



Kid Biz!

All that's news in Pediatrics

Around the Network



We would like to wish all of our families a happy and healthy New Year! Along with the New Year we know many families may have changes in their insurance, if this does affect you please notify our clinic staff as soon as possible.

We are Growing!

We are excited to announce that construction on our newest Pediatric site at Lowell Bridge Street has begun! Construction is scheduled to be completed for February 2016. Check with staff at your current clinic if you are interested in changing services to this location. Also, we anticipate construction of our new Methuen site to begin early in 2016.



We would like to welcome back Colleen Dufresne to Tewksbury speech and welcome the following new pediatric staff :

- Jessi Steinberg – Speech Therapist Lawrence Amesbury Street
- Callie Schena – Occupational Therapist Lawrence Amesbury Street
- Kristen Fisher – Occupational Therapist Lowell Bridge Street
- Cassandra Gaffny – Speech Therapist Methuen
- Meaghan O'Donnell – Physical Therapist Lawrence Amesbury St.
- Kaylee Faulkner – Occupational Therapist Salem

Adaptive Sports Programs to keep your kids moving!

Adaptive sports are a wonderful way for children with special needs to be active in their community, improve fitness, and make new friends! Below are resources for adaptive winter sports programs in Massachusetts and New Hampshire.

- Ability Plus, Inc: This organization partners with Attitash Mountain Resort & Wildcat Mountain to provide adaptive skiing, snowboarding, and many other activities. Visit www.abilityplus.org for more information
- New England Disabled Sports: This organization provides adaptive skiing services at Loon Mountain and Bretton Woods. Visit <http://nedisabledsports.org> for more information.
- Mount Sunapee: Mount Sunapee offers lessons and recreational services to children with a wide range of disabilities. Visit <http://nehsa.org/> for more information.
- Nashoba Valley Adaptive Program: This program provides adaptive skiing services, and the staff is skilled at working with children with cognitive disabilities, visual and/or hearing impairments, and amputations. E-mail adaptive@skinashoba.com for more information.
- Northeast Passage: This organization provides a Youth Sled Hockey program for children ages 5-18, as well as many other recreational and competitive sports available throughout the year. Visit <http://nepassage.org> for information on all of their programs.
- Wachusett Mountain: Wachusett Mountain provides adaptive skiing private and class lessons. Call 978-464-2300 ext 3308 or visit <https://www.wachusett.com/> for more information.

Indoor Sensory Activities

for the
days
that
keep
you
inside!

This time of year seems to be difficult for all of us, and especially for children who have sensory processing difficulties, autism, learning disorder, or other developmental challenges. During the mid-winter months, we typically see an increase in sensory seeking behaviors due to the limited amount of play time outside or elsewhere (Aune, 2015). When the weather prevents the kids from playing outside, it can often be difficult to figure out activities to do indoors.



Sensory Course

Children always enjoy making and playing on indoor sensory courses. You can set-up a simple course in your living room, bedroom, or basement using household materials and gross motor movements. Your children will have a blast jumping into a pile of cushions, or crawling under a sheet!

Some materials/activities include:

- Couch cushions, pillows, sheets (using cues: over/under, up/down, first/then)
- Animal walks: bear walk, crab walk, frog jump and wheelbarrow walks to and from the obstacles.

Increase Tactile Input

Many children enjoy touching or manipulating sticky or textured surfaces that provide them with great tactile input. Children all have different textures they enjoy/avoid. Here is a list of sensory/tactile activities that can be done indoors.

Water Activities

- Finger paint in the tub: give blobs of finger paint on the side of the tub and let them paint; it cleans up right down the drain
- Play with legos/dolls in water
- Blowing bowl bubbles: get the largest mixing bowl you have and fill it part way with water, add a small amount of dish soap and let them blow bubbles.*good for oral motor development as well
- Sponges: Get out two bowls and a sponge to transfer water from one bowl to the other (good for hand strengthening)

Sensory Tubes

- Rice
- Beans
- Salt
- Oats
- Shaving cream (can be done on a sheet pan on the floor)
- Water and cornstarch
- Hide toys inside and let the kids explore to find the toys



Other Quick Ideas

- Play dough
- Bubble wrap popping
- Blowing with straws- blow a cotton ball or Kleenex off the table, across the floor, etc. *good for oral motor development as well

Reference: Aune, B. (2015). Indoor sensory play for these winter months. Sensory Focus Magazine, 1-6.



We hope you find these articles interesting and helpful. Have an idea for the next Kid Biz? Email your article idea to KidBiz@northeastrehab.com



WHAT IS...

