

COMMUNICATION WORKS NEWSLETTER

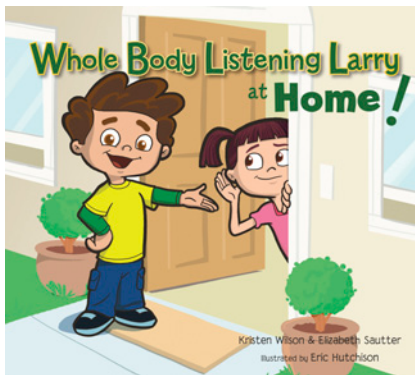
HELPING OTHERS COMMUNICATE AND CONNECT

Spring 2011

NOTICE ANYTHING DIFFERENT ABOUT OUR WEBSITE?

Our new website has finally launched! A special thank you to Jason Bland and Jackie Say for helping us update and improve the site. We are excited to share the new look, layout, and enrollment process. We hope that it provides valuable information about our services as well as other resources in and around our community.

WHOLE BODY LISTENING LARRY AT HOME IS HERE!



Communication Works is proud to announce Elizabeth Sautter and Kristen Wilson's storybook *Whole Body Listening Larry at Home!*

This colorfully illustrated storybook provides fun ways to teach children an abstract but essential idea, that their eyes, hands, brains—their whole bodies!—communicate and affect the people around them. Parents, teachers, and therapists can use this book to teach this challenging concept through illustrated scenarios at home, in the car, with friends, with grandparents, and in a number of other very recognizable situations. A book for all younger kids, it can be read with the child, and the child can then read it on his or her own and with siblings, friends, grandparents—it's sure to spark some great discussions.

WHAT IS WHOLE BODY LISTENING?

Whole Body Listening is more than just listening with your ears... It is listening with your whole body! It includes:

- Listening with your eyes by looking at the speaker
- Listening with your ears
- Listening with your mouth by keeping it closed and quiet
- Listening with your hands by keeping them on your sides or in your lap
- Listening with your feet by standing still or quietly on the floor
- Listening with your body by facing the speaker
- Listening with your brain by thinking about what the speaker is saying
- Listening with your heart by caring about what the speaker is saying



Being a good listener is much more than just hearing what is being said. It is important to break down all the different aspects of listening for your child. *Whole Body Listening Larry at Home!* teaches children how to listen with their whole body and why it's important to take time to listen with each body part.

Whole Body Listening Larry at Home! is available in the CW business office or online at www.socialthinking.com. Please call 510.639.2929 for more information.

Whole Body Listening Larry at School! is COMING SOON.



SUMMER PROGRAMS

Communication Works is offering a valuable social learning program this summer for students who need help with social skills and self-regulation.

MAKING CONNECTIONS SUMMER PROGRAM

Making Connections is an 8-week summer program for children, teens and adults. Participants learn to cooperate, communicate, and connect—giving them a social boost for fall. Groups offer a fun and safe environment to practice social thinking and social skills and are run by licensed speech pathologists.

- 8-week session from June 20th to August 13th
- 1.5 hours a week, once or twice per week
- Groups consist of 2–5 children at matched social levels
- For children, teens and adults
- Includes community outings to practice learned skills
- Weekly parent education

Individual sessions are also available throughout the summer.

ENROLLMENT

To enroll or inquire for more information, visit us at www.cwtherapy.com or call 510.639.2929 and complete an intake form to begin the registration process.

Register early as space is limited.

A deposit must be included with the registration form, but it will be refunded if an appropriate group is not available.

PARENT-TODDLER GROUPS NOW FORMING

Communication Works is offering parent-toddler groups for families interested in learning new ways to further develop your child's speech, language, social, and sensory skills, all while having fun and connecting with your tiny tot! Groups provide a wonderful opportunity for parents with children of similar ages to meet and connect during this amazing time in their child's growth.

Weekly theme-based sessions will focus on different areas of development for young children. Each week, as the theme is introduced and modeled, parents will be given tools and materials used in class to utilize at home. These tools will come with ideas and examples of ways to easily incorporate them into your family's daily routine and to encourage the continuation of fun, educational concepts at home.

CW's parent-toddler group consists of eight 90-minute theme-based classes over eight weeks and is designed for both parent/caregiver and child. Fun and interactive classes are taught by a licensed and certified speech and language pathologist with extensive experience working with young children.

