



Client Spotlight: Meet Calista and Emmeline Donham!

In April, we honor our Autistic friends, and this month we want to celebrate a very special Columbus Speech & Hearing (CSH) family, Calista and Emmeline Donham. The Donham Family has been with CSH for six years. What began as a second opinion for an Autism Spectrum Disorder (ASD) diagnosis has turned into a family support system.

[Read More About Calista & Emmeline](#)

Talk Tips To Go: There's a Correct Way to Hold My Mouth?

Follow up to our March Orofacial Myology post

THERE'S A CORRECT WAY TO HOLD MY MOUTH?

Sarah Denman, M.A. CCC-SLP



ANSWER: YES!

Besides the change in hairdo and glasses, a key difference between these two pictures of Jon Heder (aka Napoleon Dynamite), and of the boy pictured below, are the **MOUTHS!**

Left (incorrect):

- *Fished-looking*
- *Could be judged as bored or unintelligent*
- *Slack jawline*
- *Thin upper lip*

Right (correct):

- *Alert-looking*
- *Defined jawline*
- *Full upper lip*



CORRECT ORAL RESTING POSTURE

"Oral resting posture" - how your mouth naturally rests when not talking or eating (e.g. while watching TV, listening in conversation)



If you or your child has difficulty holding their mouth the correct way (see right), please talk with your speech therapist or schedule an evaluation!



STEPS TO CORRECT ORAL RESTING POSTURE:



1 Lips lightly closed together.



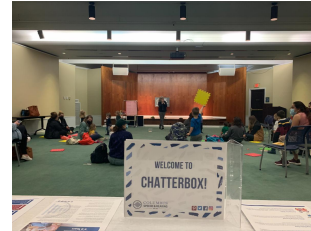
2 Tongue tip on alveolar ridge.

(The alveolar ridge is the bumpy part of your hard palate right behind your top front teeth.)

Where the /n/ sound is made.)
NOTE: Tongue tip should NOT rest on the back of teeth or in between teeth!



3 The rest of your tongue suctioned lightly along the roof of your mouth.



Upcoming April Chatterbox Dates

4/12 Grandview Library 10:15 AM
4/18 Upper Arlington Library 10:30 AM
4/19 Grandview Library 10:15 AM
4/25 Martin Luther King Branch 10:30 AM
4/30 Hilltop YMCA Healthy Kids Day 12:00 PM-3:00PM

ASL Classes

[ASL I April 14 – June 2](#)
[ASL I May 17- July 5](#)
[ASL I June 6- August 1](#)
[ASL I July 13 - August 31](#)

[ASL II September 14 - November 2](#)

[ASL III May 19 - July 7](#)

[ASL IV May 11 - June 29](#)

[Family ASL June 9—July 28](#)

Job Openings

[Speech Language Pathologist](#)
[Full Time Clinical Audiologist](#)
[Client Services & Scheduling Specialist](#)

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In February we asked our community to donate their gently used books and you delivered! Thanks to your generosity we were able to split the books between three locations of [Columbus Early Learning Center](#) and the [Van Buren Center](#)

How to Discuss Hearing Loss with a Loved one



Talking to family members about their possible hearing loss could be uncomfortable and possibly confrontational. For

many individuals, their hearing is not what it used to be. They may think their hearing loss only affects them, but hearing loss can cause problems in their relationships.

[Read More](#)

Sign of the Month: Playground



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