

SPEECH & AUDIOLOGY

NEWSLETTER

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Consistency is Key!

Children who are hard of hearing and wear hearing aids full-time have grammar and vocabulary skills similar to children with normal hearing. Children who do not wear hearing aids consistently, regardless of degree of hearing loss, are at risk for...Click here to continue reading inside.

5 Free Websites that Encourage Language Learning



The following websites are currently offering free access to their resources and activities for students. These websites promote language and literacy learning...

7 Tips to Improve Your Child's Language Abilities



Language development is a critical part of your child's overall development. It supports your child's ability to communicate, & express & understand feelings..

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Newsletter Contributors



Meet Your SLP's



▶ **Liliana Diaz-Vazquez** is a lead bilingual speech language pathologist (SLP) who works at John H. Hamline elementary school. Liliana has extensive experience serving the bilingual population. Liliana specializes in pediatrics and her areas of expertise include augmentative/alternative communication (AAC), bilingual language development and bilingual language delays/disorders.



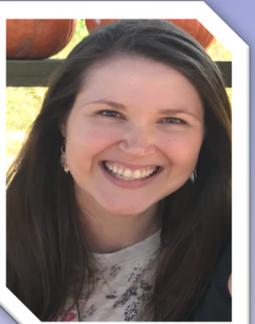
▶ **Angela Higginbotham** is a lead speech language pathologist who provides speech language evaluations to young children and children who attend private schools. Her areas of expertise include early childhood language development assessment of speech language delays and disorders and supporting professional development of newly hired speech language pathologists through mentoring and supervision of the clinical fellowship program.



▶ **Allison Rousos** is a lead speech pathologist that works at Beard Elementary. She works extensively with students diagnosed with ASD. Her areas of expertise include instructional / blended preschool programs and students ranging from kindergarten through third grade. She specializes in language development for students who are minimally verbal, behavior modification strategies and AAC. She misses her students tremendously. Be safe, Be happy, and Be healthy.



▶ **Gloria Rettke** was born and raised in Chicago, and is a graduate of the Chicago Public Schools. She has been working at CPS for 24 years. Gloria has been a Lead Speech-Language Pathologist for six years. Her areas of interest and expertise are with the Deaf and Hard of Hearing as well as the bilingual population. She is currently assigned to John H. Kinzie Elementary School.



▶ **Abbey Richeson** is a Lead Speech-Language Pathologist who works at Milton Brunson Math & Science Specialty Elementary School. Her communication passions include vocabulary, social language, and early childhood. She hopes everyone stays safe, happy, and healthy during this unique time



▶ **Siobhan T. Donohue** is the lead audiologist with 24 years experience within CPS. It's a very exciting time to be an Educational Audiologist because we are growing in number, and both expanding and improving our services under a supportive and nurturing leadership team.



▶ **Jessica Daw** is a lead SLP & has been a provider for age groups ranging from 18 months to geriatric across multiple settings including outpatient, inpatient, acute, homecare & the public schools. Jessica greatly enjoys working for CPS & has a special interest in AAC & Secondary Education.

Articulation Station



What is Articulation?

Articulation is HOW we form sounds when we speak. If a student has an articulation disorder, it means that they are unable or struggle to produce certain speech sounds (for example the word “rabbit” might sound like “wabbit”). If a child has a phonological disorder, they make patterns of errors instead of one single sound error (for example, they may leave off final consonants of words, so “cat” might sound like “ca”) (ASHA overview).

If you're unsure of what sounds your child is working on, you can reference their IEP or reach out to your school's speech-language pathologist via email and she/he will be glad to let you know.

If your child DOES NOT have an IEP, you can still utilize the following activities to assist with letter sounds and phonological awareness.

You can find word lists by clicking on this box:



Home Activities for Articulation

MONDAY

Pick five words from your word list that you child can say with a LITTLE BIT of help--if they need A LOT of help and still can't say, pick different words. Make flashcards with those words, and have your child draw a picture for each one. Have them say each word five times and use it in a sentence.

TUESDAY

Scavenger hunt time! Hide the flashcards you made around one room in your house and have your child find them. If you want to take this one step further, try having your child find five items in your house that contain the target sound (maybe it's in the beginning of the word, or maybe the middle or end! For example, if targeting /p/, you might find a pickle, an apple, or a cup!). Have your child say each word five times and use it in a sentence.

WEDNESDAY

Dice day! Find a die and take turns rolling it. Whatever number your child rolls they have to say one of their words that many times. Keep score, and whoever gets to 30 first is the winner! Don't have dice? No worries! There are many free dice-rolling apps to download onto a mobile device.

