

Talk Tips To Go

November 2019

Happy Thanksgiving!

We want to wish all of our clients, friends, and families a wonderful and bountiful Thanksgiving. We are thankful for each and every one of you!

- The Columbus Speech & Hearing Center Speech Department



Friendly reminder the Columbus Speech & Hearing Center will be closed on Thursday, November 28th and Friday, November 29th so our staff can celebrate Thanksgiving with their families.

We hope you all have a wonderful Holiday weekend!

The center will be open as scheduled on Monday, December 2nd. If you have any questions please call 614-263-5151.

Article of the Month

Tantrums vs. Meltdowns

By: Natalie Day, MS, CCC-SLP

Three of our talented Speech Therapists, Sarah Denman, Eileen Adamo, and Joelle Umstead, shared a presentation with our Speech staff at a recent staff meeting! They taught us about tantrums versus meltdowns: how to recognize the difference, how to know when one is coming, and some strategies to prevent them from happening. Here are some highlights and helpful takeaways!

Tantrums vs. Meltdowns: What's the difference?

Tantrums

- An intentional change in behavior to get a desired result

- Require cognitive functioning (i.e. the child is thinking about and choosing to behave this way)
- Children often check in to make sure they have an adult's attention

Meltdowns

- An involuntary reaction to overwhelming stimuli
- Could be a sensory-related response
- Could be a response to an overwhelming cognitive load or demand

How can I know when my child is going to have a meltdown?
Some (but not all) warning signs of an oncoming meltdown are:

1. Pacing back and forth or in circles
2. Increasing self-stimulatory behaviors (flapping, self-talking)
3. Perseverating on one topic
4. Extreme resistance to stopping a ritual or routine

What can I do to help prevent meltdowns from happening?

1. Have clearly defined physical areas to help the child understand expectations (e.g. eat dinner at table, then play in living room). Structured, predictable environments are comforting.
2. Allow the child to keep a security item, like a small toy or comfort object, if it helps them feel calm when difficulties arise.
3. Address any sensory needs the child might have and teach them how to ask for a break if/when they become overstimulated, and manage the child's anxiety with things like deep breathing, breaks/walks, or calming boxes.
4. Provide clear expectations about routines and schedules, and keep them as predictable as possible.
5. Use visual supports and schedules to help provide predictability. A special picture can be used for when the routine unexpectedly changes; the plan will change but the picture will be familiar.

The most important thing to do is to use these strategies during calm times so they can be effective to avoid meltdowns.

HALLOWEEN HOP

Our 5th Annual Halloween Hop was a huge success thanks to our presenting sponsor Safelite AutoGlass, Entertainment Sponsor Grange Insurance, our Trick-or-Treat Sponsor Washington Prime Group, all of our volunteers, entertainers, and our staff!!!

We hope those who attended had as much fun as we did and we look forward to hosting again next year!





We're so glad you came to Halloween Hop!

We look forward to this event each year. It's a special opportunity for us to give back to the community and families of Columbus Speech & Hearing Center!

We'd love to hear about your experience.

Please take our short survey [HERE](#)



Want More Fun Community Events??

If you love Halloween Hop, and would like to see more family-friendly community events at Columbus Speech & Hearing Center, or would like to be involved with Halloween Hop next year, please email ccraig@columbusspeech.org

or

consider attending our parent focus group on October 29th from 5:30 - 6:30 PM.

We would love to hear from you!

Super Parents Unite!

Help us bring more fun to CSHC

Our parent focus group will help CSHC decide what family events to bring to you next!

October 29, 5:30-6:30PM
RSVP at ccraigcolumbusspeech.org

Unable to attend? Email us, we still value your opinion!



Autism Walk 2019

Another successful Autism Walk in the books. The Autism Speaks Walk was such a fun day and an inspiring time seeing the community come together to bring awareness and acceptance about Autism. We look forward to next years walk!



Out and About in the Community

A few of our SLPs and staff members were happy to be out and about in the community and representing CSHC at a transition resource fair hosted by Hilliard Schools at Hilliard Davidson High School. This event was for students with developmental disabilities and their parents and was designed to assist with future planning for the student.



