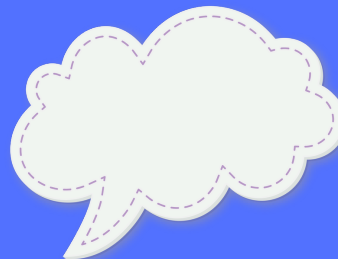
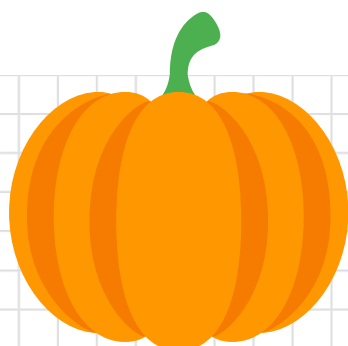


THE SPEECH BUBBLE



The Speak, Learn and Grow Newsletter

Trick or Treat



HAPPY HALLOWEEN

October is about pumpkins, dress ups and lollies. Our therapists love the opportunity to have some fun so expect to see some great costumes around the clinic at the end of the month. Feel free to attend your session in your favourite Halloween costume.

In our latest edition of the Speech Bubble we explore what masking is and why it's essential to use a Neurodiversity Affirming approach with autistic children. We also talk about therapy assistants and introduce you to 2 of our awesome TAs.

TERM 4 2024

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Enjoy reading our October edition of the Speech Bubble!

TEAM MEMBER TRAINING SPOTLIGHT

As Speech Pathologists we are always learning and growing as clinicians. Here are some further training courses our team have completed this year.

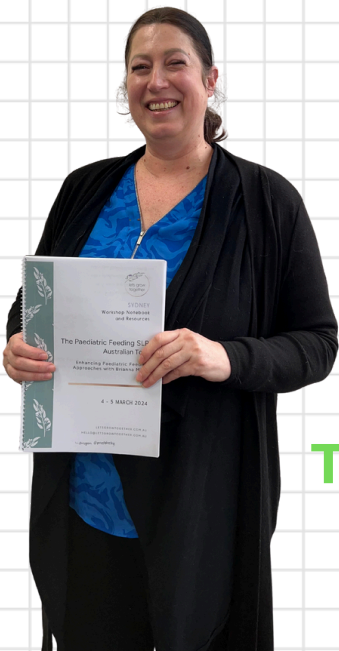
Meaningful Speech Course

"I loved doing the Meaningful Speech course and I have learnt so much from it. The course made me feel confident to identify Gestalt Language Processors (GLP's) and has completely changed the way I do therapy. My sessions with my GLP kids have become completely child led with natural verbal modelling that relates to which ever toy the child is playing with at that time, and I have already seen so much success with this approach. I'm excited to continue to implement my new knowledge with my clients" - **Julia**



Paediatric Feeding Foundations Program

"I found this 4 month program incredibly useful in laying down foundations for assessing and treating children with feeding difficulties. I learnt so much about the Responsive Feeding Approach and the importance of working with other professionals when diagnosing and treating issues related to Paediatric Feeding Disorder. I look forward to using this new knowledge to help our clients who have difficulties around eating & mealtimes." - **Kerry**



Toolkit for Childhood Apraxia of Speech

"Childhood Apraxia of Speech is a motor planning difficulty and children with CAS have a lot of difficulty planning the movements of their vocal cords, tongue, lips, cheeks & jaw to produce words correctly.

This course which was presented by expert, Jenny Bjorem, was highly practical and I particularly enjoyed learning about the cueing hierarchy in Dynamic Temporal Tactile Cueing approach. This is a great tool to add to my toolbox and I know it will be useful when working with children who present with CAS" - **Kerry**

MASKING

Understanding Masking

Masking is a strategy used by some autistic children, consciously or unconsciously, to appear non-autistic in order to 'fit in' with other children. It's sometimes referred to as 'social camouflaging'

Examples of Masking

- forcing eye contact or monitoring how much eye contact someone is using
- suppressing or hiding stimming behaviours
- not sharing interests due to concern that they may be perceived as inappropriate
- asking more questions than the person is comfortable with
- pushing through sensory discomfort e.g. loud noises

Writing Therapy Goals

At Speak, Learn & Grow we don't work on skills that result in masking behaviours e.g. taking equal turns in conversations.

Instead we:

- use a neurodiversity affirming approach that focuses on accepting the child's differences
- help the child to understand their neurodiversity, sensory preferences and communication style
- look at what needs to be changed in the environment to help the child function at their best
- teach self-advocacy

"Hiding who you are is an uncomfortable and exhausting experience." – RJ Stanborough

Why is it important?

Research shows that continuous masking results in anxiety, depression, exhaustion, loss of identity, delayed identification or diagnosis of autism and increased risk of suicidal thoughts.



THERAPY ASSISTANTS

Meet our newest team members!

Sioni *Therapy Assistant*

Qualifications

Bachelor of Speech Pathology at WSU - 1st year.

Why do you like Speech Pathology?

