



Speech and Language Telepractice

April is AUTISM Awareness Month

April is Autism awareness month. Autism is a serious disability that is diagnosed during the first 3 years of life and affects a person's ability to communicate and interact with others. Autism occurs on a spectrum, which means that there are varying degrees of the disorder. Autism may affect each person in different ways and can range from very mild to severe. There is no known single cause or cure for Autism. According to the Center for Disease Control, one in 110 children is on the autism spectrum. This disorder affects four times as many boys than girls.

Children with Autism have many characteristics, but one of the biggest difficulties for a child with autism is communication. Many children have limited or no communication skills. When children with autism do begin to speak, they often engage in

echolalia, which is when the child just repeats what he or she heard. Many younger children with autism must use an alternate source of communication, such as a picture board, sign language, or speech generating devices.

Children with autism who have functional speech and language skills often have difficulty with conversational speech. Children with autism may not understand how to appropriately get someone's attention to initiate a conversation and may be unable to maintain conversations because they may not be able to answer and ask questions effectively or comment appropriately. They find it difficult to establish and maintain eye contact during conversations. They have difficulty understanding nonverbal language.

For a complete information on children with autism, please visit the Autism Speaks website at

www.autismspeaks.org

or

Autism Society of America Website at

www.autism-society.org



April

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Special points of interest:

- ☺ Autism
- ☺ Contact information
- ☺ Games, books, websites
- ☺ Earth Day Facts
- ☺ Recipe of the Month

Contact US

We want to stay in touch with you all year. Please make a note of our email addresses and web address. If you need to contact us for any reason, please do not hesitate. ASK US ANY QUESTIONS!! WE WANT TO HEAR FROM YOU!!

Questions about your child and their program can be directed to their individual therapist.

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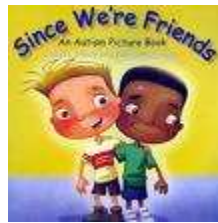
Reader's Corner:

There are many children's books in print about autism. Here are some books that would provide more information about autism for your child to read with you.

These books all talk about how a child with autism acts. Not only do they illustrate how a child is different, they also highlight what all children have in common.

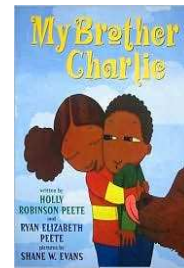
Since We're Friends

By Celeste Shally



Reading level: ages 4-8

This is a book about a young boy who befriends a student with Autism. Once you read it with your child you can discuss how a child with autism is different and ways to help.



My Brother Charlie

By Holly Robinson Peete and Ryan Elizabeth Peete

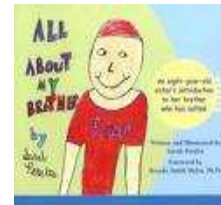
This is a book written by a mother and daughter. Ryan's twin brother has Autism. This book describes what autism is and the challenges that go with it.



A is for Autism, F is for Friend

By Joanna L. Keating-Velasco

This book is written from the perspective of a child with autism. She explains how she feels about what she sees other children doing and how difficult it is for her to approach them.



All About my Brother

By Sarah Peralta

This book is written by an 8-year-old girl who has a brother with Autism. She gives insight into the sibling relationship

from a child's point of view. She even did all the illustrations.

Parent's Corner

Parents are an important part of a child's success in speech language therapy.

All of the SLP's are sending home speech therapy checklists, completed work, and homework assignments. If you are not receiving them, please contact your SLP.

A fun activity to practice language at home is to play "I SPY". You can give clues to your child about something you seen and he or she has to guess the object. This is a good way to work on listening skills. Then, you can turn it around and your child has to describe something he or she sees for you to guess. This is a great way to work on describing and using sentences. You can play in all different place: in the house, in the backyard, in the car, in the store. If you are in the store, it is a great way to entertain your child while you are shopping.



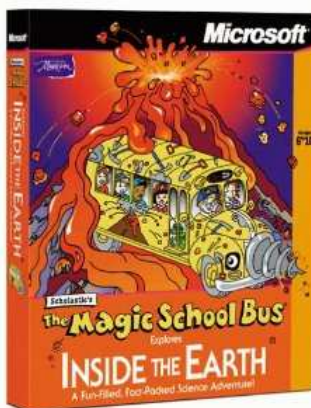
The following sites have all kinds of activities relating to earth day....

www.primarygames.com/holidays/earth_day/games.htm

and

www.planetpals.com/earthday.html

Software Sites: *The Magic School Bus: Inside the Earth*



Scholastic's *The Magic School Bus Explores Inside the Earth*, is an interactive science adventure that takes you on a adventure to learn about volcanoes, fossils, rocks, and minerals.

