

THE SPEECH BUBBLE



The Speak, Learn and Grow Newsletter

New Services - Orofacial Myology

page 4



LEARNING THROUGH PLAY

We understand that children learn through play. There shouldn't be 'learning time' and 'playing time' but rather an understanding that children learn best when they're motivated and enjoying an activity.

One of our foundational approaches to therapy at Speak, Learn & Grow is Child-Led Play. When we follow a child's lead, we can discover what is motivating to them, build engagement and discover opportunities for communication. Read more about child-led play on page 3. There are also some great tips about how you can use play as learning opportunities on page 6.

TERM 2 2024

Team members	pg 2
What we believe	pg 3
What's On	pg 4
Community Info	pg 5
Parent Tips	pg 6
Fun for the kids	pg 7

Let's explore our children's world of play as we focus on connection rather than compliance!

NEW TEAM MEMBER SPOTLIGHT

Hold onto your therapy caps because this isn't your average meet-and-greet...



Decoding Emma



How do you approach rapport building and trust with your client?

Through taking the time to get to know my clients, listening to them, focusing on their interests and creating sessions that are engaging, fun and safe spaces to make mistakes and learn.

What is a motto you try to live by?

Treat others the way you want to be treated and be yourself as everyone else is already taken!

Can you share a success story or memorable moment from your practice?

It is always really exciting when what I have been targeting in therapy with a client "clicks" for them. One client I was seeing had many speech errors, and through continual practice in sessions and at home, he was able to make so much progress. We'd be working on a sound, and it would be really tricky for him. Then he'd go home and practice and the next session he would be very excited as he was able to do it!

Finish this sentence. Early intervention is...

Essential!



Crack open the Anna-nigma



What is the most unusual or unexpected thing you have encountered in a speech session?

Someone told me during a session that they had something really cool in their pocket and they pulled out a perfectly folded origami turtle.

What is the funniest speech related joke you've heard?

I wish I was a schwa. They're never stressed.

(A schwa vowel is an unstressed vowel) 🤪

If you could have a super-power related to speech, what would it be?

The ability to read minds, so I can always understand what everyone is saying.

If you could give up one word from your vocabulary, what would it be?

Like! I use it way too much as a filler word

CHILD-LED PLAY



"It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them"
- Leo F Buscaglia

What is Child-led play?

Child-led play is following a child's interests and allowing them to lead. Instead of having your own play agenda, you enter the child's world of play.

How to do Child-led play

Join in the child's play to increase interaction & trust.
Don't sabotage & withhold.

Provide space to move.
Movement helps children imprint learning.

Know the child's sensory preferences e.g. light up toys, music, movement

Honour all types of play. Play looks different for every child.

Why is it important?

When you follow a child's lead in play, you establish yourself as a true partner in play, rather than the director of play. The outcome is an authentic relationship built on connection, not compliance. Child-led play increases learning outcomes as the child is intrinsically motivated in the play. Child-led play communicates "I see you. Your thoughts, interests & ideas are valued"



Source: Child-led play by Arnold, K & Zachos, A.

NEW SERVICES - OROFACIAL MYOLOGY



Orofacial Myology is like a **superhero** for your child's mouth and face muscles. It involves exercises and techniques that fix how these muscles move and do their job.

Common Myofunctional Issues

- Open Mouth Breathing
- Tongue Thrust
- Sleep Disordered Breathing
- Thumb Sucking

Why Orofacial Myology is Important for Your Child:

- **Speech clarity:** Orofacial myology can result in improving speech issues, such as a lisp, that are difficult to treat with speech therapy alone.
- **Orthodontic support:** Orthodontists often refer to an orofacial myologist to support the work that they are doing. Retraining the mouth & face muscles can result in lasting changes to how the roof of the mouth forms and how the teeth grow.
- **Prevent dental issues:** By addressing issues like tongue thrust and thumb sucking, orofacial myology can prevent dental misalignments and malocclusions.
- **Enhance facial development:** When the muscles in the face work well, the face develops as it should and looks balanced.

