

# THE SPEECH AND OT CENTRE

*THE SPOT BULLETIN*

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## To Our Families...

### THANK YOU

We hope you have been safe and well. We thank you all, for riding this wave out with us, and working with us through our new online service delivery model.

We look forward to seeing you all when things settle down! Please do not hesitate to contact us on 0402 598 698 if you have any questions about our service.



## Message From The Director

### LET'S CONTINUE TO WORK TOGETHER

Welcome to the 3rd Edition of The Speech & OT Centre Newsletter. During these trying and challenging times, we would like to thank you all for the way you have responded to, and adapted to the changes we have had to make to the way we offer therapy. We have heard some really positive feedback about Telehealth therapy, and are happy to be able to add it as a new way of delivering therapy, moving forward.

We understand there may be some uncertainty about what the next 3-6 months hold, but we will keep you informed, and let you know of any changes, as soon as they take place. We really appreciate all of your support and understanding.

*Best Wishes,  
The Speech and OT Centre Director  
Nadine Bakka*



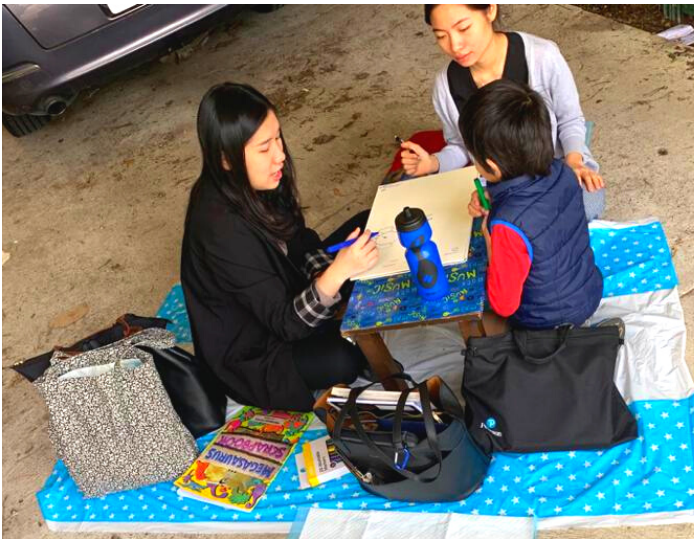


# What We've Been Up To

WORK | CELEBRATIONS | ACHIEVEMENTS



Team lunch @ Woods Pantry Villawood



University of Sydney students- Olive and Miriam



Happy Birthday Rachel



Tidied Up The Office



Happy Birthday Janet



• HAPPY BIRTHDAY •

*Nadine & Ahlam & Amy*

WISHING YOU ALL A FANTASTIC YEAR AHEAD



*Our mums are superheroes*

*Happy Mother's Day!*

*May all the love you give others come back to you on this special day*



*Other Dates to Remember*

*Better Speech and Language Month- May*

*National Speech Pathologist day- 18th May*

*World MS Day- 30th May*

*Exercise Right Week- 25th-31st May*



# Speech Pathology

## STUTTERING

Don't wait and see

Stuttering is a certain type of speech disorder where the person's fluency, or flow of speech, is disrupted. The different types of stutter we see in children are listed below.

Stuttering usually occurs before the age of 6. When stuttering arises, the severity varies and can be very concerning for parents. It is vital to seek the help of a speech pathologist to assess and treat your child early.

Don't wait and see if the stutter goes away!

<b>Sound or Syllable Repetition</b>  Repeating the first sound, or few sounds of a word.  H/h/h/he or Tha/tha/thanks	<b>Whole Word Repetitions</b>  Saying a word more than one time.  The/The/The	<b>Multiple Word Repetitions</b>  Saying more than one word, more than one time.  She went/she went/she went
<b>Prolongations</b>  Getting stuck on the first sound of a word for a few seconds.  Mmmmmmmmonkey	<b>Blocks</b>  Getting stuck when the first sound of a word won't come out.  _____Two	<b>Insertions</b>  Adding extra sounds in the middle of your sentences.  Um or Uh

Above table from: <http://speechtherapywithliz.blogspot.com/2013/03/stuttering-is-super.html?m=1>

# Speech Pathology

## PRESCHOOL READING

### The power of books

1. Reading should be **fun**, **enjoyable** and not a chore. It is optional for you to read the words on the pages in addition to talking about the pictures.
2. For physical books, use it like a **toy** (i.e. 'smell' the flowers, fly the 'butterfly' 'up' in the sky).
3. For online/animated book, **pause** each page to talk about what's happening and **act** the actions.
4. Make **comments** about what you can **see** (i.e. 'that's a LONG snake!', 'look! the mouse is hiding UNDER the mat', 'Oh no! that look's very SCARY')
5. **Model** some simple Wh- **questions** and be prepared to model the answer. (i.e. 'WHAT is the dog doing? Oh! She is jumping in the mud!')



# Occupational Therapy

## HANDWRITING

It's all about the basics

**Posture:** Make sure they are sitting at their desk with **feet flat** on the floor, **back straight**, **arms** resting comfortably on the desk at a **90 degree angle**.

**Pencil grip:** Holding their pencil using a **functional tripod grip** will let their hand and fingers control their pencil properly, allowing for adequate movements at their thumb and finger joints.

**Pressure:** Check they are **pushing down** with their pencil using just the right amount of pressure.

**Letter formation:** Using the correct **letter formations** will make it easier for them to make cursive joins later, as well as increasing their handwriting speed.

**Spacing:** Encourage children to leave **a finger space** between their words.

**Size:** Ensure the **tall letters are tall** (b, d, f etc.) , the **tail letters** (g, j, p etc.) have a **long enough tail** and the **short letters** (a, c, e etc.) are short and **sitting correctly on the line**.

**Slow down:** Encourage your child **not to rush**



# Help Us Improve What We Do

WE'D LOVE TO HEAR YOUR FEEDBACK



Feedback, compliments and complaints are an important part of our organisation, as they assist with improving service provision, and help us modify the way we do things to better suit your needs. Feedback, compliments and complaints can be made at any time by:

1. Contacting our main number, on **0402 598 698**
2. Emailing us on **[info@speechot.com.au](mailto:info@speechot.com.au)**
3. Mailing out information to our postal address **PO Box 7246 Mount Lewis NSW 2190**