Listening Therapy

Listening is a function of the entire brain and goes well beyond stimulating the auditory system. We listen with our whole body. In order to fully address listening difficulties one must also attend to the listening functions of both the hearing ear and the body ear. The function of the ear is to feel and hear sounds and movement. One such approach that addresses the multiple facets of listening is Therapeutic Listening. [Listening With the Whole Body]

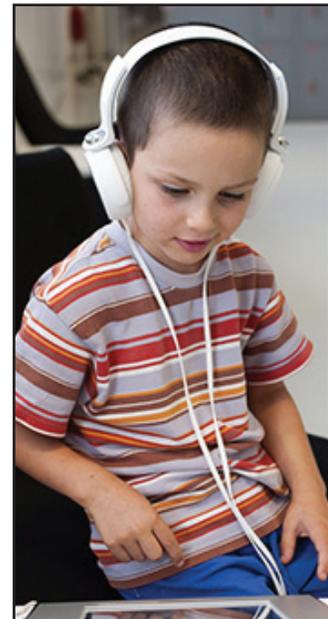
The Therapeutic Listening® program evolved through the development of listening techniques used by French physicians Alfred Tomatis and Guy Berard, and then integrated into a sensory processing model by Sheila Frick, a registered occupational therapist. Therapeutic listening uses sound stimulation in combination with sensory integrative techniques. Strategies that are emphasized include vestibular, postural and movement strategies. This treatment technique involves listening to specifically modulated and filtered music through headphones. Therapeutic Listening® treatment stimulates and exercises the vestibular-cochlear system, also known as our inner ear. It is considered the organizer of our body senses and allows us to understand time and space from our body's perspective. It has a strong impact on muscle tone, posture, balance, coordination, integration of the two body sides, visual spatial skills, emotional responses and motor planning.

Therapeutic Listening® is a home based program. Children wear special headphones that play special music that has been modified in order to expose the nervous system to a variety of sound frequencies (low, mid-range, high) at various times throughout the track. Music selections range from nursery songs to nature songs and classical songs. This program is used as an additional strategy of an already existing sensory program as developed by the child's occupational therapist.

When used in conjunction with Sensory Integration Therapy, improvement is usually seen in:

- Alertness, attention, and focus
- Receptive and expressive language, including articulation
- Balance and motor planning
- affect and emotional responsivity
- Self-motivation
- Awareness of the environment
- Postural security
- Spatial awareness
- Initiation of play behavior
- Initiation of verbal interaction
- Modulation of sleeping, eating, toileting, alertness, emotional
- Stability [Eichelberger]

Northeast Rehab is now offering this program at its Londonderry pediatric clinic. If you are interested in learning more about this program or to schedule an evaluation, please call 603-432-2962.





How to take advantage of the Internet

How technology can support speech therapy

The advantages and disadvantages with the new age of technology has been at the forefront of many debates, especially in the speech therapy world. However, this topic is often discussed with children in mind. As adults we have just scratched the surface of what the advances in technology can do for us personally, but did you think of how it could help you, help your child?

Pinterest, blogs, instagram etc. are a few great resources to help your kid at home and below is an outline of how to best access them!



Pinterest

<https://www.pinterest.com>

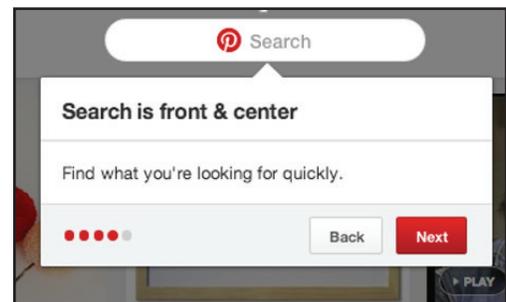
How to use it:

1. Create a Log In and Password at <http://www.pinterest.com/login>



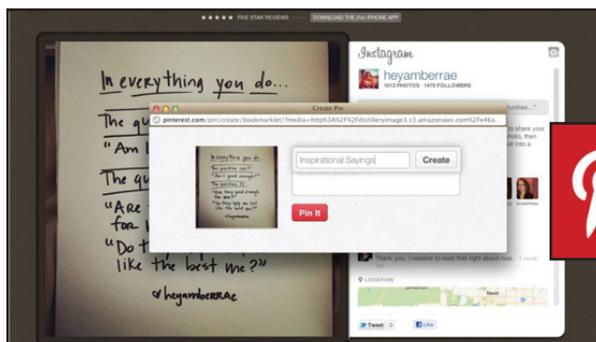
2. Search for your child's specific speech and language impairment/diagnosis in the search bar. Examples:

- Expressive language disorder
- Receptive language disorder
- Mixed (receptive and expressive language disorder)
- Autism
- Dysphagia



3. PIN IT

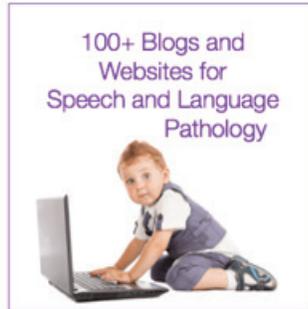
When you find an activity/website that you like, you can click the "PIN IT" button (or the thumbtack) and create a "BOARD" that you can refer back to!