Read more on our

BLOG!

speech-learning.com.au/2024/02/what-is-orofacial-myology-an-introduction/



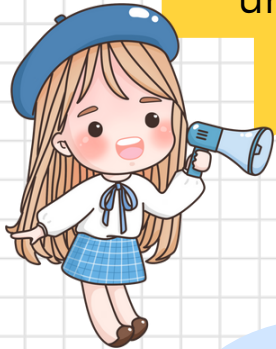
**Speak, Learn
and Grow**
Speech Pathology Services

COMMUNITY SPOTLIGHT



Exploring Neurodiversity with Play. Learn. Chat Podcast

This podcast hosted by Adina Levy offers practical strategies and fosters open conversations to empower parents and professionals to understand and celebrate their unique kids. It brings a neurodiversity-affirming perspective, emphasizing understanding and acceptance of neurological differences.



<https://playlearnchat.com/podcast-0/>



[@Play. Learn. Chat](#)



[@Play. Learn. Chat](#)

SENSORY-INCLUSIVE SALON

Children with autism and sensory processing issues can find experiences that are routine and easy for others, to be painful and traumatic.

Debbies Kids Haircuts is a hair salon in Caringbah who is passionate about helping kids enjoy the experience in a relaxed and fun child friendly environment. The **Sensory-Inclusive Cut** allows additional time to get to know the child and provide a calming environment.

debbieskidshaircuts.com.au/services



Don't forget to follow us on



[@speaklearngrow](#)



[@speaklearngrow](#)



[@slgcaringbah](#)

We post tips and blogs for parents and professionals regularly on our website speech-learning.com.au



Speak, Learn and Grow
Speech Pathology Services

PARENT TIPS

Here are some tips you can use for incorporating child-led play into your day!



1

Follow your child's lead

Join in their play by responding to what they are interested in. This leads to longer more enjoyable interactions.

2

Play how your child wants to play - even if it's not typical!

Your child may play differently. Allow them to discover the toys and play in their own way.



3

Give your child time and show interest

Don't be afraid to wait and listen to your child during play. Always respond with enthusiasm!



4

Make comments and describe what your child is doing in simple language. Repeat what they say.

e.g., "**Car!** Red **car!** The red **car** is driving."



5

Be creative - explore the sensory!

You could use a sandbox, water in a bucket outdoors, or a bowl of rice. Let them enjoy sensory play by drawing shapes and numbers, or finger painting with water.



6

Keep up the positivity and praise

Make sure you reward your child with praise, a high five or a hug to encourage their play and learning, and boost their confidence!



7

Make sure your child is having fun!

Set up a fun play space that offers different areas of learning. Have toys that they love handy! Children learn through having fun!

