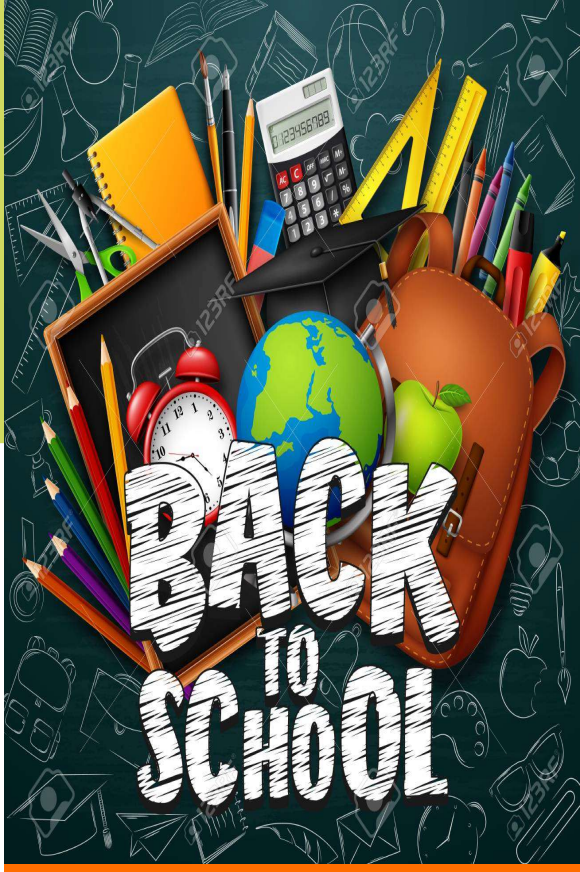
ACM Therapy Newsletter

09/2019



Speech Therapy

Putting the Pieces Together

Now that school is in session, reestablishing or creating new routines is important. When creating these routines don't forget these things!

- **Daily reading.** Reading daily with children is important for a variety of reasons. It boosts language, vocabulary, and is also a great way to spend time with your children establishing a life-long love for reading. Reading to children with higher-level texts then they can access on their own is great, or have them read to you! Whichever works for you and your family, you should spend *20 minutes* a day reading.

- **Play time!** After rigorous academic and social demands at school, it is important to have play time. This develops motor skills, social skills, and cognitive/play skills that are essential for development. If your child has difficulty with play, let them take the lead with play then comment on and expand what they are doing.

- **Visual schedules/Social Stories.** If you are establishing new routines or have a child who has difficulty transitioning to a new schedule, visual schedules and social stories are strategies to support them. Social stories tell children what will happen in certain situations/environments and what they are expected to do. Visual schedules are pictures to represent upcoming events in their day to prepare them for those transitional times. Take real pictures or use icons to create these materials! If you need support making these materials, ACM speech team is happy to help!

Questions from the newsletter or any other matter for the speech team? Contact Heather, Diane, or Kimee! Reach us at ACM main phone line or e-mail. heather.acm@gmail.com, dbranson145@gmail.com, or kimee.jo94@gmail.com.

Vocabulary of the Month

Building vocabulary allows children to express basic needs, talk about more topics, and speak with increasing detail. Having vocabulary words in mind to say throughout the day in many contexts ensures children's understanding and use of these words. This month's words are:

Around

Sample ideas: Music- Ring *Around* the Rosie

Less

Sample ideas: Counting and describing at the grocery store.

Tomorrow

Sample Ideas: Social stories or discussing plans at the dinner table

Occupational Therapy

Backpack Strategies for Parents and Students

Loading a Pack

- A child's backpack should weigh no more than about 10% of his or her body weight. This means a student weighing 100 pounds shouldn't wear a loaded school backpack heavier than about 10 pounds.
- Load heaviest items closest to the child's back (the back of the pack).
- Arrange books and materials so they won't slide around in the backpack.
- Check what your child carries to school and brings home. Make sure the items are necessary for the day's activities.
- If the backpack is too heavy or tightly packed, your child can hand carry a book or other item outside the pack.
- If the backpack is too heavy on a regular basis, consider using a book bag on wheels if your child's school allows it.

Wearing a Pack

Distribute weight evenly by using both straps. Wearing a pack slung over one shoulder can cause a child to lean to one side, curving the spine and causing pain or discomfort.

Select a pack with well-padded shoulder straps. Shoulders and necks have many blood vessels and nerves that can cause pain and tingling in the neck, arms, and hands when too much pressure is applied.

Adjust the shoulder straps so that the pack fits snugly on the child's back. A pack that hangs loosely from the back can pull the child backwards and strain muscles.

Wear the waist belt if the backpack has one. This helps distribute the pack's weight more evenly.

The bottom of the pack should rest in the curve of the lower back. It should never rest more than four inches below the child's waistline.

Look for further editions of the newsletter in the future….

Putting the Pieces Together