



**THE SPEECH &
OT CENTRE**

**THE SPOT BULLETIN
ISSUE 9 | APRIL 2023**





To our families... THANK YOU!

We can't believe we are in 2023 already! We hope you have all been safe and well. We have loved having our new clinic space filled with laughter and joy! We thank you all for being on this awesome journey with us and working with us!

CONTENTS

- 1. Message from the Director**
- 2. Reminders and Updates**
- 3. Welcome to the Team**
- 4. What we've been up to**
- 5. Upcoming Events & Client of the Quarter**
- 6. Speech Pathology Fact Sheet**
- 7. Occupational Therapy Fact Sheets**

If you have any questions, please do not hesitate to contact us on 0402 598 698.

Message From the Director

I'd like to welcome everyone to yet another year (although we are already in April!)

Once again, it gives us the greatest of honour, to be on this journey with you all, and to have you as part of our Speech & OT Family.

We are excited to see all the great things you are going to achieve this year, and we are excited to share all the wonderful things that we have planned!

**Best Wishes,
The Speech & OT Director
Nadine Bakka**



Welcome to the Team!

We are so excited to welcome 8 new Speech Pathologists to our team in 2023!
It's great to have everyone on board!



Jinan Allam



Emily Au



Romaisa Badar



Usha Elete



Paula Ghanem



Julia Ho



Nawal Houssein



Isabella Yung



Reminders & Updates

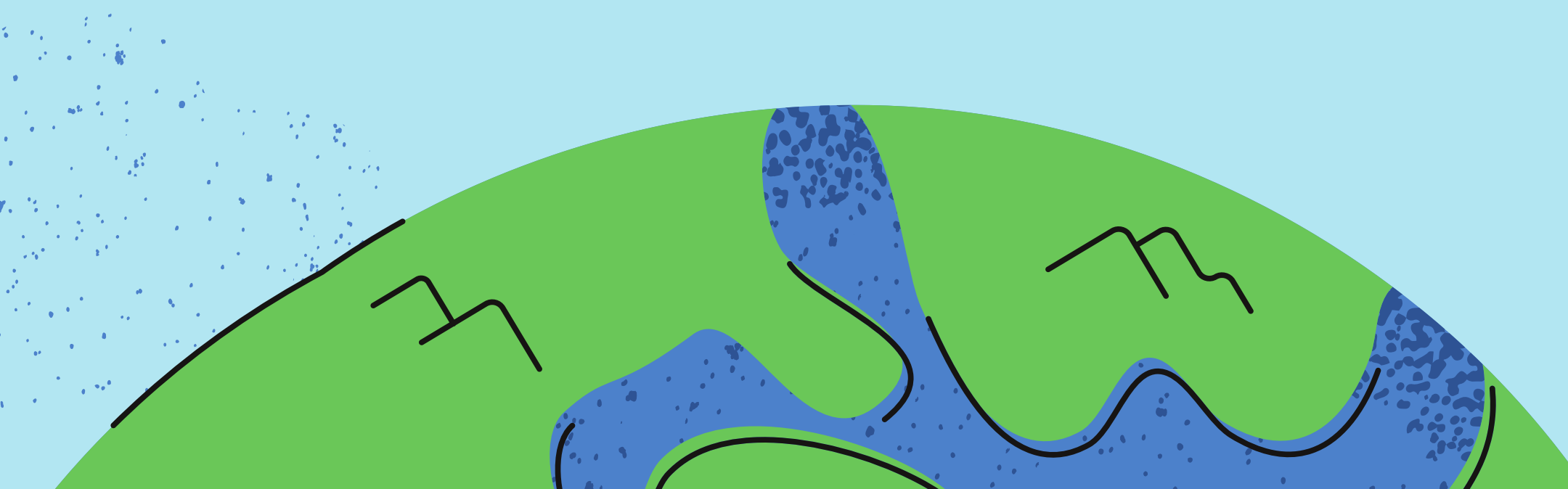
Cancellation Policy:

Should you need to cancel your appointment for the week, we ask that you let us know 2 working days before your appointment to avoid a cancellation fee. Should you need any clarification, please refer to your service agreement

Health and Wellbeing:

We would like to remind you that if you or your child are unwell, please contact our cancellation line 0435 745 924 to arrange another appointment.