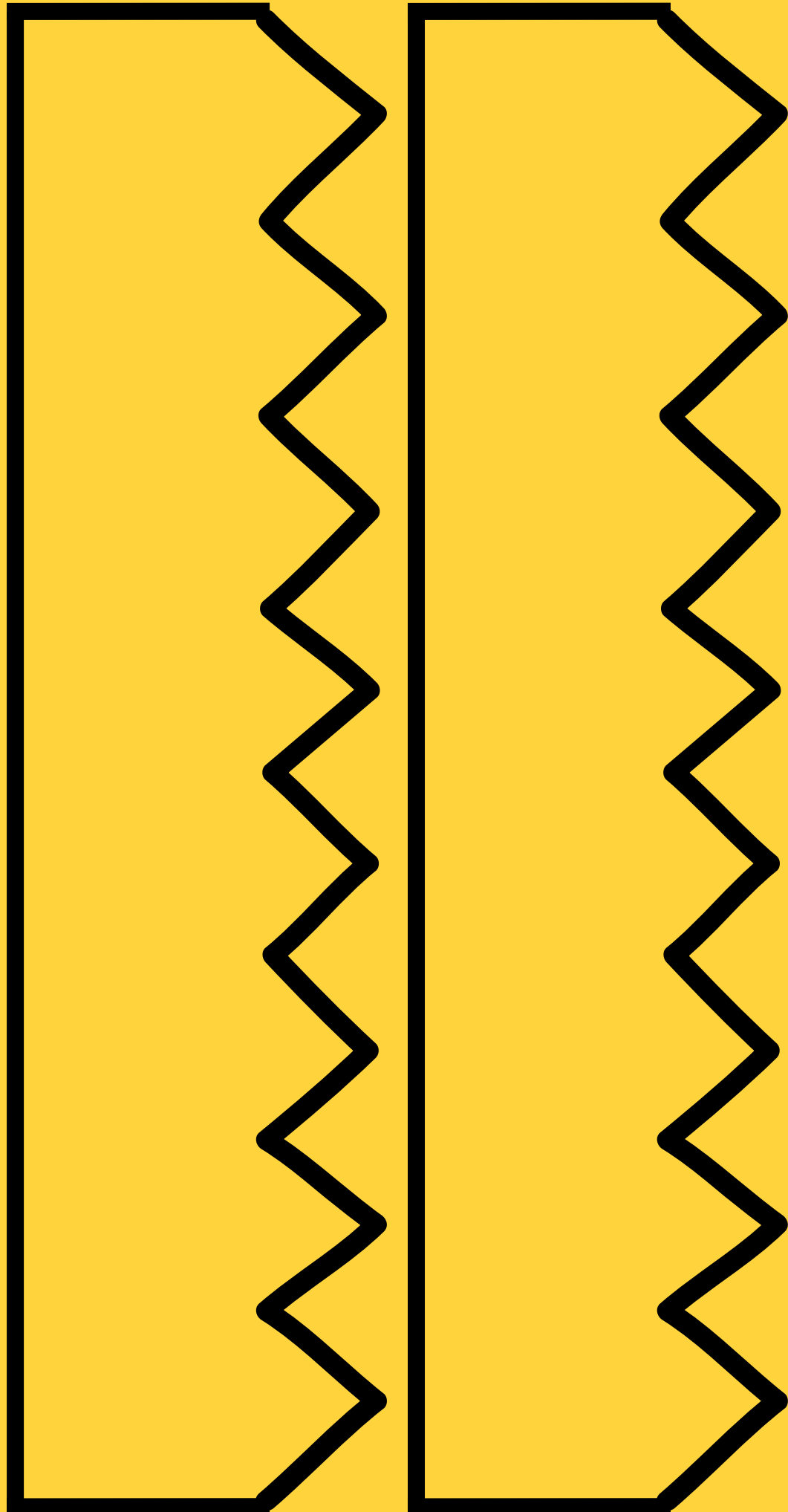


PRETEND PLAY PROPS!

INSTRUCTIONS

Cut out crown pieces, decorate with stickers, gems, glitter, or markers, and staple or glue to make a fun prop for a faerietale pretend play scene!

Through pretend play, children learn many valuable skills like negotiation, considering others' perspectives, transferring knowledge from one situation to another, delayed gratification, balancing their own ideas with others, developing plans, and exploring symbolism. Why not support your child to learn through play with this fun craft?



THUMB-SUCKING PROGRAM



For children 5 years & older

- One-on-one sessions are with a therapist who has orofacial myology training
- The child is in the driving seat and takes responsibility for making the changes
 - Fun and positive
- Focus on the establishing & maintaining correct tongue resting position

Find out
more
here

CONNECT WITH US

The team at Speak, Learn and Grow want to stay connected with all members of the community.

Please follow us on our socials.



[@speaklearngrow](#)



[@speaklearngrow](#)



[Speak, Learn and Grow Speech Pathology Services](#)



How to provide Feedback

Speak to your therapist directly

Approach our friendly reception staff

Fill in a Feedback form on our website:
www.speech-learning.com.au

Email us directly
info@speech-learning.com.au