

SST NEWSLETTER

Christmas Gift Alternatives

Sponsor a child from Christian Children's Fund.

This is an International Organization that brings families together. You will receive pictures & letters of your sponsor child. You can send cards, letters, pictures, crafts to the child whenever you'd like, bringing children in touch with other children who are not so blessed this year, financially. Make a difference. Go to web page for more information & to sponsor [www.ChristianChildren's Fund.com](http://www.ChristianChildren'sFund.com)

Trip to Clifton Mill

"A place where time stands still" where millions of lights make this a winter wonderland & takes your breath away. Located 40 miles SW of Columbus in Clifton, Ohio. Surprise the family. Go to web page for more information. www.CliftonMill.com

How To Keep Your Child's Voice Healthy

To help prevent voice problems, your child should...

Reduce the amount of talking, especially in a noisy environment. Turn down the volume on TV's, radios, & computer games to create a quieter environment.

Stop yelling & screaming; use nonverbal methods to get attention or to show excitement (for example, at sporting events substitute clapping or using a noisemaker for cheering: train the dog to come with a clap of the hands instead of yelling).

Move close to another person before talking.

Rest the voice throughout the day. Don't whisper – this is actually harder on your voice.

Avoid using the voice to make special effects noises, as children often do when playing with toy vehicles.

Stay away from cigarette smoke.

Relax the muscles in the neck, face, & shoulders.

Avoid excessive talking, singing, coughing, or throat clearing, especially during episodes of upper respiratory infection or allergies.

You, as a parent, should...

Look for evidence of straining or effortful speaking, such as neck muscles that bulge, & immediately suggest a quieter volume.

Try to be a good voice model for your child; use a calm, comfortable pitch & loudness level.

Provide a healthy diet & encourage your child to drink plenty of water.

Set up a calm, quiet, restful environment, especially when the child is experiencing hoarseness.

Eliminate the sources of background noise so your child does not have to speak loudly to be heard.

Tell your child you can only "hear" when he or she uses a quiet "indoor" voice, & then respond only after he or she speaks in a quiet voice.

Teach the child to find quieter ways to get someone's attention (for example, by moving closer to someone before talking, or tapping someone on the shoulder rather than shouting).

Ask the child to use the quietest voice that can still be heard without whispering.



Coupons

Specially made coupons by mom & dad to the kids can be a big hit. Wrap them up individually in a box, like presents.

Examples:

- 1-Day to the Zoo & Picnic
- 2-Magic Mountain
- 3-Movie Day & Ice Cream treat
- 4-Rent Movies for home
- 5-Trip to Clifton Mill
- 6-Trip to Hocking Hills
- 7-Trip to Art Museum
- 8-Special Night out to Broadway Show, or Ballet

Examples for Mom & Dad, to each other:

- 1-Special candlelight dinner at home. (Kids stay overnight with friends or grandparents)
 - 2-Dinner of your choice.
 - 3-Massage (given by one or the other).
 - 4-Make the bed, every day for a week, or a month.
 - 5-Iron own shirts for a week or a month.
 - 6-Dad stays with the kids for a mom's day or night out with the girls.
 - 7-Mom stays with the kids for a dad's day or night out with the guys.
 - 8-Take a day off, when kids are in school. Go on a hike, to local park with picnic lunch.
- BE CREATIVE.



In the spirit of giving

Specialized Speech Technologies staff is excited to once again be able to help support the Holy Family Soup Kitchen in downtown Columbus. Holy Family helps to feed 700 families in need every week.

We are also holding a food and toy drive in the office & in addition collecting gently used clothing. While the season for giving is upon us, the need is not seasonal.

Should you find yourself with extra time, unused goods or ability to contribute financially, there are many Columbus area organizations that can use your help. All donations are tax deductible.

Some Possibilities:

- 1-Adventures for Wish Kids at www.afwkids.org
- 2-Children's Hunger Alliance at www.childrenshungeralliance.org
- 3-Ronald McDonald House at www.colrmhc.org
- 4-Salvation Army at www.salvationarmycolumbus.org
- 5-Columbus Literacy Council at www.columbusliteracy.com
- 6-The OSU James Cancer Hospital at www.jamesline.com/waystogive

Familiar place..New face...Welcome Aboard, Sharon!

Sharon Izzi, Receptionist, has always worked in the medical setting, most recently with Ohio Health. She attended the College of Mount St. Joseph in Cincinnati. She has 3 married children and 1 grandson. Her interests are working for Columbus Association for the Performing Arts, reading, all beach & water sports, vacationing in warm climates during the winter, spending quality time with family and friends. Sharon's hours in the office will be : Monday, Tuesday & Friday mornings & Wednesday & Thursday afternoons.

Congratulations to Megan Fitzpatrick for earning her Certificate of Clinical Competence from the American Speech and Hearing Association. This is very exciting news for Megan and for SST as she has now earned full certification on the national level! Kudos to Megan!