



**Learning Links**

**SPEECH PATHOLOGY**

working together to achieve your child's best

**Issue  
03**

**Term 4  
2017**

## **In This Issue**

Page 1 - Welcome

Page 2 – News

Page 3 – Who Are We

Page 4 – Preparing your Child for  
Christmas

Page 5 – Parents Corner

Page 6 – Christmas Craft Corner

Page 7 – What's Coming up

## **Newsletter**

# **Welcome**

### **WELCOME BACK**

Welcome to the final term for the year!!! Term 4 and it's been a long one too!

This newsletter will give you an update on what we have been up to here at Learning Links Speech Pathology, some tips and tricks for the upcoming holidays and couple of Christmassy ideas to spice up your home practice coming into the festive season.

**Happy reading!!**

# News

We are thrilled to **Welcome our new Speech Pathologist Kate Wong** to our team. Have a look through our newsletter to find out more about Kate and her Speech Pathology (and Audiology) experience.

**Our MELTON CLINIC IS OPEN!!** We are super proud to announce that we are now working out of Incredible You Allied Health at 186 Coburns Road, Melton. Drop in and come and say hi if you are in the area, it's a beautiful clinic that has certainly been worth the wait. Bec is working at Melton on Tuesdays and Thursdays and Tara is working at Melton on Tuesdays.

**School Readiness and Social Skills Groups!** We are working in conjunction with the OT's from IYAH to bring you School Readiness and Social Skills groups in the January school holidays. These groups will be run out of both the Niddrie and Melton clinics. Please contact Tara by email at [tara@learninglinksspeechpathology.com.au](mailto:tara@learninglinksspeechpathology.com.au) or by phone on 0435151959 to secure your place.

**WE'RE HIRING!!** We are currently looking to hire a new Speech Pathologist for our Melton clinic for 2-3 days per week. If you know of anyone that might be interested please get them to contact Tara by email at [tara@learninglinksspeechpathology.com.au](mailto:tara@learninglinksspeechpathology.com.au) or by phone on 0435151959.

**Professional Development** We have been busily attending professional development sessions here at Learning Links to keep our practices up to date with the latest evidence in Speech Pathology.

- Tara recently attend the Social Thinking Workshop in Sydney that gave us new, evidence based information on working with children and adolescents with social communication problems.
- Bec attended the Hanen More Than Words training in November and we are super pumped to be offering a Hanen More than Words Program to parents next year that will be facilitated by both Bec and Tara. Contact Tara for more information on this or to register your interest.
- The whole team met with our OT's from Incredible You Allied Health for our whole day, school holiday PD. The topics we covered this term were: Social thinking PD feedback and Record keeping/ goal setting for the NDIS.

# Who We Are

## Kate Wong

I am qualified as both a Speech Pathologist and Audiologist. I have been working as a Speech Pathologist for 7 years, and as an Audiologist for 5 years.

I am trained in PECs and have experience in implementing the Smooth Speech program, literacy, speech and language therapy, as well as auditory processing therapy.

My passion lies in making communication easier and more accessible for my clients and their families. My interests include literacy, speech and language delays, and am enthusiastic about working with children on the Autism Spectrum.

I am fluent in English, French and speak some Mandarin. And will be working at Learning Links Speech Pathology Monday- Tuesday out of the Niddrie Clinic.



# Preparing your child for Christmas



Christmas is usually a fun filled time of the year but I know for some parents this isn't always the case! Christmas usually comes with lots of gatherings, people to catch up with, late nights and changes to routines! Sum this all up and it usually equals some very over tired, grumpy and dysregulated kids!

So what can you do to help your child 'survive' the silly season and still feel like you have your patience intact? Try some of these tips.....

1. Practice, practice, practice! I can't stress this enough. Kids that have communication difficulties often find social gatherings quite daunting. They get driven to a new place, with a whole lot of people asking them questions. Practice what questions people might ask, talk about what is expected that they do when they get there e.g. greeting, answering questions etc.
2. Have a day plan! Get your routine set. It's not the easiest thing at this time of the year as things can pop up unexpectedly. Use a visual schedule app that is portable e.g. Choiceworks app (retails for approx. \$7) and allows you to take photos and use these as part of your schedule.
3. Plan your escape!! Sounds silly doesn't it? Kids that have communication issues often don't understand the expected politeness of not walking up and saying, 'Mum, I'm bored lets gooooo'. Have a plan in place for how you tackle this, it might be a secret code word/ or a reward for using expected behaviour during this time.
4. Have a back up: what if you get there and your child doesn't like the kids, can't find something to play with etc. Have a back up plan for something they can do, it may be an early 'present' from Santa that they can open and play if things don't go the way they expect.
5. Reward yourself! Plan in something for the whole family to look forward to, it might be a family outing on a certain day, a trip to the movies, to look at the Christmas lights or just a day at home but this can be a great way to motivate your child to get through some of the tougher parts of Christmas in a more manageable way.

Merry Christmas everyone!



# Parent Corner



## INEXPENSIVE AND EDUCATIONAL CHRISTMAS GIFT IDEAS

Christmas is just around the corner (believe it or not!). We thought we'd share a couple of our favourite Christmas gift ideas for children that are great ways to build language and communication.

1. **Hedbanz:** This is a great game to develop questioning skills and problem solving skills. You can even 'change the rules' (dare I suggest it!) and turn it into a descriptive language game where you work in teams! You can usually find it at Target for around \$25!
2. **Pop up Toy Games:** There are a range of pop up toy games like pop up olaf that are great for turn-taking and practising those special speech sounds at home. You can find these at Target, Big W or Toy World for \$15-\$20.
3. **Chalk:** Grab some jumbo chalk and a random piece of concrete or fence in your front/ backyard and get scribbling! Kids can practice writing words, drawing skills all while being outside in the beautiful summer sunshine!

Check out more great ideas for Christmas gifts on our Facebook page Learning Links Speech Pathology



# Christmas Craft Corner

## How to make a Homemade Christmas Cracker



This is one of my favourite activities and if you children have seen me for a while, no doubt they will have made one of these around the festive season. It's a great way to work on sequencing skills and descriptive language skills.

What you need:

- \*Cardboard rolls cut into 'cracker/ bon bon' size
- \*Wrapping paper
- \*Ribbon
- \*A prize (I hit up the \$1 party section at Big W/ Kmart for these!)
- \*A balloon
- \*Sticky tape

What you do:

1. Put the prize inside the cardboard roll
2. Wrap the cardboard roll in wrapping paper
3. Stick the paper with the sticky tape
4. Scrunch the ends and tie with ribbon
5. Enjoy!!

For more Christmas craft ideas call Tara on 0435151959

# What's Coming Up

We have some exciting Christmas surprises coming up over the term, check out our Facebook page to find out about our Colouring Competition and some of our Christmas craft activities that we will be doing during the festive season!

## Webpages/Resources

We are social: Have you checked out our Facebook page and website? Here are the links, they have great information on our services and some tips and tricks for therapy and practice at home!



**Well that's it for this term, we wish all of our families and clients a Happy, safe Christmas and a wonderful New Year! We will be closed from Thursday 21st December until Tuesday 9th of January. We look forward to seeing everyone in the new year!**