

# Talk Tips To Go

## February 2021

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### Article of the Month



#### Valentine's Day Activities at Home!

By: Natalie Day, MS, CCC-SLP

We are all used to the slump that comes with the cold days of January and February – the holidays are over and we are stuck inside (this year more than ever). That is why we love Valentine's Day! A day for bright colors and spreading love, perfectly timed for when we really need a mid-winter mood boost. Why not dive into Valentine's Day a little more this year? Here are some fun ways for your family to do so while getting some speech and language practice in:

#### **Write Valentines for your family, friends, and neighbors.**

Practice letter-writing format, complete sentences, and lots of descriptive vocabulary to tell someone why they are special to you! Deliver them to porches or send them through the mail as a socially distant way to spread the love.

#### **Read Valentine's Day books.**

*Hugs & Kisses for the Grouchy Lady Bug*

By Eric Carle teaches us about making the world a kinder place

*Mr. Goat's Valentine*

By Eve Bunting and is about the search for the perfect present to express Mr. Goat's love

*Little Ant's Valentine*

A kid-sized version of Shakespeare's *The Taming of the Shrew*

#### **Do a Valentine scavenger hunt.**

Have kids cut hearts out of construction paper, then parents can write words on them for practice. They can be articulation targets, sight words, spelling words, anything! Then, hide them throughout the house and have kids search for them.

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### More activities and resources

[Activities & Games](#)

[Send an ASL Valentine Message](#)



Learn to Sign "Love" & "Happy Valentine's Day"



[Click here to check out CSHC's Literacy Page on Pinterest.](#)

[Click here to check out CSHC's favorite books page on Pinterest!](#)

## Sign of the Month: Love



## Last Month Around the Center

Thank you to the Upper Arlington Library for allowing our speech pathologist, Lora McConnell, to present on Winter Activity Ideas for Babies and Toddlers via Facebook Live. Watch for UA to post this presentation on their YouTube channel later this month.

Next month, watch for more information regarding our summer group programs.

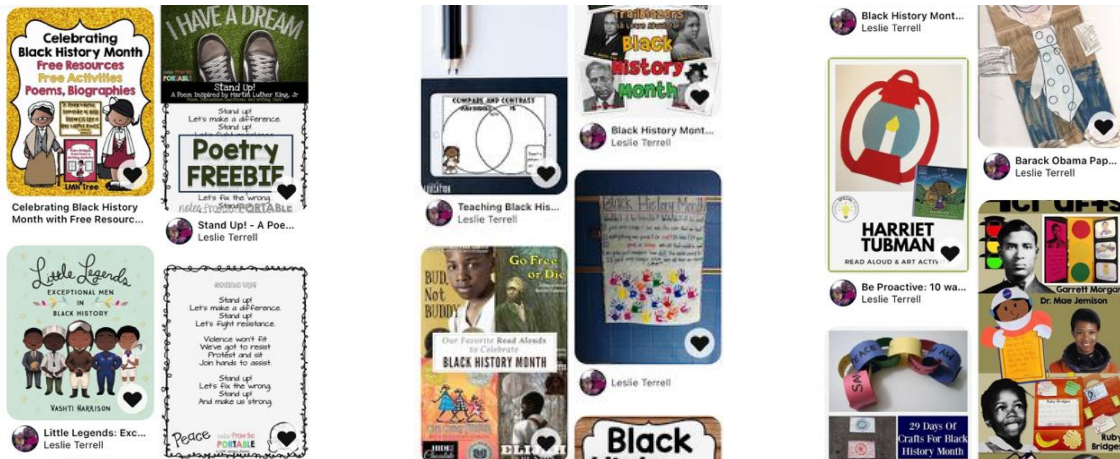


## Kazoo Day- January 28th

Our amazing CSHC staff were given Kazoos as a reminder to just keep humming because we **will** get through this pandemic! We are so proud of how our staff has continued to work together, be flexible, and take all the changes this past year has given us in stride. Thank you to all our CSHC clients and the Columbus community for helping us hum along in style!

## February is Black History Month!

Find activities, poems, posters, crafts, and book suggestions, and be sure to check out our Instagram account all month long for quotes, poems, and resources highlighting famous Black Americans.



[View Activities](#)

## Mark Your Calendar

**ASL Classes at CSHC**

## Upcoming class dates for ASL I

Feb 4—Mar 25, 2021 Thurs 6p—8p

Mar 15—May 3, 2021 Mon 6p—8p

Mar 31—May 19, 2021 Wed 6p—8p

May 18—Jul 6, 2021 Tue 6p—8p

In ASL I, you are introduced to the world, culture and language of American Sign Language. You will learn to fingerspell the alphabet, sign numbers, sign simple courtesy phrases and gain an understanding of the structure of the language. You will learn new vocabulary each week and learn to incorporate it into sentences.

Each class is 8 weeks long

Cost is \$100/person

[LEARN MORE](#)

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## Fun Days to Celebrate in February

Need something to celebrate or to mix up your week? Here are a few fun days to celebrate this month.

February 2nd- Groundhog Day

February 6th- National Frozen Yogurt [Click here to go to our Pinterest Page-Feeding](#)

February 9th- National Pizza Day

February 10th- National Umbrella Day

February 13th- National Galentine's Day

February 14th- Valentine's Day

February 20th- National Love your Pet Day-

February 26th- National Tell a Fairy Tale Day

- [click here for some of CSHC's Favorite Books](#)

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## National Stuttering Association Meeting

February's NSA meeting will be a virtual Zoom on Thursday, February 4th at 7 PM. Current NSA members will receive an email invite to this meeting.



If you are interested in attending your first NSA meeting please email Anna Lichtenstein at [alichtenstein@columbusspeech.org](mailto:alichtenstein@columbusspeech.org).



[Learn More about NSA](#)

## Chatterboxes

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 [lmconnell@columbusspeech.org](mailto:lmconnell@columbusspeech.org).



[Click here for more information regarding our Chatterbox program.](#)



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](#).

The logo for Columbus Speech & Hearing Center features the text "COLUMBUS" in blue, "SPEECH & HEARING" in red and blue, and "CENTER" in blue, all centered within a yellow circular graphic that is split vertically.

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website!