



Clinician of the Month



Lindsey Doyle M.S., CCC-SLP Orofacial Myologist

Congratulations to Lindsey Doyle for recently receiving her certification in Orofacial Myology! Orofacial myofunctional therapy can provide rehabilitation for the following conditions:

- Tongue Thrust
- Incorrect Tongue Rest-Posture/Swallowing Pattern
- Thumb / Pacifier Sucking Habit
- Nail Biting and Other Oral Habits
- Lip Incompetence (Open Mouth posture)
- Tongue-Tie
- Incorrect oral placement for articulation sounds

Collaboration with dentists, orthodontists, chiropractors, cranial sacral therapists, otolaryngologists, and/or speech pathologist to collectively achieve the best oral function and balance. Please feel free to inquire and direct any related questions to Lindsey!



Before



After

Ask a Clinician



Question: How does an orofacial myofunctional disorder impact speech development?

Answer: Orofacial myofunctional disorders (OMD) can significantly impact the development of the following sounds: /t, d, n, l, s, z and r/. Individuals with OMD often have an open mouth posture with a low resting tongue (typical resting posture should involve a closed mouth, tongue resting at the roof of the mouth, and nasal breathing). This habit can lead to problems with facial/dentition growth and development, and ultimately speech and swallowing difficulties (tongue thrust swallow).

Treatment of OMD involves correction of all of the following:

- Nasal breathing
- Proper lip seal
- Tongue posture
- Swallow pattern

While addressing these goals, it is likely that the individual will improve their overall speech and facial appearance.



Compliments of OMT of York



UPCOMING EVENTS

What's the Apps? Using Apps to Support our Children's Learning

What: Hear Christi O'Donovan, a local speech pathologist, discuss apps that can address children's specific learning needs. If you are wondering what apps can support your child's speech, cognitive development, memory, or other kinds of skills, then this workshop can fill you in. You can contact: wbsepac@wbridgewater.com or visit the event Facebook page for more information.

Where: 155 West Central St., Bridgewater, MA

When: February 5th, 2018 6-7:30 pm

ADHD Parent Support Group

What: Join other parents and caregivers to receive information and support, be heard without being judged, learn how to cope with similar issues and challenges, learn about local resources for families, learn new strategies to try at home, and leave feeling empowered and hopeful. For more information visit the group's Facebook page or contact: ValleyADHDFamilies@gmail.com

Where: Northampton Area Pediatrics 193 Locust St. Northampton conference room (monthly meetings)

When: February 5th, 2018 6:30-8 pm

Special Education Appeals and Mediation

What: Hear how the Bureau of Special Education Appeals in Massachusetts ("BSEA") conducts mediations, advisory opinions and hearings to resolve disputes among parents, school districts, private schools and state agencies concerning eligibility, evaluation, placement, individualized education programs (IEPs), special education services and procedural protections for students with disabilities. Hosted by the Wakefield Special Education Parent Advisory Council.

Where: Galvin Middle School: 525 Main St. Wakefield, MA

When: February 6th, 2018 7-9 pm

Especially for Me: Sensory-Friendly Afternoon

What: Explore both museums during this special free early afternoon time for families with children on the autism spectrum. The venue will not host school groups or birthday parties. Overcrowding will be avoided to support accessibility of exhibits.

Opportunities to participate in special sensory based activities will be open to everyone, with a separate quiet room for orientation and a safe place to take a break if/when needed. Pre-registration required, space limited. Please visit the event website for registration or contact 978-264-4200.

Where: Acton Discovery Museums

When: February 6th, 2018 1:30-4:30 pm

"Morningstar Access" Boston Children's Museum

What: This program offers children with special and medical needs the opportunity to enjoy the Boston Children's Museum in an uncrowded environment, with few other visitors and less concern about infections and large crowds. *Pre-registration is required* and is limited to 100 guests. Fee \$7.00, museum members attend free. Visit the registration website here:

<http://www.bostonchildrensmuseum.org/morningstar-program-registration-form>

Where: Boston Children's Museum

When: February 19th, 2018 8-10 am





UPCOMING EVENTS

Autism and Insurance: What You Need to Know

What: Amy Weinstock, Director of the Autism Insurance Resource Center at the University of Massachusetts Medical School's Eunice Kennedy Shriver Center will answer your questions on topics including:

- How to find out if your child is covered
- How to get coverage if you don't have it
- What types of services are covered
- Private and public health insurance plans

These workshops are for parents and individuals with ASD who are interested in learning more about treatment modalities, supports for those affected by ASD and current opportunities to participate in research. Meet with experts and learn, expand your support network and learn helpful strategies for coping with the challenges that life on the spectrum can bring. For more information:

www.autismresourcecentral.org/about/the-center/calendar/ or contact Sandra Osborne, Autism Resource Specialist, Phone: 774-442-2269

Where: West Boylston

When: February 13th, 2018 6:30-8:30

Out in the Community



Let's Talk attended the Annual Special Needs Resource Fair in Dorchester MA hosted by Boston Special Education Parent Advisory Council (Boston SPEDPac). We enjoyed meeting families and other service providers in the area. It was a great opportunity to learn about other organizations, network, and spread the word about all our practice has to offer!

2018 Winter Olympic Games: Ideas for Incorporating Speech/Language into Watching the Games



Articulation: There are so many opportunities to work on articulation and phonological awareness while watching the games! Identify sports/countries with target sounds in them and practice producing them while watching.

Compare/Contrast: Make a list of all Olympic sports and have the child discuss the similarities and differences between the two (figure skating and ice hockey- they both use ice skates, one sport involves a team and the other is individual/partner, etc.)

Categories: Create a winter/summer chart and have the child sort all winter/summer sports into their perspective categories, as well as clothing, activities, holidays that happen in those two seasons.

Vocabulary: Identify/label all the different winter sports, equipment they use (i.e., ice skates, skis, etc.), clothing, etc.

Social/pragmatic: Print pictures of athletes and have the child identify/label emotions/feelings. Discuss zones of regulation (what zone are they in?), and work on perspective taking (feelings towards winning the gold versus the silver etc.)





CONVERSATION HEART CHALLENGE



Another holiday, another contest! There will be a jar filled with conversation heart candies displayed in the waiting room. Each child is allowed one guess (siblings included). The child that correctly guesses the amount of hearts in the jar, or comes closest to that number without going over, will win! They will get to take the jar home and a gift card! Let the guessing begin!

Thank you for reading our Let's Talk Newsletter! We appreciate your feedback about additional events, resources, advice, and information you may have. In addition, we welcome recommendations about the content of the newsletter.

Please email: nscalera@ltspeech.com with suggestions/comments/concerns.



February Crafts

Make a heart shaped card for Valentine's Day to help spread the love. To celebrate the 2018 winter Olympic Games create your very own Olympic gold medal!

****Reminders****

We are **OPEN** with normal hours on the following holidays:

- ALL of February school break!! **Please notify your clinician if you will need to take time off**
- 2/19/18: Presidents Day



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