

ISSUE NO. 4 | JULY 2020

THE SPEECH & OT CENTRE

THE SPOT BULLETIN



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MESSAGE FROM THE DIRECTOR

Welcome to the 4th Edition of The Speech & OT Centre Newsletter.

We would like to start off by thanking you for your support over the past few months. With your help, we have managed to get back to face to face sessions, and it is business as usual. Please rest assured that we will continue to follow the directives of NSW Health, and closely monitor the situation.

We have also had some exciting changes in recent months, with new staff joining us, and a new centre opening up in Lidcombe. Please stay safe, and we look forward to seeing you all around!

Best wishes,
Nadine



Reception/waiting area at our new Lidcombe Centre

UPDATES

by Nadine Bakka

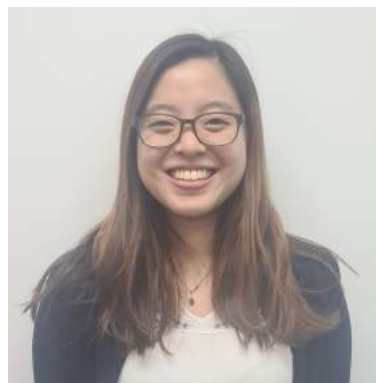
- We have now returned completely to face to face for all services, with the appropriate safety measures in place. Thank you all for your patience over the past few months.
- We have moved to a new location in Lidcombe, just a few minutes walk from our previous location. We are now offering OT in our new location too!
- We have two new Speech Pathologists joining the team: Lily and Rachel.

REMINDERS

by Lily Teoh

- If your child is sick, please do not attend your session, as you are putting other clients and therapists at risk of getting sick.
- Instead, please contact our Cancellation Line on 0435 745 924, or the therapist that you will be seeing and provide a medical certificate within 7 days to waive the missed session fee. If a missed session fee is not paid, the Speech & OT Centre reserve the right to not offer further sessions.
- Please refer to your service agreements to check the cancellation policy/fee.

WELCOME TO THE TEAM



Lily Teoh



Rachel Chen

WHAT WE'VE BEEN UP TO

by Grace Zhou



Friday Funday activities at the new Lidcombe clinic



Social at Koi Dessert bar



Celebrated a 2nd birthday

DATES TO REMEMBER

by Rachel Chang

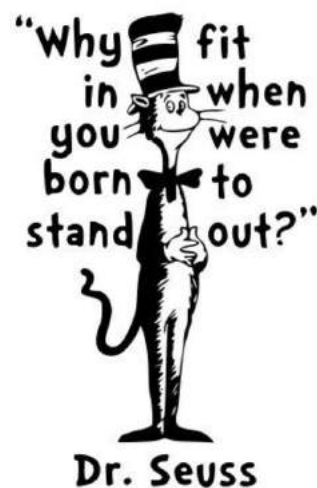
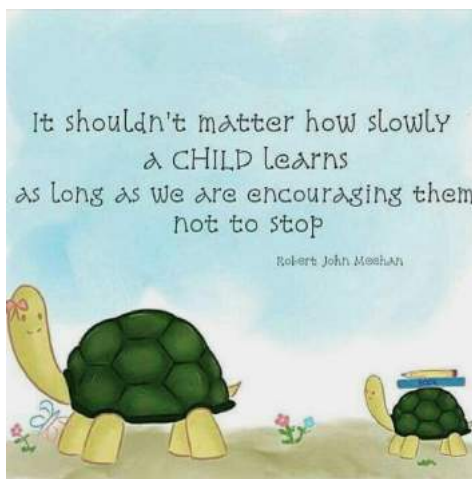


- EID - 30th July
- Jeans for Genes Day - 2nd August
- Friendship Day - 4th August
- Red Nose Day - 9th August
- Book Week - 17th-23rd August
- Daffodil Day - 23rd August
- Speech Pathology Week - 25th - 31st August
- Father's Day - 6th September

ACHIEVEMENT & QUOTES

by Hiba Chami

"My child really missed coming to therapy during the lockdown"



"I was almost in tears when my child spoke in longer sentences"

SPEECH PATHOLOGY FACT SHEETS

Preschool-Aged/Early Literacy Milestones

by Janet Wong

Most children learn to read by the age of 7. Children's ability to learn to read is built on the foundational language skills that they start to learn at birth, and continuously acquire as they grow and develop.

Children, from the ages 3-4, start to:

- Show some interest in the contents of story books (i.e. listening to and talking about what they see)
- Understand that letters on a page carry a message
- Make attempts to read and write
- Identify familiar written signs/labels
- Participate in rhyming activities
- Identify some letters and make some letter-sound matches (e.g. 'A' is for 'apple')
- Attempt to use some known letters to write/spell meaningful words (i.e. their names)



If you have any concerns about your child's literacy progress, please don't hesitate to speak to your speech pathologist to discuss the possible steps forward.

SPEECH PATHOLOGY FACT SHEETS

Verbal Recounts

by Novem Chau



1. Talk about what your child did today, using sentences at their level.
(i.e. "This morning we went swimming, then we went to play with your cousin. After playing, we went to buy popcorn and watched a movie").
2. Talk about what you did today. You are their best model and teacher. Make it a habit to talk about your day - daily (i.e. "Today I went to the shops to buy vegetables, then I went to the park for a picnic. After that I bought pizza for dinner").
3. Have a conversation about a book you have just read together.
(i.e. "What happened in the book?" "What happened first, next and last?")
Make sure you are modelling the responses to your child.
4. Encourage your child to draw a picture of what they did today. You can support your child's memory by prompting the details. Talk about the picture and what your child did today.
5. You can take photos of your child engaging in different activities through the day and use these to prompt their memory or support their recount sequence.

OCCUPATIONAL THERAPY FACT SHEETS

Writing Developmental Milestones

by Amy Ha



12-18 months: Children should typically be able to imitate spontaneous scribbles on a piece of paper with a thick marker.

19-24 months: Children should typically be able to imitate vertical strokes, horizontal strokes, and circles on a piece of paper.

2 ½ – 3 years: Children should typically be able to accurately copy vertical lines, horizontal lines, and circles.

4-5 years: Children should typically be able to copy a cross, square, triangle and 'x.' This is also the age to begin practicing the formation of the letters in your child's name.

5 years: Children should typically have their hand dominance established for fine motor activities.

6 years: Typically, children should be able to write their name. By 6 years of age, they should also be able to write the alphabet without omitting letters. Children should be able to write the alphabet in uppercase and lowercase letters without switching forms throughout.

7 years: Children should no longer reverse the letters of the alphabet while writing (example: 'b' versus 'd'). They should also use appropriate capital letters and punctuation to write complete sentences.



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:

- Contacting our main number on
0402 598 698

- Emailing us on
info@speechot.com.au

- Mailing out information to our postal address
PO Box 7246 Mount Lewis NSW 2190