THURSDAY

Reading day! Have your child pick out a book and find 10 words that contain the target sound. Have your child say each word five times and use it in a sentence.

FRIDAY

Review the flashcards once then TAKE A BREAK! You and your child earned it!



6 Easy Ways to Use AAC at Home



Speech language pathologist, Emily Diaz, who lives and works in Texas, shows 6 easy ways to use AAC at home during the day on her YouTube channel. Click here to watch her [8-minute YouTube video](#) on how to use AAC during 6 everyday activities listed to the right.

Emily has also provided a [free resource library](#) on her blog for using AAC! Just click on the link to view!

1) **Morning Check-In:** Discuss the day and ask your child how they are feeling. Use words such as hello, how are you? I'm good, I'm sad, I'm happy, etc.

2) **Play Activities :** Offer choices for play activities. Use words such as you, me, I, play, want, like, stop.

3) **During Chores:** Involve your kids in chores like doing the laundry and cleaning. Use words such as clean, dirty, work, first, next, finished, fun, good.

4) **During hygiene activities:** Brushing teeth is a great activity to talk about with your child. Use words such as wet, dry, clean, dirty

5) **While reading books:** Read a book together and label what you see on a page. Use words such as read, turn, like, next, no

6) **During TV Time:** Offer your child choices and ask questions. Use words such as what, do, you, want.

Make Your Own Pizza!

1



2



3



4



5

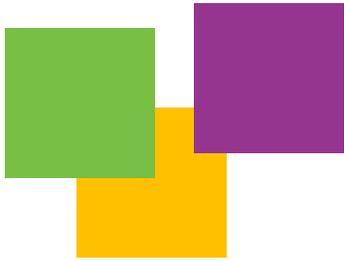


Cooking with AAC

Chicago Public Schools Speech Language Pathologist, Angela Pisano, at McPherson Elementary has shared a recipe she created for parents and students to use when cooking. Try it out! Have fun making delicious food together!



Fluency Corner



Fluency refers to the “smoothness” of speech. The most common fluency disorder is stuttering, which interrupts the flow of speech (ASHA).

Types of Dysfluencies:

-**Prolongations** = holding a sound out like “ssssssoup”

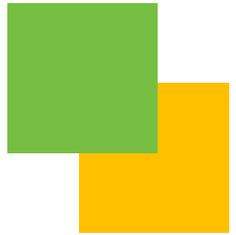
-**Repetitions** = (sound ie “t-t-t-table,” syllable ie “ap-ap-ap-apple,” or whole word ie “ball-ball-ball”)

-**Blocks** = when a word gets “stuck” in the mouth or throat

For this week with your child, focus on opening a dialogue with them about their stuttering.

Here are some tips for speaking to someone who stutters:

1. Do not say things like “slow down,” or “relax.” This advice might seem helpful to you but may come across as demeaning to the person who stutters.
2. Maintain eye contact and listen patiently until your child is finished speaking.
3. Do not finish your child’s sentences for them; let them finish their message in their own time (Stuttering Foundation).



Ed Sheeran,
famous
singer/songwriter



Kendrick Lamar
famous
rapper/songwriter

Let’s Talk About Stuttering!

- Let your child know that they are not alone! There are MANY famous people who stutter! [Click here](#) for a list of famous people who stutter or click on the pictures to read more about these famous singers.
- Ask your child to share what happens when they stutter and what their stuttering feels like to them.
- Ask your child about the settings and situations when they feel the most fluent, and the ones where they feel the most disfluent.



The Benefits of Reading in Your Home Language

A common myth that we may often hear is that exposing children with language delays or impairments will cause them to become further delayed; however, this is not true.

[Research](#) indicates that speaking to your child in more than one language will NOT confuse your child. There are so many social and academic benefits to speaking more than one language or being bilingual.

Some benefits include being able to connect with others, being able to learn new words rapidly, having better creative thinking and problem-solving skills. Another great advantage of being bilingual is having enhanced reading skills! Now is the perfect opportunity to build your child's reading skills or native language fluency. By reading to your child in your

home language, you will not only improve his/her native language fluency, you will instill a passion for reading and a love for your native language. Check out the following benefits of reading to your child in your home language.

- 1 Reading in your home language will improve and expand your child's vocabulary.
- 2 Reading together will improve your bond and communication at home with your child.
- 3 Reading traditional stories from your country will teach your child about their background, cultural beliefs and traditions.
- 4 A strong foundation in the home language will allow for better language models and easier acquisition of the second language (English).
- 5 You will maintain your home language & build your child's desire to want to speak the home language.

[Read Conmigo](#) is a website that provides free Spanish stories online for kids. Their mission is to promote bilingual literacy & the site was created to provide teachers & parents free resources to help encourage children to read.



