



SPRING 2018

HALDIMAND-NORFOLK HEALTH UNIT

# COMMUNICATION MATTERS

A NEWSLETTER FOR PARENTS, TEACHERS, EARLY LEARNING PROVIDERS AND CAREGIVERS OF PRESCHOOL-AGED CHILDREN.



It might occur to you one day that by the time your first child was the age your younger child is now he was a little chatter box, while your younger child seems to have less to say. Or you're on a play date with a friend's child who is a similar age and her child is talking up a storm while your child silently mimes his needs. Or maybe it's a routine checkup and your doctor asks you that one question that makes you think, maybe he's not where he should be for his age?

Whatever the scenario, one day you realize your child may need some extra help. You're thrilled to discover that there is an entire program devoted to infant, toddler and preschool aged children in regards to speech and language development. Even better the program is local with offices in Dunnville, Caledonia, Simcoe and Langton and you can self-refer. You can't wait to talk to a professional speech and language pathologist and learn where your child should be in terms of his communication skills and how you can help him to get there.

Then the bomb drops. There's a waitlist. A 10 month wait list! In the life of a 2 or 3 year old with communication delays this seems like an eternity. You have 10 more months of guessing what your child is thinking, dealing with tantrums when you guess wrong, and struggling with what to do in the meantime. What is a parent to do!

In today's day and age most parents turn to Dr. Google. You sit down and type into the search bar "speech delay in toddler" and the worm hole begins. So many sites, so much information, where do you start? Let's explore some of the options a parent can access while waiting for speech and language services for their child...

## **I. Make a phone call to your local speech and language pathologist**

There are many ways to make a referral to our program whether that's via a doctor, teacher, preschool or by self-referral online or by phone. When making a referral you can request a phone call from the speech and language pathologist in your area. We love when you pick up the phone and give us a call! Although we won't be able to give you information specifically regarding your child until we meet him we can certainly answer questions, provide strategies and help settle your anxiety as you wait for full service. Often a short conversation at the time of referral can help lead a parent and child down the path to success while they wait. If you have questions call us anytime in:

Simcoe: Lori Holstein SLP, 519-426-6170 ext 3244  
Caledonia: Rita Taylor SLP, 905-318-6623 ext 3319  
Dunnville: Karen Gibson SLP, 905-318-6623 ext 3715

## 2. Visit your local speech and language pathologist's office and ask for resources based on your child's need.

Our offices are stocked with supplies to help you and your child navigate the path to successful communication. Whether you are in need of assistance with developing language or articulation we have supplies for you.

For the child with no language at all we have books and resources on helpful parent strategies to assist in communication development such as the parent guidebooks that accompany It Takes Two to Talk,<sup>®</sup> the Hanen Program<sup>®</sup> for Parents of Children with Language Delays, or Target Word<sup>®</sup>, the Hanen Program<sup>®</sup> for Parents of Children who are Late Talkers. These programs have books and DVDs full of suggestions and strategies to help facilitate vocabulary development in young children. We also stock The Signed English Starter and Signing Through the Day. These are two helpful resources if you are in need of an alternative communication system while you wait for your child to learn how to speak verbally.

For the child who has been diagnosed with Autism Spectrum Disorder we have the Parent Guidebook and DVD from More Than Words<sup>®</sup>, the Hanen Program<sup>®</sup> for Parents of Children with Autism Spectrum Disorder or Social Communication Difficulties. Each provides strategies specific for children diagnosed with ASD such as how to intrude upon their play, build upon their interests and expand their world. We also have books such as the Hanen<sup>®</sup> Make Play R.O.C.K.™ Booklet Series. The first three books of this series focus on strategies to encourage people play, expanding play with toys and putting pretend in your child's play. For the child with an articulation delay we have copies of our



handout The Development of Speech Sounds to help you know what sounds should develop at each age. As well we have copies of our Speech Sound Staircase and Practicing Speech Sounds at Home. These handouts will help you understand the level your child is ready to practice at in regards to his speech sounds and some ideas on how to practice at home.

## 3. Hop online to some of the following helpful sites:

### a) [www.hanen.org](http://www.hanen.org)

The Hanen Centre is a Canadian not-for-profit charitable organization committed to supporting parents, early childhood educators and speech-language pathologists in their efforts to promote the best possible language, social and literacy skills in young children. On this website you will find helpful articles and newsletters and many tips and tricks to help your child build their communication skills. If you are in need of one of Hanen's workbooks, textbooks or DVDs simply call one of our offices and we are happy to let you borrow from our library at no cost to you!

