

# Talk Tips To Go

## March 2021

### It's March! Celebrate St Patrick's Day

Happy March! As we slowly move toward spring, parents are probably going to be more excited than ever for some warm weather and the ability to play outside! However, March weather can certainly be unpredictable. Here are a few activities for speech and language practice that can be done outside or inside, so kids can have something to keep them busy no matter the weather!



#### Search for shamrocks (or other green things!)

**Outside:**

Search for shamrocks, leaves, pine needles, or anything else that is green! Talk about how these things are similar and different with some descriptive language (Is it small, big, soft, hard, shiny, sharp, soft?).

**Inside:**

Do the same activity, but see how many green things you can find in your home. In addition to the descriptions listed above, his might lead to even more descriptive language (Where does it belong in the house? What category is it in? What do you do with it?).



#### Make a rainbow

**Outside:**

Use chalk to draw a rainbow on the sidewalk or your driveway. While drawing, practice an articulation target word for each color that you use!

**Inside:**

Create a rainbow using whatever craft materials you have in your home – maybe use several different materials in one picture! Practice your speech sounds while drawing and then hang the rainbows around your house for home springtime cheerfulness!



#### Do some yoga and notice how you feel

[Check out this site](#) for some **St. Patrick's Day themed yoga poses for kids!**

Outside or inside, this can be a great way to move your body. Work in some language practice by describing how your body and brain feel when you do yoga! Does your brain feel calm, energized, relaxed? Does stretching feel good on your arms, legs, back, neck?

FIND MORE HERE

## Staff Spotlight



### **Natalie Day**

Speech-Language Pathologist  
5-years experience

#### **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?**

Playdoh 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 saying/quote?**

"Spread love everywhere you go. Let no one ever come to you without leaving happier." – Mother Teresa

## American Sign Language

### **Know some ASL? Want to use it so you don't lose it? Want to practice your sign language skills in a supportive and engaging environment?**

The ASL Experience is a fun, guided opportunity to practice sign language skills both receptive and expressive. In The ASL Experience, you will participate in games, activities, dinners, and much, much more. Every session is exciting with new and different activities. **All ASL classes are currently held on a Zoom platform.** We only have two ASL Experience courses scheduled for 2021, and space is limited to 15 students! The ASL Experience begins on March 23!

REGISTER HERE



# Sign of the Month: Look



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## Programs & Events

### Spring/Summer Screenings

Columbus Speech & Hearing Center is offering families in-person, one-on-one screenings with our licensed speech pathologists. Our screenings assess your child in the areas of speech articulation, receptive language, expressive language, social pragmatic language, fluency, and hearing.

**Who:** Any child age 3-7

**Where:** At your child's preschool or childcare center

**Why:**

- Early detection and intervention increases opportunities for success in school
- To determine if speech articulation and language skills are age-appropriate
- Hearing screenings also determine possible hearing loss and middle ear problems
- Results and recommendations provided immediately

**Cost:** \$12 per screening

**How:** Contact Leslie Terrell at (614) 261-5419 or [lterrell@columbusspeech.org](mailto:lterrell@columbusspeech.org)

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### Summer Group Programs

CSHC will be running some in-person and virtual groups for 10-week summer groups.

Summer group programs CSHC is offering include:

- Motor Mouth- one in person and one virtual
- Tiny Talkers
- JAM
- AAC group
- Fun with Friends

Please call 614-263-5151 for more information.

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### ***Chatterbox Program Right In Your Home***

Columbus Speech & Hearing Center's Speech-Language Pathologists are available **anytime** to chat about your child's speech and language development. Meet one-on-one with us virtually from your home, and learn ways to naturally support your child's speech and development through everyday routines and activities.

**Free of charge! Available to Anyone.**  
Email [Lora McConnell](mailto:Lora.McConnell@cschc.org) or call (614) 261-5462

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## **Friend of the Center: Mercator Club of Columbus**



The Mercator Club of Columbus is a local service group that raises money for youth-oriented agencies and services. They are currently doing their annual fundraiser, selling plastic food wrap and trash bags. Learn more about how you can participate in this fundraiser!

[LEARN MORE](#)

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## **National Stuttering Association Meeting**

The March NSA meeting will be a virtual Zoom on Thursday, March 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](mailto:Anna.Lichtenstein@nsa-usa.org).



[Learn More About NSA](#)



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](#).

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