[The Spanish Experiment](#) is a website which offers a collection of classic stories narrated in Spanish by native Spanish speakers. It offers the option to watch the video or read the story with the same illustrations from the video. Some stories offer bilingual versions of the book.

[Unite for Literacy](#) is a website that provides free Spanish books online for kids. It is a project that offers free digitally made picture books for kids. About a quarter of their 400 titles are written & narrated in Spanish by native speakers.

[Maguaré](#) is part of a Colombian government's project to offer young children the opportunity to explore, learn & imagine through books, music & games. This website is in Spanish & offers free Spanish books online for kids. Each story offers the option to be read online, or to download the book in a PDF format in the form of coloring pages.

Let's Read Together!

One of the most important things you can do as a parent is provide a language-rich environment for your child. Research shows that reading and signing stories together helps promote essential literacy skills for ALL children: deaf, hard of hearing, and hearing.

Use following list of sign language stories to quickly find an ASL retelling of your child's favorite storybook.



[ASL Stories](#)

Watch the video with your child. Then check out the book from your local library so you can sign and read it together at home. Enjoy signing and reading together!" (deafchildren.org. American Society for Deaf Children. 30 March 2020.)

Also check out the following!



[Visual Language](#)



[How to read & sign a story](#)



Consistency is KEY!

Children who are hard of hearing and wear hearing aids full-time have grammar and vocabulary skills similar to children with normal hearing. Children who do not wear hearing aids consistently, regardless of degree of hearing loss, are at risk for poorer language abilities.

If children wear hearing aids at least 10 hours per day, they are more likely to learn language faster and have age-appropriate skills by the time they enter school. Be persistent in encouraging hearing aid use for younger children!

Ensure your child's hearing aids/Baha/Cochlear implant devices are being worn daily. If your child's hearing instrument is not working, please reach out via email to your Educational Audiologist for assistance. YouTube also has several helpful videos on trouble shooting hearing devices.

Another great website is "Supporting Success for Children with Hearing Loss." Dr. Anderson has a comprehensive collection of topics for parents and professionals. Check Dr. Anderson's articles in the link below.

Check out the following websites for more info:

[OCHL Website](#)

[Supporting Success for Children with Hearing Loss](#)

[HearBuilder Online Foundational Literacy Program](#)

HearBuilder has a free trial through May of 2020 with a focus on listening only skills. Check it out by clicking the link above.



Building Language

Language development is a critical part of your child's overall development. It supports your child's ability to communicate, & express & understand feelings. It also supports thinking & problem-solving & developing & maintaining relationships. Learning to understand, use & enjoy language is the critical first step in literacy, & the basis for learning to read & write. Language has two parts. There is receptive language & expressive language.

Receptive language is the ability to understand information. It involves understanding the words, sentences and meaning of what others say or what is read. Expressive language is being able to put thoughts into words & sentences, in a way that makes sense & is grammatically accurate.

Any time is a good time to help your child learn language and literacy skills! Check out the following tips on the right in order to improve your child's language skills.

7 Tips to Improve Your Child's Language abilities

1. **Talk, talk, talk!** Narrate the day as it evolves. Say things like, "Now we're going to take a bath. Can you feel the warm water?" Self-talk is a great way to model language.
2. **Read, read, read!** One good predictor of future reading success is the amount of time parents spend reading with their child. Start with simple board books & gradually move to longer stories as your child gets older.
3. **Enjoy music together!** Young children love music & movement. Nursery rhymes can teach children about the world around them & the rhythm of language.
4. **Tell stories!** Make up elaborate stories with characters, conflict, adventure, & a happy ending. Be sure that the stories fit your child's interests.
5. **Follow your child's lead!** If your child seems interested in a particular book, keep talking about it. If s/he seems intrigued by a boat, show her more boats & talk about them, too. If your child babbles, repeat babbles back, ask questions, & interact with your child.
6. **Never criticize** your child's articulation or speech patterns. Instead, repeat your child's statements with the correct pronunciation. Give your child lots of praise for their efforts.
7. **Use television & computers sparingly.** The American Academy of Pediatrics recommends that children 2 & older view no more than two hours of quality programming a day. While some educational programs can be beneficial to kids, TV shows don't interact with or respond to children, which are the two catalysts kids need to learn language.

If your child is having difficulty with expressive language here are some simple things that you can build into your child's daily routines that will help build your child's communication skills.

[15 Ways to Encourage Expressive Language](#)

[Promoting Language in Nonverbal Children with Autism](#)



TIP CENTER!

Below are 4 strategies to improve language modeling & engage in language rich conversations with your children.