Please note: As per our health and well-being policy, if you or your child presents to a session unwell, your therapist may discontinue or end the session early.



Reminders & Updates

Scheduling

All questions regarding changes in appointment/schedule must be done through the admin team. They will be able to assist you.

Contact numbers:

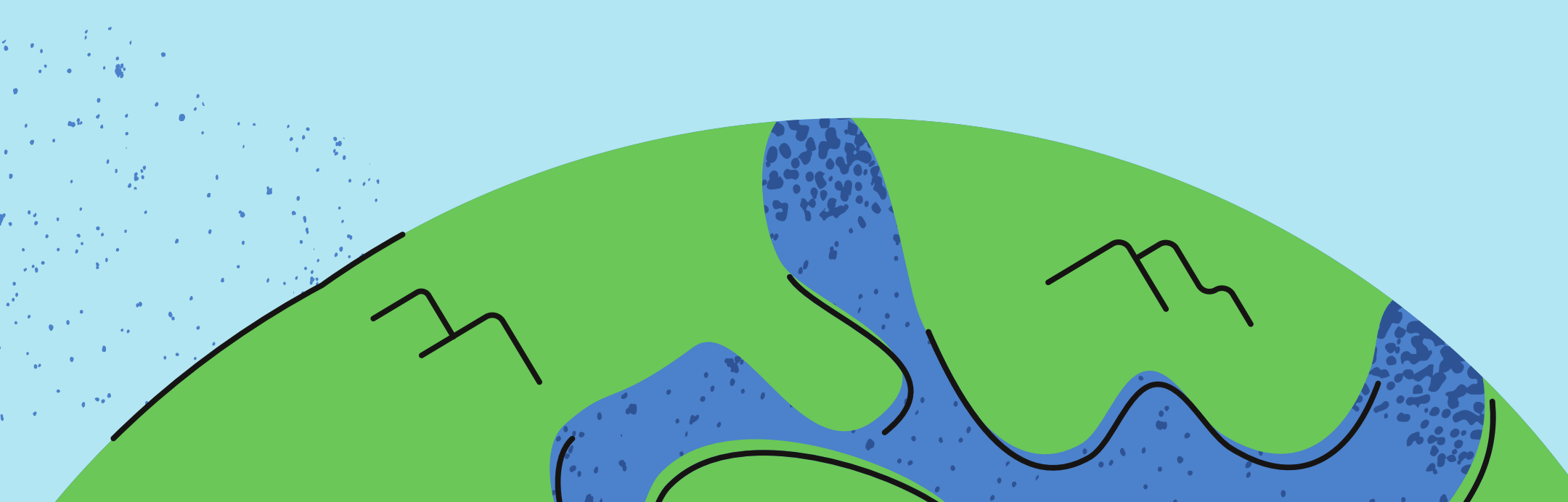
The Speech&OT Centre has two contact numbers. The contact numbers are as follows:

Main line – 0402 598 698

Cancellations – 0435 745 924

Clinician calls:

If you are expecting a call from your clinician, they will call using: **0482 072 528**. Please save this number to your phone. If you need to return a call from this number, please call the main line instead.



What We've Been Up To



Celebrated some of our staff members birthdays!



International Women's Day with these cupcakes!



Surprise graduation for some of our speech therapists!



Celebrated Novem's 5-year anniversary at The Speech & OT Centre!



Upcoming Events

- **World Autism Awareness Day 2nd April 2023**
- **Ramadan - 22nd March to 21st April 2023**
 - **Eid 21st April to 22nd April 2023**
- **Easter long weekend 7th April to 10th April 2023**
 - **Mother's day 14th May 2023**
- **Reconciliation Week 27th May to 3rd June 2023**

Upcoming Birthdays

- **Usha Elete - 29th April**
- **Samantha Yih - 1st May**
- **Nadine Bakka - 8th May**
- **Racha Majzoub - 12th May**
- **Jinan Allam - 10th June**

Client of the Quarter

Issa has made wonderful progress on his goals in his speech and occupational therapy sessions!

