

MAKING SPEECH WORK AT HOME

A few tips for this unusual time



FOLLOW YOUR CHILDS LEAD

Any child, any age, use their interests

If you allow your child to choose the subject, they are more likely to buy into the work

TOYS ARE NOT REQUIRED

Use what you have available - toys or other items

Toys are great, but we promise, sheet forts and laundry basket rides rock, and Tupperware and spatulas are a blast. Use nature, use toilet paper tubes and anything you can find!

WEBSITES AND APPS

These can support learning, but your kiddo may need a partner

<https://www.getepic.com/>
<https://www.abcya.com/>
<https://pbskids.org/>
<http://mommyspeechtherapy.com/>
(for simple articulation sheets)
<https://www.vooks.com/parent-resources>
<https://www.gonoodle.com/>

ACCEPT SERVICES OFFERED

But don't be afraid to ask for changes

Take the services and coaching when you can, but asking for changes in time, duration, or methods is allowed.

GET MOVING

Movement increases engagement and it's good for all of us

Walks where you can find things to talk about, outdoor (or indoor) obstacle courses, bike rides, videos from Go Noodle, even just a mid afternoon dance party!

BE FLEXIBLE

It doesn't have to look like it used to

Work inside - work outside - work on the floor - work at a table - work under a table - work in the back seat of the car - anywhere you get engagement.
And, work in time chunks that you can handle - 5 minutes, 3 minutes, you choose - set a timer and be proud of the time.

WHAT ELSE CAN I DO?

- Remember to give yourself and your kiddos grace in this difficult time. They aren't giving you a hard time... they are having a hard time and you might be too!
- Let them help you with the everyday tasks - yes it typically takes longer to do the laundry or make dinner if they help, but it's such a special opportunity and you just might have the time (now).
- Don't try to do all the ideas at once (overwhelming yourself), don't expect to replicate their classroom experience - you don't need a classroom to teach.
- One hard thing at a time - choose one thing to tackle, not everything.
- Prioritize working on skills that help make your life easier.
- Set a schedule if it helps your kiddo (and you) know what is happening that day. It doesn't have to be pretty - simple paper and pen will work! Allow them to help organize the things that need to be done - fun and not so fun!

www.thetalkteam.com
intake@thetalkteam.com
559-970-8277