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What
is it all
about?



How do I access "blogs"?

BLOGS

What is "blogging"?

Recently, "blogging" has picked up across the internet. For Speech-Language Pathology specifically, many sites have been created that any person can access for extra creative ideas, reviews of specific therapies, chronicles from SLPs, apps to use, etc.

You can search these blogs online, or click on the links below if you are reading the online version of this newsletter.

[Activity Tailor](#) – This blog is written by a private practitioner working in a school setting, with easy and creative treatment activities and private practice tips.

[All 4 My Child](#) – This blog provides book reviews that are searchable by goal or theme, as well as collaborative therapy ideas that relate to social interaction.

[ASHASphere](#) – This blog is considered a "greatest hits" blog with excellent articles for speech and language clinicians.

[Chapel Hill Snippets](#) – This blog is written by a school-based clinician who also provides free therapy shares (often downloadable books) that are especially popular.

[Child Talk](#) – This blog is written by a speech-language pathologist who specializes in autism, which is written specifically for parents and caregivers. She provides different strategies for parents to help their child communicate in their everyday life.

[Cindy L. Meester's Blog](#) – Cindy Meester's blog covers a wide variety of topics, and was an Edublog Awards finalist in the Ed Tech category.

[Jill Kuzma's SLP Social & Emotional Skill Sharing Site](#) – Jill's blog provides posts about emotion management, executive functioning, social skills, and expressive/receptive language.

[Play on Words](#) – This blog provides ideas for toys, games and books that assist with language development.

[Speech Room News](#) – This blog is written by a school-based speech language pathologist, which provides free downloads, treatment ideas, and links to other helpful resources.

[Speech Techie](#) – This unique blog provides resources and posts that combine language development and interactive educational technologies. There are links to free downloads and lists of fun apps!

[Speech Time Fun](#) – This blog writer provides fun, creative ideas for the classroom. Other resources include videos, games for purchase, and "tips and tricks" articles.

[Sublime Speech](#) – This blog offers lots of 'Do It Yourself' activities with free downloadable versions of her creative creations!





Instagram

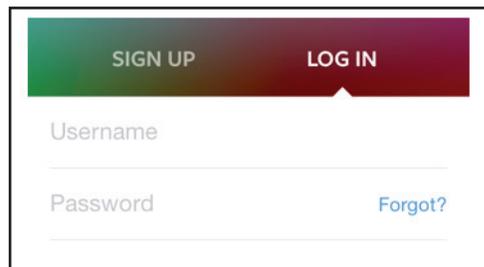
www.instagram.com

What is Instagram?

Instagram is an online mobile photo-sharing, video-sharing and social networking service that enables its users to take pictures and videos, and share them on a variety of social networking platforms, such as Facebook, Twitter, Tumblr and Flickr

How to use it:

1. Create Log in/Sign up: <https://www.instagram.com/accounts/login>



2. Find Speech Therapy Instagrammers/friends and “follow” them.

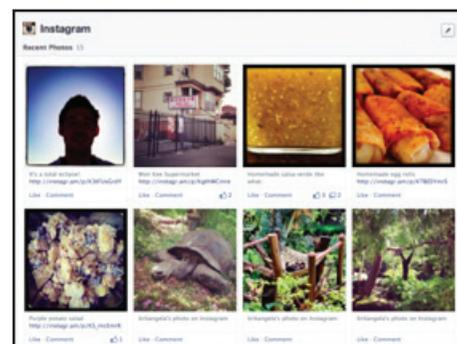


3. Speech and Language Accounts to “follow”. Type these SLP names into your search bar and hit “follow”

Username: [activitytailor](#)
Username: [anniedoyle226](#)
Username: [crazyspeechworld](#)
Username: [slprunner](#)
Username: [thepeachiespeechie](#)

Username: [slptree](#)
Username: [sublimespeech](#)
Username: [speechroomnews](#)
Username: [nrallison](#)

4. Check your newsfeed as often as you’d like and enjoy the new ideas that pop up on your screen!



Resources:

<http://blog.asha.org/2012/03/15/the-best-speech-language-pathologist-blogs-from-a-to-z/>
<http://erikxraj.com/blog/9-creative-speech-language-pathologists-you-should-follow-on-instagram-right-now>
www.google.com/images