

M&M MEMO



Supporting Happy, Healthy, Confident Kids



Ear Infections & Speech Development

Early signs of infected fluid in your child's ear:

1. Your child asks "what?" often and needs you to repeat yourself.
2. Your child doesn't seem to understand what you're saying if you're facing away from them.
3. Your child produces many sound errors in their attempts to say words.
4. Limited single words or not using 2-3 words to communicate

McKibben & Monte Builds Children's Confidence through

Language, Literacy & Learning

Your child has another ear infection. Should you be concerned?

An integral part of speech development is your child's ability to hear sounds and words in their surroundings. They will attempt to imitate noises that they hear as a way to learn them. It's at this time that they learn to form syllables and say sounds that are later needed to speak fluently. Ear infections at an early age can make it difficult for children to hear, and in turn difficult for them to learn. Imagine trying to hear something underwater. This is what it may sound like to your child. For example, "I want orange juice please" may sound like, "I wan owin dut pead". If you notice any of the signs to the left, it may be time to have your child's speech and hearing assessed. Your child may need antibiotics and close monitoring of their hearing. *Stacy Heatwole, MA, CCC, SLP*

Corner

Reading

Bookworm Bookmark



Make reading fun and encourage your child's engagement by making a bookworm bookmark. Use leftover paper or wallpaper samples for the body. Allow your child to practice tracing and cutting circles. Use glue and googly eyes or markers to make the worms face. Slightly overlap and help your child glue the circle edges together. Now your bookmark friend can lead you through the story!

Stressfree Gatherings

5 Tips for Helping Your Child Thrive in Social Settings

Lisa Wedig, BCBA

- Prepare your child for your holiday plans and traditions ahead of time.** Read books to your child that are developmentally appropriate for them in order to teach them about your holiday traditions and why they are important to your family.
- Bring along items your child needs in order to maintain a routine** (timer, fidgets/ small toys, comfort items)
- Prepare your exit strategy with a replacement behavior.** Know your child's limits and early precursor behaviors (fidgeting, whining/complaining, etc.).
- Consider being the host.** Holding the event at your home may be easier for your family.
- Focus on the reinforcement.** Use what is effective for reinforcing your child when you observe them tolerating stimuli and environments that they find aversive. Check in with them regularly to reinforce positive behavior.

Remember to access your M&M Parent Portal at mckibbenandmonte.com for progress notes and invoices.

DOES YOUR CHILD

- respond negatively when presented with a new food?
- only eat a specific brand of food?
- have a diet repertoire of less than 20-30 foods?
- avoid or strongly prefer certain textures or colors?

DO YOU FIND

- yourself bribing your child to try a new food or stay at the table during a meal?
- yourself preparing your child a separate meal from the rest of the family?

If you answered yes to several of these questions, ask about our **PICKY EATING PROGRAM** at info@mckibbenandmonte.com