He has been finding new interests, engaging in a variety of activities with others and settling well into his new childcare.

Go Issa!

**Seen by Saja Moussa (Occupational Therapist) &
Jenny Kim (Speech Pathologist)**



Speech Pathology Fact Sheet

Commenting

What is it?

It is when you model words in everyday interactions or in play about your child's immediate interests and actions. It involves commenting about here and now.

Why comment?

Comments expose your child to language and therefore assist them to develop richer language. When you comment on your child's immediate interests and actions, your child will be more likely to say and use them.

Speech Pathology Fact Sheet

Commenting

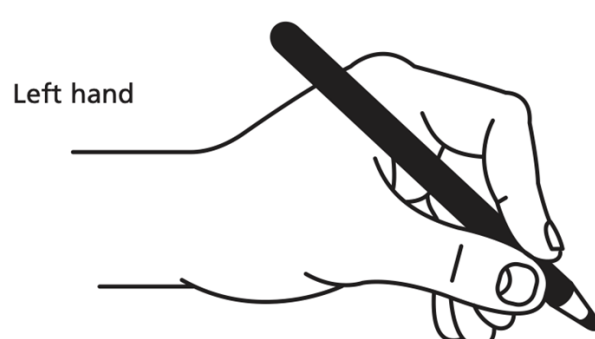
The rules for commenting:

- 1. Comment on here and now.**
- 2. The length of your comments will depend on your child.**
 - Adjust the sentences!**
 - If your child is using one word, comment using one or two words.**
- 3. Pause after you comment!**
 - Even if your child does not copy you, it gives them the opportunity to use the modelled words.**
- 4. Remember that single words and shorter sentences are easier for your child to copy**
- 5. Repetition goes a long way**
 - Your child needs to hear a word more than once (many times) before they try to use it**
 - Use the word at least 5 times throughout an activity and routine.**

Occupational Therapy Fact Sheet

Pencil grip is only one component of handwriting. Most children naturally develop a pencil grip that is comfortable for them. Various pencil grips will be seen in any kinder or school class.

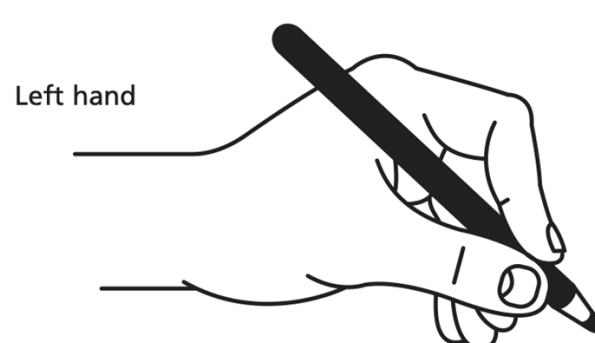
A pencil grip is only a problem if a child has difficulty writing legibly, at a reasonable speed, or complains of a sore or tired hand when writing. If an awkward grip pattern becomes a habit it is more difficult to change later. Pencil grips are easier to change in the early years of school. Encourage your child to hold their pencil in a way that allows their hand and finger to move freely and easily when writing and drawing.



Occupational Therapy Fact Sheet

General guidelines for a good pencil grip are:

- The pencil is held in a stable position between the thumb, index and middle fingers.
- The ring and little fingers are bent and rest comfortably in the table.
- The index finger and thumb form an open space
- The wrist is bent back slightly and the forearm is resting on the table.
- The pencil is held about 1-2 cm from the tip.



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:

Contacting our main number, on 0402 598 698

Emailing us at: info@speechot.com.au

Mailing out information to our postal address:

PO Box 7246 Mount Lewis, NSW, 2190

