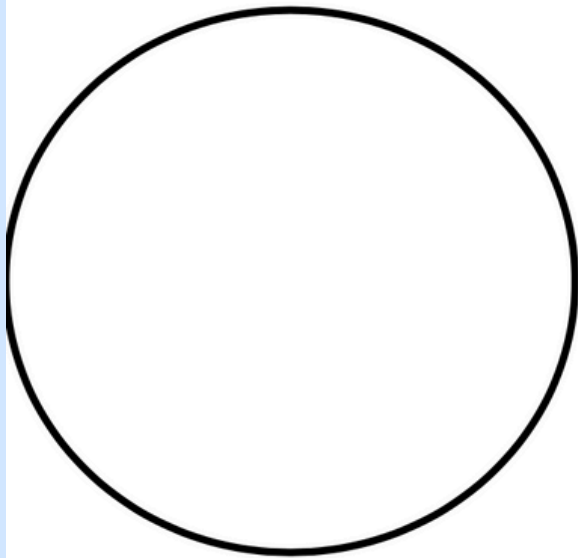
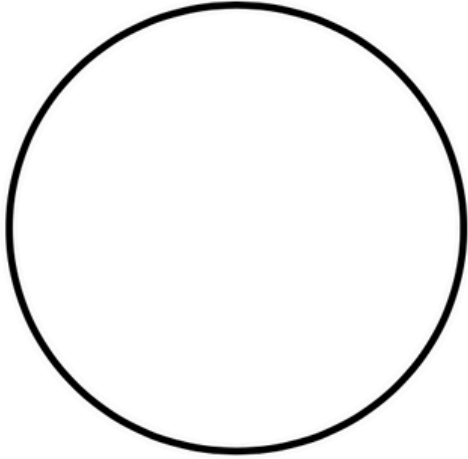
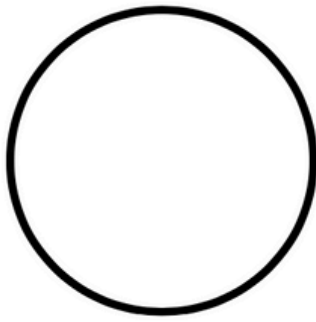
Keep it fun!

Use a variety of multisensory activities to make phonics learning enjoyable. Incorporate songs, rhymes, and actions that emphasize phonemes. Engage in phonics-based games, such as bingo, matching games, and online phonics programs, to maintain your child's interest and motivation.

And again... and again....

Repetition is key in synthetic phonics! Regularly review previously learned sounds and words to ensure retention. Use a variety of activities, such as writing practice, phonics games, and flashcard drills, to reinforce learning.

CRAFT CORNER: LET'S MAKE A SNOWMAN!



www.NonToyGifts.com

Arts and crafts support your child's learning by developing their creativity and imagination, as well as their fine motor skills! This activity also supports following directions. What a fun way to learn!



INSTRUCTIONS

You will need:

- Paper (blue, white, black, red and orange)
- Glue
- Scissors
- Black marker

Steps

1. Cut out the largest circle. Fold the white paper in four and trace the circle on folded paper. Cut out the 4 big circles and fold them in half.
2. Cut out the middle circle and repeat the same steps as for the largest circle.
3. Cut out the small circle and glue it on top of the snowman.
4. Cut out the hat and glue it on top of the snowman's head. Cut out a carrot nose from the orange paper and a red scarf, and stick them onto the snowman. Draw some eyes, a mouth and arms!

Source:

<https://www.teacherspayteachers.com/Product/Snowman-Craft-3D-Shape-Winter-Craftivity-FREE-3487352?st=cecf70d9cf533fd89870b062abae3a10>

THUMB-SUCKING PROGRAM



For children 5 years & older

Find out
more
here

- One-on-one sessions are with a therapist who has orofacial myology training
- The child is in the driving seat and takes responsibility for making the changes
 - Fun and positive
- Focus on the establishing & maintaining correct tongue resting position

CONNECT WITH US

The team at Speak, Learn and Grow want to stay connected with all members of the community.

Please follow us on our socials.



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[Speak, Learn and Grow Speech Pathology Services](#)



How to provide Feedback

Speak to your therapist directly

Approach our friendly reception staff

Fill in a Feedback form on our website:
www.speech-learning.com.au

Email us directly
info@speech-learning.com.au