1

Extend Language and Learning

Use language that reflects your child's current level. Repeat what the child says & then add a little bit more or a new vocabulary word.

2

Make Connections

Try to make as many connections as possible between what your child is learning in the classroom to his personal experiences. This helps to increase overall understanding and reinforces the teacher's lesson plans.

3

Encourage Conversations

When playing with your child, comment on what they are doing and wait for their responses. Make comments & asks questions.

4

Literacy

Literacy is so important for language development. When reading with your child, point to the words on the page, ask questions and make comments.

5 Free Websites for K-12th grade that Encourage Language & Learning

Click on the links or pictures to go to the website

[PBS KIDS](#) → PBS Kids is offering daily activities and tips to encourage learning at home!



[Storyline Online](#) → is a collection of stories read aloud by actors from the Screen Actors Guild Foundation (SAG-AFTRA). Encourage your child to pick a story and have fun!

[BrainPOP](#) → is currently free and is a group of educational websites with over 1,000 short animated movies for students in grades K-12 (ages 6 to 17), together with quizzes and related materials, covering the subjects of science, social studies, English, math, engineering and technology, health, and arts and music.



[Wordville](#) → This site is for older elementary students and offers free fun games for language and learning in the areas of reading, grammar, and spelling.

[Mad Libs for Kids](#) → is a word game where one player prompts others for a list of words to substitute for blanks in a story before reading aloud. Have fun playing with words!



Keep Writing: Chicago Based Non-Profit Open Books is Holding Writing Contest for 3rd-12th grade students

[Open Books](#) is holding a writing contest for 3rd-12th grade students in Chicagoland. Open Books website states that the goal of the contest is “to encourage & reward creative writing while at home during social distancing/quarantine, reinforce the idea that everyone has a story to tell, & to cultivate a mindset of valuing community.” The contest is open to 3rd-12th grade students in the Chicagoland area & is offering cash prizes as well as the opportunity to be published. Submissions close Friday May 8th, 2020. [Find out more information about the contest here!](#)

LINK REFERENCE PAGE

Page in Newsletter	Title of Resource	Direct Website
Page 3	Articulation Word List	https://www.learningfundamentals.com/products/WordLists/Articl_All.pdf
Page 4	Six Easy Ways to Use AAC at Home	https://www.youtube.com/watch?v=jqG8MB6llso
Page 4	AAC Resource Library	https://emilydiazslp.com/
Page 5	Famous People Who Stutter	https://www.stutteringhelp.org/famouspeople
Page 6	Research/ ELLs Do Better in School Than Peers	https://www.chicagotribune.com/news/breaking/ct-cps-english-learners-bilingual-education-chicago-cps-schools-20191204-pxs2ig3xcnbez4p6vfofro52q-story.html
Page 6	Read Conmigo	https://www.readconmigo.org/es/home
Page 6	The Spanish Experiment	https://www.thespanishexperiment.com/stories
Page 6	Unite for Literacy	https://www.uniteforliteracy.com/
Page 6	Maguaré	https://maguare.gov.co/leer/
Page 7	Research / Sign Language Use for DHH and Hearing Babies	https://deafchildren.org/knowledge-center/parents-and-families/early-visual-language/
Page 7	ASL Stories Directory	https://deafchildren.org/knowledge-center/resources/sign-language-stories/?fbclid=IwAR1V9Y_Hv4Tj1quYi_hbpw1ZG6OPqtNujASin0MeQiWNOMXKyQ34EkU7CPQ
Page 7	How to Read & Sign a Story	https://deafchildren.org/2020/03/how-to-read-and-sign-a-story/
Page 7	OCHL Website	https://ochlstudy.org/
Page 7	Supporting Success for Children with Hearing Loss	https://successforkidswithhearingloss.com/for-parents/social-skill/
Page 7	HearBuilder Online	https://www.hearbuilder.com/
Page 8	15 ways to Encourage Expressive Language	https://day2dayparenting.com/15-ways-encourage-expressive-speech-language-skills-child/
Page 8	Promoting Language in Nonverbal Children with Autism	https://www.autismspeaks.org/expert-opinion/seven-ways-help-your-child-nonverbal-autism-speak

LINK REFERENCE PAGE

Page in Newsletter	Title of Resource	Direct Website
Page 9	PBS Kids	https://pbskids.org/
Page 9	Storyline online	https://www.storylineonline.net/
Page 9	BrainPOP	https://www.brainpop.com/
Page 9	Wordville	https://wordville.com/
Page 9	Mad Libs for Kids	https://www.squiglysplayhouse.com/WritingCorner/StoryBuilder/
Page 9	Open Books Contest	https://www.open-books.org/