

# Talk Tips To Go

## April 2020

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To all of our loyal clients at the Columbus Speech & Hearing Center.

Our speech department is closed at this time for direct face to face speech services. We are excited to roll out teletherapy with our school contracts this past week. Monday, March 30th we started to reach out to our individual and group therapy clients to schedule for teletherapy services with our wonderful clinicians. Our goal is to continue to provide excellent speech services to all of our clients and their families. By providing teletherapy as an option we can help our clients continue to make progress towards their speech and language goals.

If you have any questions or are interested in scheduling for teletherapy please call the center at 614-263-5151.

Thank you for your patience and understanding during this difficult time!

We hope you and your families are in good health!

- The Speech Department at the Columbus Speech & Hearing Center



**Article of the Month**

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**Make Speech**

# “Egg”citing

By: Abbey Vielhaber



Eggs provide entertainment that lasts well beyond the Easter season, so why not use them to practice your child’s speech goals?!

- For “Who” questions:
    - Have your child find or dye eggs with you or someone else and after, discuss “who” made or found each egg
  - For Requesting:
    - Hide the eggs in eyesight but out of reach to encourage requests for the egg. You can also tape eggs shut to encourage requests for help opening the egg to find their surprise!
  - For Speech Sounds:
    - Hide pictures/ words in plastic eggs, practicing each word by itself or making up a sentence for each egg/word found!
  - For Categories or Same/Different:
    - Find dollar store trinkets, snacks, stickers, or small toys in the plastic eggs, and after finding them, sort by color, object, category, etc.
  - For Prepositions:
    - Talk about where your child found each egg; in the drawer, under the couch, on top of the lamp, etc.
  - For “What-happened” questions:
    - Dye hard-boiled eggs and talk about actions like “mixing the dye, stirring it up, dropping the egg in, holding it in, scooping it out, changing the color,” etc.
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# Staff Spotlight

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## **Abbey Vielhaber** **Speech-Language Pathologist**

- Years of Experience: 5 years
  - Areas of Expertise or interest: Early intervention, articulation, preschool language, autism
  - What is your favorite thing about your job? Making connections with kiddos and watching parents feel more confident/empowered in helping their children
  - What's your favorite saying/quote? "Do small things with great love."
  - Fun fact about yourself: I've played piano since I was 7 years old.
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## Therapy Share

10 ways to use your toilet paper and paper towel rolls to spark some language rich, creative play!

1. Staple 2 tubes together to make binoculars. Attach a string for a strap. Go on a birdwatching/animal watching walk.
2. Cut 3 slits partway up around the tube, squish the cut end together and secure with tape to make an ice cream cone. Use kinetic sand, playdough, or wadded up scrap paper and play ice cream shoppe.
3. Tape 3-4 tubes together as a telescope. Stick paper stars around the house. Send your child on a star hunt.
4. Cut a tube into pieces, cut open on one side and decorate with paint, markers, gems, beads, etc. to make cuff bracelets. Put on dress up clothes and have a fashion show.
5. Cut a tube into pieces and decorate to make napkin rings. Host a "fancy" dinner for your family.

6. Tape 3-4 tubes together to make a pirate telescope. Turn a couch or bed into a pirate ship and sail the seas.
7. Collect several tubes to use as bowling pins. Find a small ball or wad up some paper. Have a bowling tournament.
8. Cut a tube into pieces to make rings. Stick a crayon or markers in a ball of playdough or have someone hold it upright. Play a game of mini ring toss!!
9. Fold one end over and tape it shut. Fill with dry beans, beads, or stones. Fold and tape the other end to make a maraca. Play some dancing music and shake it to the beat!!
10. Cut a tube to fit your child's forearm. Cut a slit down the center lengthwise. Add a superpower logo. Slip the superhero cuffs on your child's arm. Add a towel or fabric cape and Save the Universe!!



## Kids Speech Squad Shirts for Sale!!

Want to rock a CS&HC's Speech Squad T-Shirt??

Feel free to stop by our Business Office any time to purchase a cute youth tee to help support our speech programs!

Thank you for supporting the center and our mission: To unlock potential for individuals with communication and vocational challenges through all stages of life.

# Words of Wisdom

When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'

- Mr. Rogers

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"The secret of change is to focus all of your energy, not on fighting the old, but on building the new."

- Socrates

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## Mark you Calendars....

### Cancelled - National Stuttering Association Meeting for April

Due to the Coronavirus Pandemic, we are cancelling the April NSA meeting. We will share more details regarding a possible virtual NSA meeting for May.



[Check out this flyer for more information about NSA.](#)

### Things To Celebrate This Month

- April 1st- April Fools Day
- April 2nd- Peanut Butter and Jelly Day
- April 3rd- Find a Rainbow Day
- April 4th- Love our Children Day
- April 5th- Read a Road Map Day



- April 6th- Student-Athlete Day
- April 7th- Handmade Day
- April 8th- Zoo Lovers Day
- April 9th- Unicorn Day
- April 10th- Farm Animal Day
- April 11th- Pet Day
- April 12th- Easter
- April 13th- Peach Cobbler Day
- April 14th- Gardening Day
- April 15th- Rubber Eraser Day
- April 16th- High Five Day
- April 17th- Haiku Poetry Day
- April 18th- Animal Cracker Day
- April 19th- Hanging Out Day
- April 20th- Pineapple Upside Down Cake Day
- April 21st- Kindergarten Day
- April 22nd- Earth Day
- April 23rd- Picnic Day
- April 24th- Pigs in a Blanket Day
- April 25th- Sense of Smell Day
- April 26th- Pretzel Day
- April 27th- Tell A Story Day
- April 28th- Superhero Day
- April 29th- Zipper Day
- April 30th- Bugs Bunny Day



## Contract Speech Services for Schools During COVID-19

Columbus Speech & Hearing Center can contract with your child care center, preschool, elementary school, and/or high school to provide the following services:

- Teletherapy Speech Services



- Updating goals and progress reports
- Providing caregivers/students with activities for home practice to target their specific speech and language goals via email or text. Answering any questions on implementation of the activities via email or text.
- Providing accessible students with individual or group teletherapy sessions to target specific speech and language goals.



For more information please call  
614-263-5151.



Find out what is happening this month at Columbus Speech & Hearing Center by following us on Facebook.

[Click here to visit our Facebook Page](#)

**Or**



Check out our **"Words of Wisdom" Wednesdays** and our **"Therapy Share" Thursdays** on Instagram @columbusspeech.



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Click here to visit our  
website!