Parent-toddler groups are now forming. To enroll or to inquire about the groups, please visit www.cwtherapy.com or call us at 510.639.2929.



UPCOMING EVENTS & PRESENTATIONS

FREE Screenings for Better Hearing & Speech Month

Date: Sunday, May 15, 2011
Time: 9:00am to 12:00pm
Where: Communication Works #200
Cost: FREE EVENT!

Restrictions apply. Please call 510.639.2929 for details.

Fostering Self-Regulation: *The Zones of Regulation*[®] with Leah Kuypers, M.A., Ed. OTR/L

Date: Wednesday, April 20, 2011
Time: 12:00pm to 2:00pm
Where: Marin County Office of Education
Cost: \$20 for Parents
\$30 for Professionals

For more information contact Karen Kaplan at 415.497.3751 or karensupportsu@comcast.net.

Self-Regulation, Social Thinking, & Self-Advocacy with Authors Elizabeth Sautter, Leah Kuypers & Karra Barber

Date: Wednesday, April 27, 2011
Time: 7:00pm-9:00pm
Where: Iron Horse Middle School MPR
12601 Alcosta Blvd., San Ramon
Cost: FREE EVENT!

For more information please email specialneeds@srvcouncilpta.org.

The Zones of Regulation: Teaching Your Child How to Self-Regulate with Leah Kuypers, M.A., Ed. OTR/L

Date: Monday, May 30, 2011
Time: 7:00pm to 8:30pm
Where: Bananas Workshop Room
5232 Claremont Ave. Oakland
Cost: \$5 suggested donation for non-members

For more information visit www.bananasinc.org.

Ongoing Parent Support Programs with Mimi Lou, Clinical Psychologist

Please call 510.639.2929 or 510.652.5910 for more information.

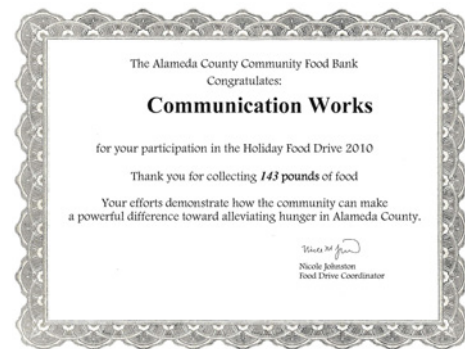
CW GIVES BACK TO THE COMMUNITY

Over the holiday season, Communication Works participated in two community outreach programs through Family Support Services of the Bay Area and the Alameda County Community Food Bank.

In conjunction with the Alameda County Community Food Bank, CW held Halloween for Hunger, which continued through the holiday season. With the help of our families, CW collected a total of 143 pounds of food. The food helped feed 1 in 6 residents of Alameda County, nearly half of them children and teens, during the highest demand period in the food bank's 25-year history.

CW also partnered with Family Support Services of the Bay Area (FSSBA) and sponsored a local family in need for the holidays. The "Oregon" family of 5 needed basic necessities like socks, undergarments, and shirts and was sponsored by CW. For the 2010 holiday season, FSSBA sponsored a total of 147 families and an additional 46 individual youth all located in the Bay Area.

Thank you to our CW families for helping us make a difference in our community. For more information on the Alameda County Community Food Bank, visit www.accfb.org. To learn about Family Support Services of the Bay Area visit www.fssba-oak.org.



Thank you very much for
your generosity!
This will help make
our Christmas more
Special !!
With love,
Darl, Jody, Frederic,
Alannah & Judah
Merry Christmas!

BETTER HEARING & SPEECH MONTH



**HELPING PEOPLE
COMMUNICATE**

**MAY IS BETTER HEARING AND
SPEECH MONTH**

HERE ARE SOME HELPFUL TIPS:

HEARING

Like any other sound, music can cause hearing loss if it's loud enough and exposure is long enough. A person can damage their hearing at a concert, listening to recorded music, and through loud and prolonged cell phone use. Be cautious of the level at which your child is listening to music—especially with headphones or ear buds. Take time, even with younger children, to talk about the importance of taking care of their ears. For additional information go to www.asha.org/Publications/leader/2010/101012/Teens-at-Risk.htm

SPEECH

The ability to make sounds develops at different ages and can take longer for some young children than others. Please visit our website for a printable copy of speech sound development for English speakers. A good rule of thumb is that a 3 year old should be 80 percent intelligible to an unfamiliar listener and almost 100 percent intelligible by age 4. If your child is having trouble producing specific sounds, rather than telling them they did it wrong and to try again (which they may not be able to do or ready for developmentally), repeat the sound back to your child with an emphasis on the correct production of the sound that was distorted. "Oh you want a **C**-oo-**K**-ie!" This is an indirect way to bring awareness and to model various speech sounds.

