

Talk Tips To Go

March 2020



Article of the Month

Games and Activities to Prevent Bullying



By: Natalie Day, MS, CCC-SLP

Bullying is often a tough subject for parents and children alike, but teaching things like empathy, self-confidence, and the appreciation of people's differences – all of which can reduce bullying behaviors – can be fun! Try these games with your pre-school and school aged kids to stop bullying before it starts.

1. Play "guess who?"

Give clues to help your child guess the person you are thinking of. Start with simple clues such as their favorite food or the color of their

hair. This can help your child start to think about and appreciate what makes us all different!

2. Create family portraits

Craft portraits of your family, as well as other families in your circle. Talk about how each family is similar to and different from your own, and list the special things that each family brings to your life. Most importantly, discuss one thing that all families have in common – they all love each other!

3. Chart similarities and differences

Help your child recognize and accept what makes our differences beautiful, and use some math skills while you're at it! Make a simple chart of characteristics, hobbies, and traits such as "tall, funny, wears glasses, speaks Spanish, loves donuts, etc...") and see how the people in your life add to the variety of your community.

4. Imagine being someone else

Let's use pretend play to teach empathy! When children pretend to be someone else (or even the family pet!) they explore the hearts and minds of others, which helps them see things from different perspectives.

5. Help give back to your community

A strong community supports its members, and one way to help your child engage with theirs is to help them understand their role. Talk about ways your child can be a helper to their family, friends, neighbors, and classmates through acts of kindness, and then put those ideas into action!

Source: https://www.kindercare.com/content-hub/articles/2019/october/5-preschool-games-to-prevent-bullying?utm_campaign=KC-email&utm_medium=Email&utm_source=Act-On&utm_content=Newsletter&utm_term=October

Staff Spotlight

Natalie Day Speech-Language Pathologist

Years of Experience: 4 years

Areas of Expertise or interest: Preschool expressive language, articulation & phonology, and autism

What is your favorite thing about your job? I love to build trusting relationships with clients and their families.

Favorite therapy activity/game/book/songs? Play-doh or kinetic sand,

Spot It, and the Disney Cupcake Party game

What is one thing you wish people knew about your profession?

SLPs do so much more than fix speech sounds!

What is your favorite food? Pizza

If you could learn to do anything, what would it be? To play the piano as beautifully as John Legend

What's the most recent or favorite conference/course you have attended? Optimizing Outcomes for Children with Autism Spectrum Disorder

What's your favorite quote? "Spread love everywhere you go. Let no one ever come to you without leaving happier." – Mother Teresa

Fun fact about yourself: I love American Sign Language, and I taught a college course in ASL when I was in graduate school

Therapy Share

Here are some activity ideas to make your St. Patty's Day extra special:

Find some gold!

- Hide gold pieces or coins around your house and go on a "treasure hunt". As you search, this is the perfect time to practice location words! For example: "I found one beside the couch"; "This one was on top of the TV", "Woah, there's one under the dog!".



Eat green food!

- Green food coloring works wonders. You can transform anything you normally eat into something festive and green! For example, you could make breakfast with green pancakes, green eggs, and green milk.
- As you make your festive food, practice 1-2 step directions. "Get the milk out of the refrigerator and put it on the table" or "Pour the milk and eggs in and then stir it".
- Or, simply eat food that is already green! (grapes, celery, apples, broccoli, kiwi, etc.)
- Talk about your food! Use as many descriptive words as you can. You can talk about shape, size, color, texture, etc. "This celery is long and crunchy!", "These grapes are shaped like circles and squishy inside", or "This jello is dark green and jiggly".

Read St. Patrick's Day books!

- Read books like, *There Was an Old Lady who Swallowed a Clover* by Lucille Colandro or *Green Shamrocks* by Eve Bunting.
- As you read, practice wh-questions. “What did she swallow?”, “Where did they go?”, “Who comes next?”.
- For older children, practice inferential wh-questions (questions that require using hints from the book) such as, “What do you think will happen next?”, “Why did they do that?”, “What do you think that would taste like?”.

Last Month Around the Department



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Thank You!!

Thank you to CareSource Foundation for the generous donation to our center!! This donation helps us provide

valuable services to the Central Ohio community!



Congratulations!

A very big "congratulations" to speech pathologist Lauren Polster for being accepted to the Apraxia Workshop for the summer of 2020! We look forward to Lauren sharing her new knowledge of therapy strategies and assessments of Apraxia with our staff and clients. Way to go Lauren!



