



Please welcome our newest Let's Talk staff member!



Jill Grieco; Administrative Assistant

Jill is a part-time administrative assistant at Let's Talk. She assists the office staff with patient benefits, referrals, and billing. Jill can be reached via our main phone at (508) 230-8181. Please help us welcome her by saying hello!



Firework Safety and Preparation

Fourth of July is quickly approaching which means barbecues, large crowds, and firework shows! Fireworks are one of the most traditional and exciting activities to experience during the Independence Day celebrations. However, with fireworks comes loud noises and large crowds which can be scary and overwhelming for young children, especially those with disabilities. Here are a few helpful tips for preparing and making this experience a little easier.

Prepare your child for the day's events by creating a visual schedule/social. Creating an expectation for the day makes transitioning and a change in their routine a little easier to manage.

Research different firework display locations. Determine if there are multiple locations to view the show that are less crowded or farther away. Make sure there are options to minimize the sensory overload

Come prepared with comforting materials such as headphones, blankets, weighted vests, iPad's, etc. These can help in situations of discomfort or anxiety to assist them in working through it!

Watch videos of firework shows to desensitize them to the visual and auditory stimuli. This will also help with making the show and event more predictable.

Educate your child about the holiday by talking about it, showing videos, and reading books. Review vocabulary Discuss how it is similar to a birthday because its America's birthday!

Firework Book Recommendations

1. **Fergus at the Fireworks** by J W Noble and Peter Townsend
2. **The Explosive Story of Fireworks!** by Kama Einhorn and Daniel Guidera
3. **Daniel's First Fireworks** by Becky Friedman and Jason Fruchter



Upcoming Events:

Autism Swim & Safety Program:

What: A guided and supportive swim and safety program. Each lesson is private with one individual per class. Classes will be run by Debbie Weinstein, a certified American Red Cross Water-Safety Instructor with many years of effectively working with children with ASD.

Fees apply, registration is required to (you can visit the Community Autism Resources website) or contact Lori DeCrescenzo at (508) 379-0371 or (800) 588-9239 ext. 10.

When: July 2nd -August 27th, 2018

Where: Weymouth Club 75 Finnell Drive, Weymouth, MA

“ACEing Autism” Tennis in Scituate:

What: ACEing Autism is a 6-week tennis program for kids with ASD disorders to have fun and learn how to play tennis, develop motor skills, hand eye coordination, build confidence and improve their general socialization. Tennis professionals run classes supported by at least one volunteer per child. At program entry, each child will perform a skills assessment that measures motor, balance and hand-eye coordination.

When: July 9th – August 13th, 2018.

Where: High School Tennis Courts 606 Chief Justice Cushing Highway, Scituate, MA 02066

“We Can Dance” for All Ages:

What: An inclusive rhythm and dance program specifically designed for children and adults of all abilities, including, but not limited to: Autism Spectrum Disorder, Down Syndrome, Sensory Processing Disorder, Cerebral Palsy, and those facing other cognitive or physical challenges. Student benefits include; gross motor skills, fine motor skills, body awareness, body control, social skills, strength, flexibility, focus, imitation, ideation, memory & recall, motor planning, coordination, receptive/expressive language. The class is instructed by Samantha Dean, with a master’s in science and registered Occupational Therapist.

When: July 12, 2018 – August 16, 2018

Where: Center Stage Dance Academy 116 Long Pond Road Plymouth, MA 02360



Gluten-Free & Allergen Friendly Expo in Worcester:

What: This event is for individuals with special diet needs, including the Celiac community, those with gluten sensitivities, auto-immune, inflammatory diseases, and autism. There will be a vendor fair with over 100 exhibitors, classes related to the gluten free and allergen-friendly lifestyle, and authors, bloggers and workshops. To sign up visit the website or call 630-473-3202.

When: July 21st-22nd 2018

Where: DCU Center in Worcester, MA

“Morningstar Access” at Boston Children’s Museum:

What: This program offers children with special and medical needs the opportunity to enjoy the Boston Children’s Museum in an uncrowded environment, with few other visitors and large crowds. Pre-registration is required and is limited to 100 guests. Fee \$7.00, museum members attend free. Fees Apply. To preregister please visit the website or contact lwamoto@BostonChildrensMuseum.org or call 617-986-3697

When: July 21st, 6 p.m. – 8 p.m.

Where: Boston Children’s Museum

Special-Needs Conference for Parents:

What: This free conference will focus on the latest information for parents to learn about Special Education Law, Sensory Processing, Accessing Public Support, and Sibling Support. Specific topics include:

- * special education
- * sensory processing
- * accessing public supports
- * sibling support

RSVPs are required to Susan Loring – Sloring@hmea.org 508-835-4278 or visit the HMEA’s Autism Resource Center website for more information.

When: July 25th, 2018.

CONGRATULATIONS FOR WINNING THE STAR-SPANGLED CHALLENGE!

Lilah M.

She said 100 words in one session and had her name picked in the drawing! Congratulations for all your hard work! Run to Target with your gift card and enjoy!



****Please Join Us****

Boston Walk for Apraxia

Sunday August 5, 2018 @ Braintree High School

Show your support this month by signing up for the annual Walk for Apraxia (Register at: www.apraxia-kids.org). There will be snacks, raffle prizes, a silent auction, and plenty of other activities for the whole family!! This event is open to all. Come out and enjoy the day with us!



****Reminders****

We are **CLOSED** for Fourth of July! Please let your clinician know if you need time off for that week!

****Please let your clinician know if there will be scheduling changes for summer or Fall!!****



Thank you for reading our Let's Talk Newsletter! We appreciate your feedback about additional events, resources, advice, and information you may have. In addition, we welcome recommendations about the content of the newsletter.

Please email: nscalera@ltspeech.com with suggestions/comments/concerns.

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