If you have questions or would like to learn more about CS&HC services please call 614-263-5151



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.



Autism Diagnostic Clinic

The Columbus Speech & Hearing Center's Autism Diagnostic Clinic is currently scheduling evaluations for fall. Please call 614-263-5151 to schedule or ask any questions about our clinic.

[Click here to see CSHC's Autism Diagnostic Clinic Flier.](#)

[Click here to see red flags for Autism.](#)

Speech Therapy Group Openings

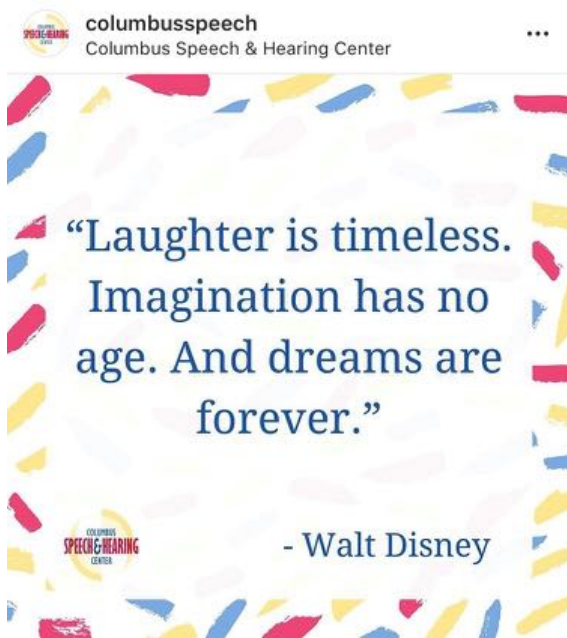
Immediate openings in our Tiny Talkers speech therapy group on Tuesdays.

Tiny Talkers is a group therapy program designed to improve speech and language skills as well as socialization skills with peers. This group is for children ages 18 months to three years old and meets one time per week for one hour.



To find out more about our group programs check out our website www.columbusspeech.org or call 614-263-5151.

Words of Wisdom



Mark you Calendars....

National Stuttering Association Meeting

This month the National Stuttering Association Columbus Chapter will meet at CS&HC on Thursday, November 7th , 2019 from 7-8 PM.

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



OCALICON 2019- The Nation's Premier Autism and Disabilities Conference. The Columbus Speech & Hearing Center is excited to have a booth at this wonderful conference on November 20th thru the 22nd, 2019. This conference is a time when "national leaders, educators, parents, service providers, self-advocates, scholars, and policy makers have an opportunity to gather and focus on common concerns and share proven solutions that address issues and challenges



experienced by individuals with autism, sensory disabilities, and low-incidence disabilities across their lifespan." - OCALICON

[Click here to find out more about OCALICON 2019](#)



Meet and chat with a Speech-Language Pathologist from Columbus Speech & Hearing Center for a casual Q & A about your child's speech and language development and how you can naturally support your child's speech and development during every day routines and activities.



This Month's Chatterboxes:

- Thursday, November 7th 10:30-11:30 AM UA Library - Tremont
- Wednesday, November 13th 10:15-11:15 AM Northwest Library
- Thursday, November 14th 9:30 -10:30 AM Westerville Library
- Wednesday, November 27th 10:15-11:15 AM Old Worthington Library

Please contact Lora McConnell at (614) 261-5462 or lmcconnell@columbusspeech.org if you are interested in scheduling a Chatterbox event at your location!

Contract Speech Services for Schools

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

- 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 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.



Liked by hihilly and 24 others

columbusspeech It's fall ya'll! 🍂 🍎 🍏

This fall-themed sensory bin has been a hit with our students! It also pairs perfectly with our October issue of "Talk Tips To Go", which is all about pumpkins!



Liked by jingerjohnson and 29 others

columbusspeech 3...2...1...BLAST OFF! 🚀

Miss Claire and her Talk It Up group had a BLAST with exploring Outer Space!

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columbusspeech.org | (614) 263-5151



Click here to visit our
website!