LANGUAGE

Tips for your young child who is developing language or those with identified language concerns:

- Assess the immediate environment. Before talking or giving directions, take a moment to look around. Are there other sounds or visual stimulation competing for your child's attention? If so, turn these sounds down or off, or position yourself so your child is facing away from any distractions.
- Get on your child's level. Instead of talking down to them, which often happens due to size and situation, make an effort to get face to face by either sitting or kneeling or placing your child up on a high stool or table top (with supervision).
- Be Forgetful Fredy or Silly Sally. Forget that you know your child better than they know themselves at times. Forget that you know what they want for snack, their favorite drink, their most loved song, or special blanket. Give them the wrong item or a choice between two non-preferred items, or two different shoes or a fork with their cereal—create situations that require them to communicate, request, or clarify.
- Have your child repeat information. If you are asking them to complete a sequence of steps or answer a question, ask them to tell you what you are asking them to do.
- Try to use language that is one step above your child's language—if they are using word approximations ("ah" for apple), you model with single words (apple); if they are using one-to-two-word utterances you use two-to-three-word utterances. You want to expand slightly from where they are, so you are modeling the next step that they can work towards achieving.

OCCUPATIONAL THERAPY (OT) SERVICES

We are please to announce the expansion of our OT services as we have added 2 additional OTs to our team who bring with them a wealth of knowledge in sensory, self-regulation, and fine/gross motor intervention.

We believe that a child's occupation includes playing, going to school, eating, grooming, dressing, going on community outings, as well as other daily tasks. If someone is not able to function to their fullest potential in the meaningful activities of daily living, an occupational therapist can improve their independence. This may include help with adapting to the environment or task at hand, providing accommodations such as behavioral support, and building skills in the following areas:

- Sensory and emotional regulation
- Processing and integration of sensory input
- Social skills
- Fine motor, visual motor, and gross motor skills
- Attending, listening, and processing
- Organization and time management
- Language and cognitive tasks
- Self-help, including eating, dressing, and grooming

AN OT'S TOOL BOX

Play dough, gak, foam, sand and water tables, rice bins, scooter board, swings, rocking toys, trampolines, massages, play tunnel and tents, relax/stress balls, whistles, bubbles, straws, body sock, bean bag chairs, puzzles, beads, balls, hoops, TOYS, TOYS, and more TOYS! All in a days work?? Of course. Come join the fun!



COMING SOON: THE ZONES OF REGULATION®

Leah Kuypers' *Zones of Regulation*® is in press and will be available for purchase in the early summer. This curriculum teaches ways to manage emotional and sensory needs and become more aware of how to control impulses. Clients are given tools and strategies to manage their sensory needs and improve their ability to problem solve conflicts.



What Zone Are You In?



The Zones of Regulation® created by Leah Kuypers

JOIN OUR TEAM! WE ARE WALKING FOR AUTISM SPEAKS!

Where: History Park, San Jose

When: Saturday, May 21st

Join the Communication Works Team for Walk Now for Autism Speaks and help raise funds for vital research that will lead us to the answers we need regarding autism.

To join our team or donate funds for autism research, visit:

www.walknowforautismspeaks.org/bayarea/communicationworks



Communication Works is on Facebook. Become a fan of our page to see up-to-date information on events, books, and much more.

COMMUNICATION WORKS

Speech • Language • Social Learning

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Oakland, CA 94605

THANKS TO OUR VOLUNTEERS

Thank you so much
for all of your hard work
and passion!

We couldn't have asked
for more dedicated volunteers,
and words cannot express
how grateful we are to have you
as part of our team.

It is a pleasure and a privilege
to work with you.