



## Ask a Clinician



The New Year brings new ideas and New Year's resolutions! Starting next month, the Let's Talk newsletter will have a new section entitled "Ask a Clinician." We will give parents/caregivers/clients the opportunity to ask questions related to speech/language, associated disabilities, IEP/school services, etc. They can be submitted anonymously or with a name to be featured in the section. Questions will be answered in this section the following month. There will be a box in the waiting room for submissions. All questions will be carefully reviewed and answered by one of our clinicians.

### Tips for practicing speech & language skills on the road

Need an idea for a New Year's resolution? How about keeping up with practicing speech/language homework! Carryover at home is so important for improvement and mastery of skills. With school homework, sporting events, and hectic lives this can be difficult. Here are a few tips for practicing skills on the go!

- **Articulation:** Keep an articulation book filled with stimulus words in the car to practice on the way to sporting events, or on the way home from school

- **WH- questions:** On the way home from school or practice, ask your child a variety of WH-questions like "what did you do in art class?", "who did you play with at recess?", "where did you eat lunch?" etc.
- **Figurative language:** Describe and interpret the figurative language in lyrics of music.
- **Attribute/describing:** Have the child describe objects seen while driving like in the "I spy" game. Have them talk about function, category, attributes, etc.
- **Sequencing:** Have your child sequence events from the day. Prompt them using first, next, last language (e.g., first I walked down the hall to art class, next I painted a picture of a snowman, last I presented it to the class). It can be as simple as that, or more complex with multiple steps.



### Boston SPED PAC Special-Needs Camp & Resource Fair

Let's Talk will be attending this awesome free resource fair hosted by the Boston Special Education Parent Advisory Council (Boston SPEDPac) and the Office of Special Education at Boston Public Schools on January 25<sup>th</sup> 2018 from 6:30-8:30 pm. This is an opportunity for caregivers to speak directly with representatives from local groups who provide services to individuals with disabilities and their families. Whether your child has a specific learning disability, a developmental disorder, or multiple disabilities, the Boston SPEDPAC voices concerns and works to change to improve services. It will take place at Leahy-Halloran Community Center (next to Richard Murphey School) in Dorchester, MA.



## UPCOMING EVENTS

### Between a Rock & a Calm Place – with Jessica Minahan

**When:** January 12, 2018

**Where:** Attleboro Public Library

**What:** The “Effective Strategies for Anxiety Related and Oppositional Behavior” will feature Jessica Minahan, author of “The Behavior Code.” Understanding the role anxiety plays in a student’s behavior is crucial and using preventative strategies are key to successful interventions. Effective behavior plans for these students must avoid the reward and punishment-based consequences from traditional behavior plans, and focus instead on the use of preventative strategies, and on explicitly teaching coping skills, self-monitoring and alternative responses.

**For more information**

visit [www.facebook.com/events/375192532894503/](http://www.facebook.com/events/375192532894503/) or contact (508) 222 0012 ext. 1444 or [ASEPAC@ymail.com](mailto:ASEPAC@ymail.com).

### Adaptive Ski & Snowboarding – Concord

**When:** January 13, 2018 – March 3, 2018

**Where:** Concord Recreation Department

**What:** Learn to ski or snowboard regardless of your abilities or previous experience at Cannon Mountain Ski Area in Franconia Notch, NH. Standing or sit-ski/ride lessons are available. Participants can register for a 1.5 hour experience or for a full day.

**Fees will apply** – includes equipment, all-day lift ticket and an instructor. Participants should wear clothing that is suitable for extended time in the outdoors in cold, snowy conditions. Helmets are required and can be rented at the mountain if needed.

**Registration is required** to 978-287-1057 or by emailing [awood@concordma.gov](mailto:awood@concordma.gov) or visit <http://concordrec.com/504/Adaptive-Recreation>

### Sensory-Friendly “Paddington 2”, Western MA

**When:** January 20th, 2018, 10 a.m., 2017

**Where:** Cinemagic Theaters in Sturbridge, MA

**Cinemagic Sensory & Family friendly movies** are for individuals living with autism and families with small children, to enjoy their movie going experience in a safe and accepting environment. In order to provide a more comfortable setting for individuals on the autism spectrum and those with young children, auditorium lights are turned slightly up and the sound turned slightly down.



### Lego Time for Kids with Special Needs

**When:** January 20, 2018 at 10:00 am

**Where:** Lowell Public Library

**What:** For children on the autism spectrum or with other special-needs and challenges ages 4 and older. Join in on a morning of building and making new friends. For special needs children of all abilities – those that can work independently and those that need lots of hand over hand help from their grownups. Stay the entire session or as long as your child wants. Siblings are always welcome.

**Sign up required** to 978-674-1527 or visit [www.pollardml.org](http://www.pollardml.org) or email [mhancock@lowelllibrary.org](mailto:mhancock@lowelllibrary.org)

### Winter Autism Festival & Resource Fair: Peabody

**Where:** Boston Children’s Hospital Peabody, MA

**When:** January 20th, 2018.

**What:** Learn more about community organizations, the kids can enjoy sensory fun games and activities, and meet representatives from Boston Children’s Hospital Autism Spectrum Center and the SPARK Study. SPARK is an autism research study with the goal of speeding up research to find both causes and treatments for autism.

\*Also open to those who are already participating in SPARK. Held at Boston Children’s Hospital in Peabody. **RSVP REQUIRED** to [SPARK@childrens.harvard.ed](mailto:SPARK@childrens.harvard.ed) or 617-355-8300 or [www.eventbrite.com/e/winter-autism-festival-tickets-41433480656](http://www.eventbrite.com/e/winter-autism-festival-tickets-41433480656)

### iPad Family Club – Sturbridge

**When:** January 24, 2018

**Where:** Sturbridge, MA

I-Pads give voice to Adults and Children with Autism and other disabilities. Learn how to navigate APPs that assist with Communication, Social Skills, and Homework. Bring your iPads, or use the Center’s iPad. Free and open to the public and wireless available. For Adults, Children, Caretakers and Educators of those with disabilities.

**To register contact** Jayne Bowler at 508.796.1952, [jbowler@sevenhills.org](mailto:jbowler@sevenhills.org); or Elizabeth Carroll at 508.796.1958, [ecarroll@sevenhills.org](mailto:ecarroll@sevenhills.org).

## CANDY CANE CHALLENGE WINNER



Congratulations to Jacob for winning the candy cane challenge! The total was 66 pieces and of candy and he guessed 62. Enjoy the candy!

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](mailto:nscalera@ltspeech.com) with suggestions/comments/concerns.



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### January Craft

Make a cup of hot chocolate to warm you up on these cold January days!

### **\*\*Reminders\*\***

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

- 1/15/18: for Martin Luther King Day

We are **CLOSED** on the following dates:

- 1/1/18: for New Year's Day

**\*\*\*Insurance card holders: please be aware if your plan is on a calendar year.** You may again be responsible for deductible payments and/or have changes in your co-payment amount for the New Year. If your insurance plan/company has changed please be sure to provide an updated insurance card to the office. For further questions please ask Brenda or Marcia in billing\*\*\*

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