Explore 6 terrains of the earth: a canyon, an underwater volcano, a giant fault, a deep cavern, a land volcano, and inside a crystal.

The Magic School Bus Explores Inside the Earth is filled with eight games, four experiments, and six reports to keep you playing and learning.



Earth Day April 22nd!!

Here are some fun facts:

(taken from www.planetpals.com/fastfacts.html)

- The garbage in a landfill stays for about 30 years. In 1995, over 200 of the world's landfills were full. Approximately only 10% of every landfill can be cleaned up.
- One bus carries as many people as 40 cars.
- The 500 million automobiles on earth burn an average of 2 gallons of fuel a day which equals 100 million gallons of fuel per day. Each gallon of fuel releases 20 pounds of carbon dioxide into the air.
- About 5 million tons of oil produced in the world each year ends up in the ocean.
- Most families throw away about 88 pounds of plastic every year. Plastic takes about 500 years to break down.
- We use about 12,000 gallons of water every year. 1/3 of all water is used to flush the toilet.
Here is how the other water is used:
25-30 gallons for the tub
50-70 gallons for a 10 minute shower
1 washing machine load uses 25-40 gallons
1 dishwasher load uses 9-12 gallons
- The energy we save when we recycle one glass bottle is enough to light a traditional light bulb for 4 hours.
- For every 2000 pounds of paper recycled, we save 7,000 gallons of water free from chemicals
- Recycled paper requires 64% less energy than making paper from wood pulp, and it can save trees. Every ton of recycled paper saves 17 trees.
- The amount of wood and paper we throw away is enough to heat 50 million homes for 20 years
- 5 billion aluminum cans are used each year. It takes 90% less energy to recycle aluminum cans than to make new ones. It takes 500 years for an aluminum can to break down.
- 84% of household waste can be recycled.
- One gallon of motor oil can contaminate up to 2 million gallons of water, so dispose of properly.



This is our Earth....Let's take care of it!!

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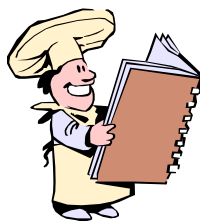
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Recipe of the Month



Each month we include a kid-friendly recipe for you to try with your children.

You can easily incorporate language development into cooking. You can tell your child the steps to complete the recipe and ask him to tell you what needs to be done. You can talk about eggs and all the different ways they can be cooked. You can talk about how eggs feel when they are raw vs. cooked.

This month's recipe comes from www.familycorner.com. Check out this site for more delicious recipes and activities:

http://www.familycorner.com/family/kids/crafts/earth_day_eggs.shtml

Earth Day Eggs

Prep time: about 10minutes

Total time: 20

What you will need:

- Hard boiled eggs
- Blue, green, and yellow food coloring
- Vegetable oil
- White vinegar
- Water
- Coffee mugs or other containers
- 3 spoons
- Paper towels
- Newspaper or tablecloth

Directions:

1. Put one tablespoon of oil and one tablespoon of vinegar in each coffee mug
2. In one mug add a teaspoon of blue food coloring
3. In another mug add a teaspoon of green food coloring
4. In the third mug, add a teaspoon of yellow food coloring
5. Add water to each cup to make them 3/4 full, so it will not overflow when the egg goes in.
6. Cover work surface with a tablecloth or newspaper. Lay out some paper towels to lay wet eggs to dry.
7. Place a spoon in each mug of the food coloring mixture
8. While holding an egg in your hand, stir the blue mixture with the spoon to create a whirlpool.
9. Once swirling, quickly lift the spoon out of the mixture, place the egg on the spoon and dip immediately into the mixture for a few seconds and remove. Place on a paper towel and repeat for each egg.
10. Once all the egg have been dipped in blue, repeat the process with the green, then yellow.



Nutrition Information

Serving Size:	1 large egg
Calories:	77
Total fat:	5 grams
Cholesterol:	212 mg
Sodium	62mg
Total Carbs:	1 gram
Sugar:	1 gram
Protein:	6 grams