

M&M MEMO

2023

Fall



Supporting Happy, Healthy, Confident Kids



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Welcoming Our Families Back to School!

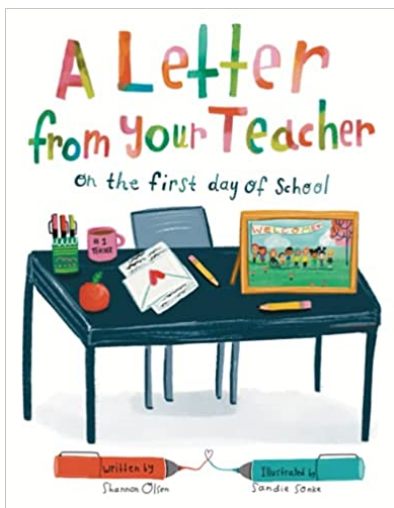
Cindy McKibben and Jenny Monte have long believed in the importance of focusing on the whole child using early intervention as the best way to prepare them for success later in life. Research shows that well-developed speech, language, emotional and occupational skills impact a child's ability to become a competent reader, writer and student.

After the COVID-19 pandemic, more than ever, it is evident that practicing early language and communication skills is vital to successful development. A recent article in the May 19, 2023 publication of the Wall Street Journal, written by Sarah Toy titled, 'If Your Toddler Isn't Talking Yet, the Pandemic Might Be to Blame', claims 'children who spent little time socializing are talking later and treatment is scarce.' Highlights from the article include:

- Analysis of 2.5 million children aged 5 and younger showed diagnoses of speech delay increased 1.6% during 2018-2019 and 2021-2022
- Early therapy can help children with speech delays and reduce the impact that articulation errors (speech sound errors) have on confidence
- Wait lists for new services can be 6-months to 1 year in many communities

Therapy Services Available in Over 60 Centers Throughout Ohio

McKibben and Monte therapists are immediately available to conduct on-site informal assessments and provide speech and occupational therapy and behavioral services. Be sure to view our current list of partner sites at www.mckibbenandmonte.com and refer us to your friends and family!



Suggested Reading

Books for Adults:

- *The Whole Brained Child* by Daniel Siegel and Tina Payne Bryson

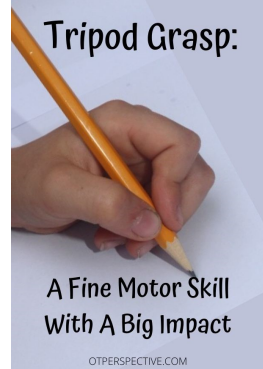
Books for Children:

- *First Day Jitters* by Julie Danneberg
- *The Night Before Preschool* by Natasha Wing
- *The Night Before Kindergarten* by Natasha Wing
- *A Letter from Your Teacher on the First Day of School* by Shannon Olsen
- *Llama Llama Misses Mama* by Anna Dewdney
- *The Kissing Hand* by Audrey Penn

Developing Pencil Grasp

Pencil grasp is a common concern among parents and teachers. A tripod grasp is typically expected to emerge at 3 - 4 years old. This is a grasping pattern that is most efficient for holding a writing utensil. A tripod grasp controls the writing utensil with the thumb and index finger. The writing utensil is supported by the middle finger. The ring finger and pinky fingers are tucked into the palm.

- Sarah Zaas, M.S., LTR/L



Back to School Behavior Tips Lisa Wedig, MEd, BCBA, COBA

1. Help your child adjust to his or her new schedule and routine before the school year starts.

With all of the travel and fun that comes along with it, summer can be an extremely challenging time to keep a regular sleep schedule and self-care routine. Be sure to take at least 5-7 days before the school year starts to help your kids gradually adjust to the new routines and schedules they will need to follow once the school year begins. Be sure to use visual clocks/timers and visual schedules with your youngest kids in order to make the changes as clear as possible for them.

2. Read books about going back to school.

For younger students that are not yet used to the concept of school (most importantly for preschool and kindergarten kiddos), be sure to read some great age-appropriate back to school books with them in order to ease their nerves and to help them better anticipate the changes ahead of them.

3. Reach out to school about taking a tour of the building and/or classroom.

If at all possible, attempt to schedule a time to bring your little one in to see where they will be spending their time. Ask the school if someone might be available to take you on a short tour of the school, including their classroom (look for their cubbies or lockers where they will store their things, check the bathroom situation, etc.), the cafeteria where they will eat and the playground where they will play.

Contact Us

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