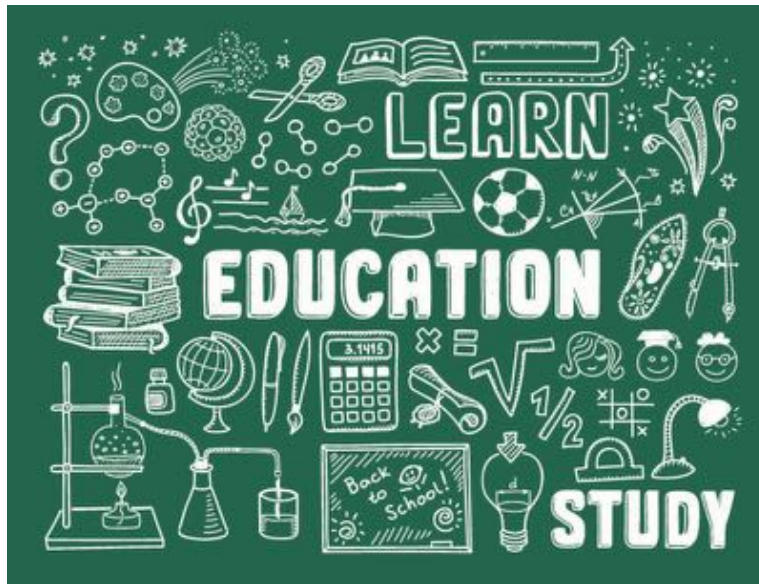


Talk Tips To Go

August 2020



Article of the Month

Strategies for Going Back to School during COVID-19

By: Natalie Day, MS, CCC-SLP

We are facing an unprecedented time where the only consistent thing in our lives seems to be change. As we approach the new school year, we are undoubtedly going to experience further uncertainty, which may lead to some stress and anxiety in children. Here are a few ways to help our kids manage those feelings.

Preparing for changes that will happen when school resumes can reduce the anxiety children may feel.

Younger kids

- Practice wearing masks, put masks on stuffed animals, or read a story about masks at school (check out www.autismlittlelearners.com for a great story about this!)
- Practice washing hands independently. Have a competition to see who can make the most bubbles!
- Talk about social distancing: teach them about personal space “bubbles” and the importance of staying inside your own bubble.

Older kids

- Set up a special place to do school work at home and allow them to decorate that space.
- Talk about what will be different about the school year and what will be the same. Help them remember that the most important thing will remain: the love and support that they have at home.
- Write about or draw things they are worried about to help express their feelings and concerns and open up a conversation.

Dealing with stress and anxiety when it happens can be done through play or through creative activities.

- Blow bubbles – this encourages deep, slow breaths.
 - Demonstrate how to take a big breath through your nose before blowing bubbles from a wand.
 - Talk about how your nose, mouth, lungs, and/or belly feel when you breathe in and out to bring your child's focus to their body.
- Squeeze playdoh – this can actually change the electrical impulses in the brain and move them away from the areas associated with stress
- Get outside – there are so many mental health benefits to spending time outside! Getting away from screens, moving your body (walk, bike, run, whatever!), and enjoying nature can all help us stay in the moment.

Additional resources to help you and your family prepare for the upcoming school year.

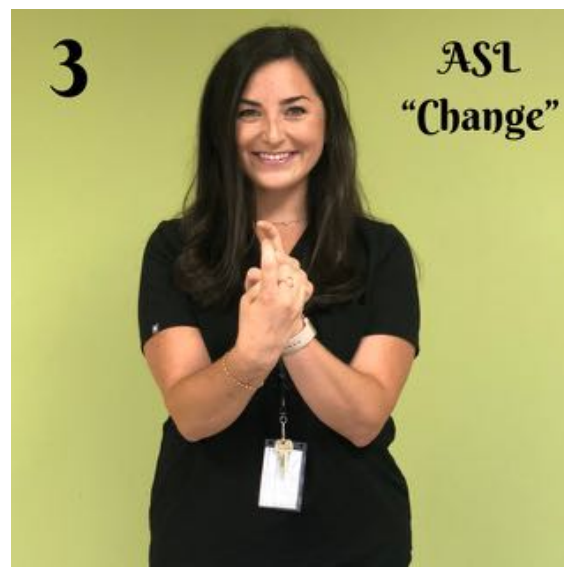
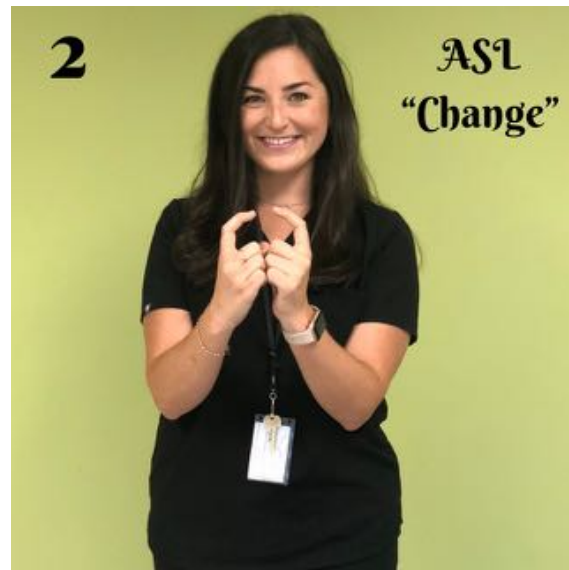
- gozen.com - [Click here for 50 calm down ideas to try with kids of all ages.](#)
- autismlittlelearners.com- [Click here for free social story on how to wear a mask.](#)
- thepathway2success.com- [Click here for coping strategies and resources for your students.](#)
- Pinterest- [Click here for CSHC Pinterest board on Strategies for Transitions and Childhood Anxiety](#)
- autism.sesamestreet.org- [Click here for Sesame Street's Coping with COVID-19: A "For Now" Normal.](#)
- sesamestreetincommunities.org- [Click here for Sesame Street's All About Masks](#)

