

VOLUME 1, ISSUE 2 2020

# THE SPEECH AND OT CENTRE

The SPOT Bulletin- January 2020

## WHAT IS INSIDE

---

REMINDERS -1

---

UPDATES - 2

---

UPCOMING  
EVENTS/BIRTHDAYS-3

---

PHOTOS-4-7

---

SPEECH AND OT  
MILESTONES/TIPS-8-11

---



## BACK TO SCHOOL REMINDERS

BY TABASOM ARYA AND AHLAM HUSSEIN  
(SPEECH PATHOLOGISTS)

Happy New Year! We hope everyone enjoyed the holiday season and ready to head back to school. If you need to make any changes to your appointment times, please contact us on 0435 745 924

### Reminders

- Remember to get a new EPC Plan from your GP for 2020
- Our policies and procedures can be accessed on our website [www.speechot.com.au](http://www.speechot.com.au)
- For cancellations related to illness, a medical certificate needs to be provided to avoid being charged a fee



# UPDATES- WELCOME TO THE TEAM

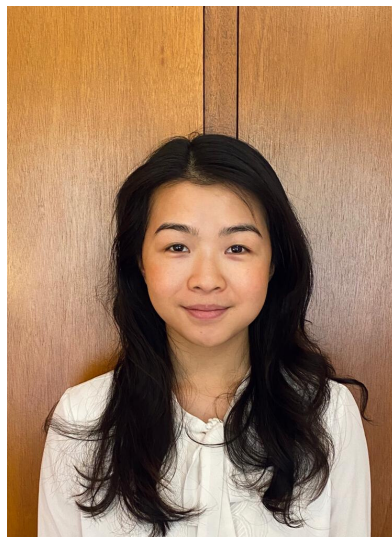
BY AMY HA (OCCUPATIONAL THERAPIST)

The Speech and OT Centre have 3 new therapists joining the team.



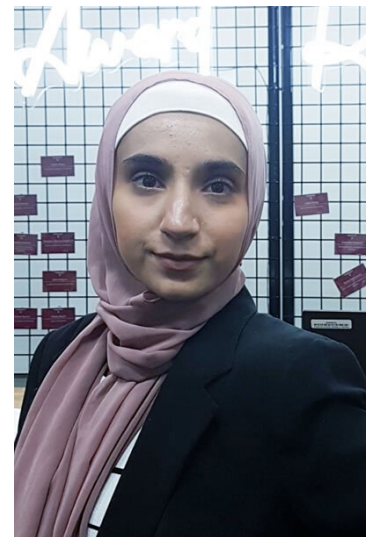
## AMY HA

Amy is our Occupational Therapist. She enjoys finding fun and exciting ways for children to be engaged in therapy. Her interests outside of work include travelling and watching movies.



## JANET WONG

Janet is our speech pathologist. She is passionate about working with children and their families to help them reach their language goals. In her free time, Janet enjoys rock climbing and playing with her dog.



## MARIAM OMAREE

Mariam is our Speech Pathologist. She loves working with kids, specifically with communication difficulties. When she isn't working, Mariam enjoys spending time with her family and friends.

BY MARIAM OMAREE (SPEECH PATHOLOGIST)

## LET'S CELEBRATE

A cluster of pink balloons of various shades, tied together with grey strings. Several pink stars of different sizes are scattered around the balloons and the text.

*Janet*  
*Rachel*  
*Tabasom*

**Happy Birthday girls!**

## DATES TO REMEMBER

BY GRACE ZHOU (SPEECH PATHOLOGIST)

- International Asperger's Day 18/02/2020
- Hearing Awareness Week 01-07/03/2020
- World Hearing Day 03/03/2020
- International Women's Day (IWD) 08/03/2020
- Swallowing Awareness Day 18/03/2020
- World Down Syndrome Day 21/03/2020

*"I was so happy, when my client was able to recount the activities he did during the holidays!." -*



# THINGS WE'VE DONE...

BY RACHEL CHANG (SENIOR SPEECH PATHOLOGIST)





# THINGS WE'VE DONE...

BY RACHEL CHANG (SENIOR SPEECH PATHOLOGIST)





# THINGS WE'VE DONE...

BY RACHEL CHANG (SENIOR SPEECH PATHOLOGIST)





# THINGS WE'VE DONE...

BY RACHEL CHANG (SENIOR SPEECH PATHOLOGIST)





# TIPS AND STRATEGIES TO GET YOUR CHILD TALKING....

1

## SPEECH PATHOLOGY

BY NOVEM CHAU (SPEECH PATHOLOGIST)

1. Spend a lot of time communicating with your child. Even during infancy — talk, sing, and encourage imitation of sounds and gestures.
2. Avoid over criticizing your child when they're sharing their story.
3. Describe Your Environment. Talk about everyday situations.
4. Speak clearly to your child, model clear speech and grammatically correct speech.
5. Add on to what your child says e.g. "juice" - 'Do you want juice? I want apple juice. The apple juice is cold'.

*"My client didn't want me to leave and signed 'more' when I was about to leave." -*

# TIPS AND STRATEGIES TO HELP YOUR CHILD REGULATE THEIR EMOTIONS....

## 2 OCCUPATIONAL THERAPY

BY ELENi ZAHAROPOULOS (OCCUPATIONAL THERAPIST)

The most important way to teach self-regulation is to provide support when they need it.

1. Talking about emotions with your child.
2. Help your child to find coping strategies to react to strong emotions they may be feeling.
3. Plan ahead for any challenging situations, by describing the environment and any 'expected' behaviours.
4. Praise your child when they make good progress.
5. Model self-regulation for your child.

*"My client can now give feedback, he is starting to express his emotions" -*

# DEVELOPMENTAL MILESTONES

## SPEECH PATHOLOGY

BY JANET WONG (SPEECH PATHOLOGIST)

### Language Development-

As children develop their language, they will be able to use their new skills to understand and express themselves to others. This allows children to partake in fulfilling social interactions with others, such as family, friends, and their early childhood carers/educators.



If you are concerned about your child's language development, do not hesitate to contact a speech pathologist who will be able to assess and provide you with guidance for further action.

Image source: <https://www.verywellfamily.com/gifted-children-and-language-development-1449117>

## OCCUPATIONAL THERAPY

BY ELENI ZAHAROPOULOS (OCCUPATIONAL THERAPIST)



**Social and Emotional Development-**  
While your child is in Pre-school, your child might be able to follow simple instructions and rules, initiate or join in pretend play with other children, share toys and other personal belongings, show more independence, experience a broad range of emotions. If you have concerns about

your child's social and emotional development, it is important that you seek help by visiting an Occupational Therapist.