

# Learning Links

## SPEECH PATHOLOGY



### APPOINTMENTS - MELTON AND NIDDRIE

Our Niddrie clinic is located at Eastbrooke Medical Centre at 493-495 Keilor Road, Niddrie. and our Melton clinic is located at Incredible You Allied Health at 186 Coburns Road, Melton. We have appointments available on weekdays.

### GROUP SESSIONS

We are approaching the end of the year and are planning ahead for the January school holidays. We will be running a number of group programs over the holidays including school readiness and social skills groups. Groups will all run twice per week for three weeks in January prior to school returning for 2019. Groups will run with either two speechies or a speechie and OT. Contact Tara on 0435151959 to secure your spot.

## Welcome Back

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

Our Term 4 newsletter will give you some tips and tricks for the upcoming holidays, ideas to get your children into reading and an introduction to Tara.

Please note our offices will be closed over the Christmas and New Years period starting back in the first week of Jan!!

Happy Reading!!

2

### MEET OUR TEAM

Learn more about Tara Stafford.

3

### SPOTLIGHT SECTION

Learn some tips to get your kids reading!

4

### GETTING XMAS READY

Some tips for preparing children for routine changes during Christmas

## Meet our Team

### Tara Stafford

Tara is a passionate Speech Pathologist who this private practice in 2012. She believes in working closely and building strong relationships with children and their families to help them feel supported to achieve their goals.



Since graduating in 2005, Tara has worked at a variety of settings such as: schools, early intervention services and

community health centres in Australia and in the UK.

Tara has also previously co-ordinated the Autism Assessment Team at Melton Health and worked on the mental health services team at RCH. She has a wealth of experience providing assessment and therapy for children who are on the Autism Spectrum and children who present with Language and Communication delays.

Tara is trained to run a variety of programs such as Social skills groups (using Social Thinking Principals and Talk About Principals), BLADES, PECS, Hanen: It Takes Two to Talk and Hanen: More than Words. Tara has also recently attended SOS feeding training, literacy training.

Tara is able to see clients that have Medicare, Private Health, Helping Children with Autism and Better Start funding.

**"I enjoy working as a team with relatives and caregivers of clients to achieve their child's best"**

## NDIS FUNDING

Did you know that there are multiple ways to manage NDIS funds, check out three ways below and look for the other options in the newsletter.

**ndis**

**OPTION 1/4**

### 1. Self Management

Self managing your funds gives you maximum independence and flexibility managing your support.

You have control over, and responsibility for your NDIS funding. This includes purchasing supports within your budget that will help you achieve your goals that have been identified in your plan.



**ndis**

**OPTION 2/4**

### 2. Plan Management

If you choose to use a plan manager, they will pay your providers for the supports you purchase, help you keep track of funds and any financial reporting.

You can do the same things as self managing, except a plan manager pays the bills for you. A plan manager is funded in your plan.



**ndis**

**OPTION 3/4**

### 3. NDIA Management

When your plan is managed by the NDIA, you are able to choose from a range of NDIS registered providers.

You can look on the myplace portal to see what claims providers are making against your NDIS funding and keep track of your budget.



## Promoting Pre-Literacy skills

### Tips to get your kids to enjoy reading before going to school

We all talk about kids learning to read and write when they get to school, but in reality they start to learn the habits of reading and writing well before they put on that first school uniform.

Here are some of my tips for promoting pre-literacy skills.

Let your child **READ** to you! I've talked a lot about 'learning to love reading' but one of the best ways to do this is let your child read to you.



**LET** them make up the story! Look at the pictures, talk about what is happening, the characters, the setting, the plot.

**ADD** questions like: 'What else is happening?' 'What do you think will happen next?' to help them add more information.



**EXPAND** on what they say, add more information. If they say 'The dog is there' add 'The dog is standing next to his water bowl'

**TEACH** them how to hold the book, what the pages are, what a word is.

Happy reading!!!

## CHRISTMAS GIFT IDEAS

### Kettle and Toaster

This is a great cause and effect toy that teaches functional vocabulary to little ones! Apart from their motivating sounds and effects. These toys are great to build single word utterances as well as for pretend play. Some even whistle like a real kettle!

You can usually grab them from K-Mart for \$5 each





# Getting Ready for Christmas!

## How can you prepare 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! With Christmas usually comes lots of gatherings, people to catch up with, late nights and changes to routines! Sum all of this up and it usually equals some very over tired, grumpy and dysregulated kids!

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

**1. Practice, practice, practice!** I really can't stress this enough. Kids that have communication difficulties find social gatherings often quite daunting. They get driven to this place, with a whole lot of people asking them questions. So 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 goooooo'. 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.

## NDIS FUNDING

So what is the final way NDIS funds can be managed?

Yes you guessed it the last option was a combination of the management options on page 2.

Make sure in your next management meeting that the option suits you!

**ndis** **OPTION 4/4**

**4. Combination of management styles.**

You can choose a combination of the three styles of management options.

You may choose to self manage one part of your plan to start with and have the rest managed by the NDIA.