Sign of the Month

The sign of the month for August is the word "change". Due to unknown



circumstances related to COVID-19 our children, families, and community are all dealing with a lot of "change" for the upcoming school year. Wishing everyone a happy, healthy, and successful 2020-2021 school year!



Updates Around the Department

Speech Services

We are currently scheduling for teletherapy and in person individual speech therapy and evaluations for the fall.

For more information call 614.263.5151 or contact us at www.columbusspeech.org



CSHC Chatterboxes & Screenings

Chatterboxes: This free program connects you with a speech-language pathologist from CSHC for a casual Q&A about your child's speech and language development. Our SLP can also provide fresh ideas for home activities, or help you determine next-steps for your child's continued speech and language development.



CSHC Chatterboxes & Screenings

In-Office Speech & Hearing Screening: This screening includes a 1:1, 20-25 minute screening to assess your child (ages 3-7) in the areas of speech articulation, receptive language, expressive language, social pragmatic language, fluency, and hearing to determine if a full speech and language evaluation is warranted. The cost of an in-office screening is \$30.



If you are interested in scheduling an in center speech and hearing screening please contact speech pathologist Janel Niekamp at jniekamp@columbusspeech.org.

To learn more about our Chatterbox Program please contact speech pathologist and Chatterbox Coordinator, Lora McConnell at lmcconnell@columbusspeech.org.



Balloon Twisting Camp

Erica Carlson is a familiar face at CSHC's Halloween Hop Event. Erica is a wonderful entertainer and is offering a Balloon Twisting Camp this month for individuals over 7 years old.

[Click here to go to Erica's Facebook page for details regarding this camp.](#)

[Click here to learn more about Erica and her services.](#)

Words of Wisdom

“Kids go where
there is excitement.
They stay where
there is love.”



- Zig Ziglar

“Tell me and I forget.
Teach me and I
remember. Involve
me and I learn.”



- Benjamin Franklin

Mark you Calendars....

National Stuttering Association Meeting

Due to the COVID-19 Pandemic, August's NSA meeting will be a virtual Zoom on Thursday, August 6th at 7 PM. Current NSA members will receive an invite to this meeting via email.

If you are interested in attending your first NSA meeting please email Anna Lichtenstein at alichtenstein@columbusspeech.org.

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



ASL I Class for Educators

Registration is still open for our 8 week online ASL I Class.

Participants are eligible to earn up to 1.6 CEUs.

To find out more contact us at asl@columbusspeech.org.

[Click here to register now.](#)



Just for Fun- Let's Celebrate

August 1st- Campfire Day
August 2nd- Friendship Day & Sisters Day
August 3rd - National Watermelon Day
August 4th- National Chocolate Chip Day
August 6th- Wiggle Your Toes Day
August 9th- Book Lover's Day
August 10th- National S'mores Day
August 12th- Middle Child Day
August 13th- Left Handers Day
August 15th- Relaxation Day
August 16th- National Tell a Joke Day
August 25th- National Banana Split Day
August 26th- Women's Equality Day
August 29th- International Bacon Day
August 31st- National Eat Outside Day



Screenings and Chatterboxes

Columbus Speech & Hearing Center is offering Chatterboxes and community and in center screenings for the fall.

If you are interested in talking with a license slp about your child's development as part of our Chatterbox Program please email Lora McConnell at lmcconnell@columbusspeech.org.

If you are interested in scheduling a speech and hearing screening please contact Janel Niekamp at jniekamp@columbusspeech.org.

Contract Speech Services for Schools

Columbus Speech & Hearing Center can contract with your child care center,

preschool, elementary school, and/or high school to provide in person or teletherapy speech services for the 2020-2021 school year.



Services may include:

- Yearlong Speech Therapy Services
- Speech-Language and/or Hearing Screenings
- Short-term Emergency Leave Coverage
- Extended School Year Services
- Educational Audiology & Hearing Aid Services
- Independent Educational Evaluations

For more information email ltterrell@columbusspeech.org



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 fun recipes, experiments, and crafts on Instagram [@columbusspeech](#).



Apple Doughnuts and Fireworks in a Glass

Check out these recipes and experiments on our Instagram page for fun activities to target language skills such as sequencing, following directions, using action words and prepositional phrases.



COLUMBUS SPEECH & HEARING CENTER
columbusspeech.org | (614) 263-5151



Click here to visit our
website!

