

THE SPEECH AND OT CENTRE

THE SPOT BULLETIN



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Message from the Director

By Nadine Bakka

Welcome to 2021 everyone! Hoping everyone has had a refreshing break, and is looking forward to the year ahead.

We are looking forward to being on this journey with you again this year. To all of our new families, we say welcome. And to those returning families, we say welcome back.

We have some new faces that have already joined our team, with more to come in the following months.

Looking forward to what 2021 will bring, and excited about the times ahead!



Reminders

By Kate Stalker

Our COVID-19 Policy

We want to remind you that if you or your child are sick, please cancel your appointment, by calling our cancellation line on 0435 745 924. We will be happy to reschedule your appointment where possible!

We are also continuing to limit the number of people into our centres. We ask that, where possible, you only bring the child and one adult to therapy.

Our Cancellation Policy

In the event that you are unable to attend your session, you will not be charged a fee if you are able to:

- Inform our cancellation line 48 hours before your upcoming session.
- Provide a medical certificate within 7 days of the cancelled appointment.



Welcome to the Team

By Mariam Ayoubi

The Speech and OT Centre would like to welcome our new Speech Pathologists, Mariam, Jenny, and Kate!

They all recently graduated from the Masters of Speech and Language Pathology degree, and are excited to be joining the team.



HAPPY BIRTHDAY

To our wonderful therapists Jenny and Rachel, we wish you all the best!

Upcoming Events

Chinese New Year: February
12 - 26

Ramadan: April 12 - May 12

Good Friday: April 2

Easter: April 4

Orthodox Easter: May 2

What We've Been Up To

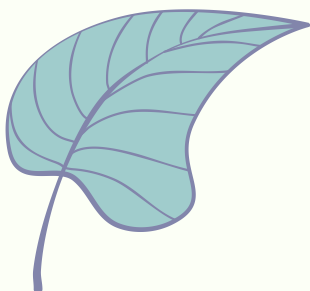
By Grace Zhou



Our end of year activity
@ The Culinary School.



Welcome to our
new therapists!



Client of the Quarter

By Rachel Chang



Shout out to Kevin for always trying new activities and having a smile on his face in therapy! He's been doing so well with his Speech Pathology and Occupational Therapy goals! Great work Kevin.

Seen by Rachel Chang (Operations Manager) and Eleni Zaharopoulos (Occupational Therapist).

What are Speech Sound Disorders?

By Rachel Chen

Speech Sound Disorders (SSD) are commonly seen in children who find it difficult to produce and combine certain speech sounds and words past the expected age.

The most common groups of speech sound disorders are:

- Functional Speech Sound Disorder - refers to problems producing a certain sound (e.g. "sh", "ch").
- Phonological Process Disorder - refers to a pattern of sound mistakes (e.g. fish pish).
- Organic Speech Sound Disorder - may be caused by a structural, neurological, or sensory abnormality.



How Are Speech Sound Disorders Treated?

By Rachel Chen

Your Speech Pathologist can put together a therapy plan to help your child with their speech sound difficulties.

Activities may include:

- Bringing awareness to the child on their speech sound error.
- Teaching the child how to produce the target sound correctly.
- Practise saying certain words and sentences.

How Can I Be Involved?

- Reading, - choose a book that targets the speech sound, read with your child, and get them to repeat the target sounds after you.
- Colouring, - use colouring sheets that include items of the speech sound target.
- Treasure Hunt - place pictures or objects around your house that target the speech sound.



Meltdowns: Is It Sensory or Behavioural?

By Eleni Zaharopoulos

A **behavioural** reaction is often based on a child not getting what they want. It is purposeful, a choice, and meant to influence people. Some signs include:

- Seeking attention or a specific reaction.
- Asking/demanding for an item before their reaction.
- Awareness of their surroundings and others.
- The reaction ending abruptly when they receive what they want.

A **sensory** reaction occurs when a child is overwhelmed by stimuli, or cannot find a means to communicate a lack of sensory stimulation. Some signs include:

- Not caring what your response to their reaction is.
- Often not demanding something prior to their reaction.
- Does not have control over the situation, and no awareness of their surroundings.
- Meltdowns can last longer, and it may take a while for the child to fully recover.

Meltdowns: Is It Sensory or Behavioural?

By Eleni Zaharopoulos

What Can an Occupational Therapist Do To Help?

If it is established that your child experiences behavioural issues, your Occupational Therapist can assist with a referral to Behaviour Therapy.

An Occupational Therapist will collaborate with your child and significant others, to:

- Provide education on sensory and emotional regulation vocabulary.
- Develop a number of strategies to reduce the amount of sensory meltdowns. These will be tailored specifically to your child's sensory system.
- Provide education to parents, teachers and support staff, to best support your child's sensory system.



Feedback and Complaints

Help us improve what we do! We would love to hear your feedback.

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
3. Mailing out information to our postal address:
PO Box 7246 Mount Lewis, NSW, 2190

