

FALL 2019

HOW TO MAKE HALLOWEEN A TREAT

Megan Zeuli, M.S., CCC-SLP

Halloween is filled with costumes, candy, and creepy critters. Many children love the excitement of the holiday, but some children with speech and language delays may find it overwhelming. Here are some tips to help you and your child get the most out of Halloween this year!



Before Halloween:

- Start talking about Halloween a few weeks in advance. Mark it on your calendar, read Halloween books, show your child pictures of them dressed up from last year (if applicable), and let your child help choose their costume.
- Create a visual story of what Halloween may be like for your child. Add pictures and drawings to help your child prepare for the day's activities which can be very different from a typical day.
- Have your child wear his/her costume around the house a few times before Halloween. This will help your child get used to it and ensure that it is comfortable.
- Consider a Halloween costume that works with your child's regular clothes. Felt eyes on a shirt for a monster, a red and white striped shirt with jeans for Waldo, or cargo shorts and a white

HAVE YOU HEARD?

Thank you Kelly Bertenthal from Autism Speaks for coming to SPG's Parent Support Group "Communicate With Care" on Wednesday, September 11th. We learned about all of the helpful tool kits we can get online at autismspeaks.org as well as a professional resource list such as dentists and hairdressers that specialize in working with children with ASD and their families in each community.



- t-shirt for a zookeeper (add a sticker name badge and a stuffed animal and you're set!).
- Practice trick-or-treating around the house or even around the neighborhood. Practice saying, "trick or treat." You can make it simpler by saying "trick or" and letting your child finish with "treat!"

Halloween Day:

- Know your child's limits and only do what he or she can handle. For example, you can start with three houses this year and build up to more next year.
- If your child has dietary restrictions, give your neighbors specific treats ahead of time to hand out to your child so they can still take part.
- Take your child to an event in the community, such as school or neighborhood party, where they are already comfortable and know people.
- Go trick-or-treating with close friends or family your child likes.
- Wear a matching costume with your child! This is an easy way to comfort your child and make wearing a costume more fun!

- Go trick or treating early in the evening when it's light out and less crowded.
 - Give your child the option to hand out candy if you're staying at home.
- Halloween is also a great opportunity for following instructions, practicing waiting, and having social interactions with peers. Your child can practice taking turns and using language in fun new ways (e.g., comparing candy, describing decorations, and brainstorming costumes for next year).

We hope these tips will help make this Halloween the best one yet!

PRESCHOOL SCREENINGS

Jill Walson, M.S., CCC-SLP



Brown Bear, Brown Bear, what do you see?

I see Preschoolers* Pre-K* and Kindergarteners looking at me!

- **Speech and Language Screenings** for \$50 right in your neighborhood
- For children ages 3-6 years old
- Find out if your child would benefit from a speech-language evaluation and next steps
- Learn about the resources in your community
- Call (925) 945-1474 x 0 to schedule a screening in our Walnut Creek Office

<https://speechpathologygroup.com/clinic-services/>

FUN BOOKS TO HELP PREPARE YOUR CHILD FOR A GREAT SCHOOL YEAR!

First Grade Here I Come!
By Tony Johnston
Pictures by: David Walker

On the First Day of Kindergarten
By Tish Rabe
Pictures by: Laura Hughes



The Speech Pathology Group Presents **Early Language Q&A Session!**

Do you have concerns about your child's language, or are you interested in learning what to expect next for your child's communication? SPG is proud to present Early Language Q&A. Once a month at SensationALL Kids Gym, a speech-language pathologist will be available to answer questions, educate families on language milestones, and to point you in the right direction to address any further concerns.

Please call The Speech Pathology Group at (925) 945-1474 x0 for more information, no reservation required

Upcoming dates include October 3, Nov 6 and Dec 4