

M&M MEMO

2022

FALL



Offering Speech & Occupational Therapy Services in Columbus, Cleveland, Cincinnati, Dayton & Youngstown

McKibben & Monte Builds Children's Confidence through

Language, Literacy & Learning

Exclusive Program at M&M!

Heggerty Curriculum & Phonemic Awareness

Although most preschoolers are not "reading" text as they finish preschool, there are many Phonemic Awareness skills that children can master before kindergarten. These skills are early predictors of future reading success and can help kids become proficient readers in elementary school.

What is Phonemic Awareness? It is the understanding that spoken words are made up of individual sounds, or phonemes. A phonemically aware child can isolate sounds, manipulate sounds, blend and segment sounds into spoken words. This list of skills is the basis for the Ohio Early Learning and Development Standards. McKibben and Monte is using the Heggerty Curriculum to specifically target these skills and ensure a child is prepared for kindergarten.

To learn more about this program and if your child could benefit, contact us at info@mckibbenandmonte.com



Meet our Columbus Team

L-R Jeanette Simios, SLP; Meghan Culvahouse, SLP; Mandie Goodwin, SLP; Heidi Sexten, SLP; Tracy Frase, SLP; Kathryn McKissick, OT; Karen Watson, SLP; Mackenzie Wysong, SLP



Sensory Scenes

Sensory bins are easy to create and are a perfect inside activity in cold weather. You can encourage independence, curiosity and fine motor skills, all with a simple sensory bin.

Materials Suggestions:

- Cotton Balls
- Q-tips
- Small bells or balls
- Pinecones
- Foam figures
- Small stuffed or lego animals
- Measuring cups, tongs, ice cream scoop

Family Meals

Kelly Ackert, RD-LD

Sitting down to meals as a family has proven benefits, including decreased rates of mental illness and anxiety as well as improved self esteem and academic performance. Family meals are also a great time to expose children to a wide variety of foods and flavors! Food is meant to be enjoyed. This holiday season, savor the flavors, share the experience and relish the conversations with those you love most!

Quick Tips for Stress-Free Family Meals

- Make time to sit down together, even if the meal is not fancy. How about pancakes? Frozen pizza with salad?
- Cook in the morning or when you have time & quickly re-heat at dinnertime
- Search quick cooking recipes for your air fryer, insta-pot or crockpot
- Save time: Meal plan & meal prep on Sundays and order groceries online
- 100 quick and easy family-friendly recipes www.tasteofhome.com/collection/easy-family-recipes/

Visit our McKibben and Monte Parent YouTube community for resources on reading suggestions, supporting your child's therapy at home and parenting a picky eater.

(click on the newsletter in your email to access the link to our channel.)

Motor / Sensory

Speech / Language

November Outdoor Hike!

Visit metro parks & search for treasure: leaves, acorns, animals, fall smells

Talk about wildlife; list colors, smells, shapes and sizes you see

December Celebrate Holidays

Roll out dough, measure ingredients, attend a live performance

Sing songs, count decorations, list ingredients, discuss family traditions

January Enjoy Winter!

Build a snowman, cut out paper snowflakes, play with marshmallows, make a sensory bin

List accessories for a snowman, describe what snow feels like (cold, wet)

Contact Us

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440-708-3036

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