I love to help people and think that speech pathology creates such a fun environment for children whilst assisting them to grow and develop! I find it to be such a rewarding career.

Random Fact

If I ever got an offer to go to space I would take it. I have always wanted to be an astronaut!



Thomas *Therapy Assistant*

Qualifications

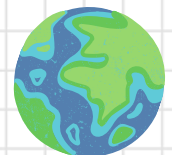
Master of Speech Pathology at USYD - 2nd year.

Why do you like Speech Pathology?

I am studying to become a speech pathologist because I attended speech therapy myself for several years and understand the challenges it can bring. This personal connection has fuelled my passion for helping others overcome similar obstacles.

Random Fact

I have been to 25 countries and am planning to tick more countries off my list.



Our Therapy Assistants

At Speak, Learn and Grow, we employ therapy assistants who are students, currently studying to become speech therapists.

Our therapy assistants are eager to support your child to reach their full potential in an individualised, supportive, and fun way under the guidance of our Speech Therapists. They are readily available to provide support across a variety of locations in the clinic, at your home, at school and at preschool. Therapy assistants can provide repetitive practice at a lower rate. Frequent repetition of the same skills is imperative to master any goal, so utilising our therapy assistants is an ideal way to provide this!

It's important to note that university schedules change during the year & students go on clinical placements. Consequently, changes occur in our schedules, and we cannot guarantee a therapy assistant will be available throughout the year. Wherever possible, we try to reschedule the session time or replace them with a different therapy assistant, but there are no guarantees that this is always possible.



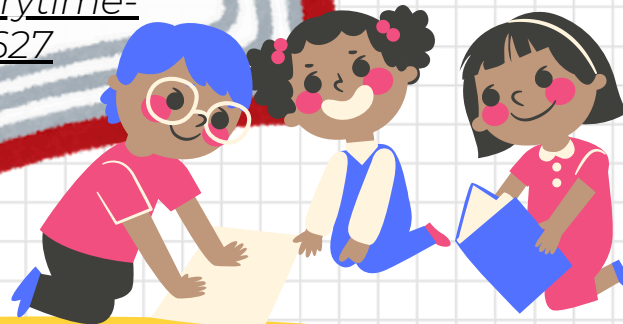
COMMUNITY SPOTLIGHT

Sensitive Storytime 2024 @ Rockdale Library

Sensitive Storytime is designed for preschool-aged children with **sensory processing challenges (including children on the autism spectrum)**. Their monthly sessions allow for a small group to enjoy stories, songs and sensory play in a calming environment.

Book your (**free!**) place at:

<https://www.eventbrite.com.au/e/sensitive-storytime-2024-rockdale-library-tickets-814669908627>



The **Boob to Food** podcast has weekly episodes with 2 Australian mums - Luka McCabe and Kate Holm, and a host of guest experts, from OT's, to Speech Pathologists, to Dentists, to paediatricians to discuss all things **childhood development and parenthood**. Some of our favourite episodes are:

- **62** - All about speech and language development, what's normal and what's not with speech pathologist Emily Meagher
- **34** - Top concerns when starting solids - gagging, food stuffing, progressing to finger foods, spitting and more with speech pathologist Emily Meagher
- **86** - Fussy toddlers and navigating mealtimes with paediatric Occupational Therapist Rachael Smith
- **77** - Ensuring optimal dental health for children with functional dentist Dr. Staci Whitman
- **64** - Grommets, tonsils, poor sleep and more with ENT professor Kelvin Kong

Find them at <https://boobtofood.com/podcast/> or listen on iTunes or Spotify



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

Tip for children who communicate without words

Sing songs with actions and build in opportunities for your child to take a turn (Accept a wriggle, making a sound, looking at you, pointing etc. as their turn)



Supporting children who just started talking



Use a variety of word types when talking. For example:

- Action words (*sleep, eat*)
- Descriptive words (*sticky, hard*)
- Location words (*in, on, under*)
- Feeling words (*happy, sad*)
- Nouns (*dog, plate*)

Repeat the word often with exaggerated intonation and a slower pace.

School Readiness Tip

Engage your child in conversations that promote critical thinking. This is an invaluable tool for their cognitive development. By posing thought-provoking questions, you encourage them to analyze and evaluate information, which are essential skills for problem-solving. You will also enhance vocabulary and build on their language skills.



Source:

<https://www.hanen.org/information-tips/tips>

CRAFT CORNER: HALLOWEEN FUN



INSTRUCTIONS

You will need:

- Paper plate
- Glue
- Tissue
- Black marker
- String/floss

Steps

1. Tear tissues or napkin into small pieces
2. Flip the plate upside down
3. Stick the strips of tissues down one end of the plate
4. Flip the plate back
5. Draw your own eyes and mouth
6. Tie two ends of a string together. stick one end to the plate
7. Hang the plate up somewhere! Did you boo anyone?

verbs to practice:

tear
stick
flip
hang
tie
draw



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.



[@speaklearngrow](#)



[@speaklearngrow](#)



[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