Autism Awareness Night with the Columbus Blue Jackets

Join our staff for a fun night out with the Columbus Blue Jackets on April 2nd, 2020 from 6-9 PM. This event is family friendly and will have activities, games, and prizes. We hope to see you there!

[Click here to order your tickets today!](#)

Let your hands do the talkin'. Learn ASL!



Registration is open for American Sign Language classes at Columbus Speech & Hearing Center!

- Open to people of all skill levels
- Classes meet once weekly for 8 weeks
- \$100 per person
- Family classes also available

REGISTER FOR A CLASS TODAY!

Please visit www.ColumbusSpeech.org
or email gstanford@columbusspeech.org for more information.

510 E North Broadway, Columbus, OH 43214 • P 614.263.5151 • VP 614.429.1382



www.ColumbusSpeech.org



There are still openings in our ASL 1 March 31, 2020 class. We are also having a Family ASL class running from June 18th—August 6th, 2020. To participate in the family class children must be at least 6 years old and must attend the class with an adult. For more information about our ASL classes, please see our website at columbusspeech.org

Small Groups

10-Week Sessions: June-August



Tiny Talkers

For ages 18 months-3 years. Small group therapy program designed to improve speech and language skills as well as socialization with peers. Group meets once a week for a one hour session.



Talk It Up

For ages 3-6 years. Small group therapy program designed to improve speech and language skills as well as socialization with peers. Group meets once a week for a one hour session.



JAM

Ages 2-6 years. Jam is a dual group and individual therapy program for young children with language, peer interaction, or communication challenges. Group meets twice a week in a group setting for one hour, and once a week individually for 1/2 hour.



Motor Mouth

Ages 4-8, grouped by age. Enrichment group targeting speech sound production skills. This is a fun way to continue practicing speech sounds during the summer! Group meets once a week for a one hour session.



Fun with Friends

School-age children from elementary to high school, grouped by age. Small group therapy for children who experience challenges interacting with friends. Children will practice group problem-solving through games and activities to help improve group interaction skills. Group meets once a week for a one hour session.

To register or for more information call (614) 263-5151

Current Group Therapy Openings

Immediate openings in our JAM speech therapy group and our Tiny Talkers group!!

JAM is a dual small group and individual speech therapy program for young children ages 2-6 years old with language, peer interaction, or communication challenges. Group meets twice a week in a group



setting for one hour and once a week individually for 1/2 hour.

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.



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.



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.](#)

Words of Wisdom

“Hugs can do
great amount of
good- especially
for children.”



- Princess Diana

“The best way
to predict your
future is to
create it.”



- Abraham Lincoln

Mark you Calendars....

National Stuttering Association Meeting

This month's National Stuttering Association Columbus Chapter meeting will be at CS&HC on Thursday, March 5th, 2020 from 7-8 PM.

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



Things To Celebrate This Month

- March 1st- National Peanut Butter Lover's Day
- March 2nd- National Read Across America Day (Dr. Seuss Day)
- March 6th- National Employee Appreciation Day
- March 8th- International Women's Day
- March 10th- National Pack your lunch Day
- March 11th- National Johnny Apple Seed Day
- March 12th- National Girl Scout Day
- March 14th- National Children's Craft Day
- March 17th- St. Patrick's Day
- March 19th - Let's Laugh Day
- March 21st- World Down Syndrome Day
- March 23rd - National Puppy Day
- March 27th- National Scribble Day
- March 30th- Take a Walk in the Park Day
- March 31st- National Crayon Day



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 are funded by a grant from the Siemer Family Foundation:

- Thursday, March 5th @ 10:30 AM-11:30 AM
 - Firefly Play Café
- Thursday, March 12th @ 9:45 AM-10:45 AM
 - Westerville Library
- Tuesday, March 17th @ 9:30 AM-10:30 AM
 - Bexley Library
- Thursday, March 19th @ 10:15 AM-11:15 AM
 - Old Worthington Library
- Tuesday, March 24th @ 10:15 AM- 11:15 AM
 - Worthington Park Library
- Wednesday, March 25th @ 10:15 AM- 11:15 AM
 - Westland Area Library
- Thursday, March 26th @ 10:15 AM- 11:15 AM
 - Northwest Library - Worthington
- Monday, March 30th @ 10:30 AM- 11:30 AM
 - COSI

Please contact Lora McConnell at (614) 261-5462 or lmccconnell@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 child care center, preschool, elementary school, and/or high school to provide the following services:

- Yearlong Speech Therapy Services
- Speech-Language and/or Hearing Screenings
- Short-term Medical/Maternity 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.

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

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Click here to visit our
website!