### b) [www.sac-oac.ca](http://www.sac-oac.ca)

Speech-Language and Audiology Canada is a member-driven organization that supports, promotes and elevates the professions of our members and associates. They act upon behalf of speech-language pathologists, audiologists and communication health assistants, to support the needs of people with communication disorders. Most of their website is dedicated to its members within the profession; however, as a member of the public you can search "public" and then "children" or "resources" for some helpful information. This website can also be used to locate a private speech and language pathologist in your area.

### c) [www.osla.on.ca](http://www.osla.on.ca)

The Ontario Association of Speech-Language Pathologists and Audiologists (OSLA) represents, promotes and supports its members in their work on behalf of all Ontarians, especially those with communication disorders, swallowing difficulties, or hearing health care needs. Most of their website is also dedicated to its members; however, under "public" you will find many helpful brochures on various communication disorders. You can also search this website for private speech and language services in your area.

### d) [www.hnhu.org/health-topics/speech-and-language](http://www.hnhu.org/health-topics/speech-and-language) and [www.hnhu.org/news-events/newsletters](http://www.hnhu.org/news-events/newsletters)

The preschool speech and language program of Haldimand-Norfolk operates under the umbrella of the Haldimand-Norfolk Health Unit. On this website under health topics – parenting – speech and language – you will find many links to resources regarding stuttering, language development, articulation development and literacy. By searching News and Events – Newsletters – you will find access to past Communication Matters Newsletter with such topics as treatment option, picture exchange, helpful apps and ideas to use at home to boost speech and language skills.

**e) [www.autism.net](http://www.autism.net)**

The Geneva Centre for Autism aims to empower individuals with ASD and their families to fully participate in their communities. The Geneva Centre works along side individuals, families, community agencies and professionals to help individuals with ASD to have successful interactions within their community. Their website offers many recommended books and resources as well as online courses to help parents and professionals assist individuals with ASD to reach their full potential.

**f) [www.hnreach.on.ca](http://www.hnreach.on.ca)**

Haldimand-Norfolk REACH is a multi-service agency, providing children's mental health services, developmental services, Autism services, youth justice services, family services, a residential program for transitional-aged youth and several early learning and care services including licensed childcare, Early ON Centres and Community Action Program for Children. REACH serves as the Lead Agency for Haldimand Norfolk Children's Mental Health Services and the Student Nutrition Program in the Hamilton/Niagara Region. Through their Contact Division, the agency serves as the single point of access for children's and developmental services. Parents and caregivers can find information on their website about support groups, counselling services, child care and ontario early years programs. Parents and caregivers can also access information regarding HN REACH's programs and how you can access services. HN-REACH is located in Townsend with workers supporting many homes and child cares through the Haldimand and Norfolk area. Programs include Infant and Child Development support for children not attending a licensed child care; Family Early Intervention support for children attending a licensed child care centre; In-Home-Intervention support for children with behavioural challenges; and respite support for qualifying families.

**g) [www.apraxia-kids.org](http://www.apraxia-kids.org)**

Children with apraxia of speech have great difficulty planning and producing the precise, highly refined and specific series of movements of the tongue, lips, jaw and palate that are necessary for intelligible speech. Children with apraxia have great trouble making individual speech sounds and sequencing speech sounds into words. If your child is having difficulty with oral motor sequencing Apraxia Kids can offer support. On their website you will find helpful newsletters, articles and webinars to help you find ways to support your child.

**h) [www.oafccd.com](http://www.oafccd.com)**

The Ontario Association for Families of Children with Communication Disorders is a parent support and advocacy group to help parents whose children are in need of speech and language support and services. On this website you will find helpful tips for navigating services and the school system.



You will also find information on your local contact if you have questions.

**4. Social media****Follow us on Facebook:**

- a)** Speech Hens – a team of certified private Speech-Language Pathologists offering private services in the Haldimand-Norfolk area. Speech Hens often runs speech therapy summer camps as well as PA day camps and one-on-one assessment and therapy.
- b)** Home Speech Home – frequent posts for therapy tips and ideas at home
- c)** Speech-Language and Audiology Canada
- d)** Autism Supporters of Hamilton-Haldimand Norfolk and Surrounding Areas – closed group where parents can support each other and share ideas
- e)** OAFCCD – follow event posts and find information on connecting with your local chapter
- f)** Ontario Association of Speech Language Pathologists and Audiologists (OSLA)
- g)** PECS User Support Group (Picture Exchange Communication System) – closed group where you can access trained PECS consultants if your child is using a picture exchange communication system to communicate
- h)** Geneva Centre For Autism

*Communication Matters is published biannually by the Haldimand-Norfolk Preschool Speech and Language program. It has been developed to increase awareness for services available and tips on the prevention of speech, language or hearing disorders in the preschool population. This newsletter is intended for parents, teachers and caregivers of preschool-aged children. You are invited to contact the Health Unit with your articles and ideas.*

