



Talking Matters

Newsletter July 2010

www.talkingmatters.com.au

Get ready for term three

It is hard to believe that the year is half over already. We have lots of things planned for this term at Talking Matters.

Raelene will be offering “ready to read” groups aimed at developing oral language and pre-literacy skills such as: understanding sounds, syllables, letters and rhyme for children entering school or having difficulties developing early reading and writing skills. Interested families should check our website for details then contact the office to register their interest.

Lots of families with children with Autism and Asperger’s are making use of their early intervention funding to access individual speech and OT. This term many will also be accessing social skills, language and movement and early literacy groups. There are still some places available and details are on our website.

If your child’s school report was not as good as hoped a language assessment may provide useful information about your child’s learning strengths and weaknesses and we have a range of programs available to build your child’s skills. Check the website under assessments or call the office for more details.

This newsletter provides some fun ideas to enjoy the school holidays with your children and a special offer for mums and dads as well, so stay warm and have fun.



Talking Matters Team

Fun ideas to stay home and stay warm

Make use of that DVD. Kids love to spend cold rainy days in front of the DVD player, but don’t just be a couch potato. Use their favourite characters and story lines to do some fun learning. For littlies use their character dolls and figurines or dress ups to act out the story. Or Google some images and make up your own story book with their favourite characters. Older kids could write or type an alternative story with a new ending. A great chance to practice imagination with some “what would happen if?” questions or even combine two different movies and make a new story such as “What would happen if Shrek met Spiderman?”.

Be a mini master chef. Kids can learn lots from cooking. You can get simple recipes from the library, internet or magazines, or call grandma for a family favourite. Littlies learn about their senses as they touch, watch, listen, smell and taste. They can learn lots of action and describing words as they “help” you make a snack or meal. Older kids can learn maths concepts as they cut, weigh and measure. Recipes are procedures, similar to science experiments and kids can learn different styles of language as they read, follow and discuss a recipe. Mum, Dad or grandparents can be the judges as they bravely taste the results of kids efforts.



Make a secret hideaway. Use a big old cardboard box, a blanket spread over some chairs, a cubby or pop up tent and make a secret hideaway. Your hideaway can be anything your child loves, a house, a shop, a school, a farm, a tepee, an igloo, a haunted house, the bat cave, anything at all. Fill it with cushions, dolls, teddies or stuffed toys and pretend away the afternoon.

Do some cheap and cheerful craft. Go through your kitchen cupboards and find some bits and pieces you can spare such as patty pans, foil, straws, pop sticks, cotton balls, pasta, dried beans, wool or string, paper napkins, old cards, magazines and catalogues and make a collage. Make some play dough, gloop or finger paints. Do some potato prints and try some other fruit and veggies for different shapes and textures. Talk with your child about colour, size, shapes, textures. Make patterns, pictures, letter shapes and your child’s name.





Cheap and cheerful school holiday ideas



Get the kids out of the house and try some of these fun, low cost activities:

The **SA Museum** has performances and art and craft activities celebrating the talents of indigenous Australians with costs from \$2.50 per child. http://www.samuseum.sa.gov.au/page/default.asp?site=1&page=ON_School

The **Adelaide Botanic Gardens** has activities where you can make a candle or garden light or even hatch you own stick insect. Prices range from free to \$15 per child for some activities. http://www.environment.sa.gov.au/botanicgardens/pdfs/school_holiday.pdf

The **Playford Library** has activities about food and cooking, storytelling and puppets. Activities are free but you do need to book. <http://www.playford.sa.gov.au/site/page.cfm?u=472#e1953>

The **Elizabeth City Centre** has free activities about healthy food, and arts and crafts including fridge magnets and picture frames. <http://www.elizabethshopping.com.au/event.aspx?ID=20083>

The **SA Art Gallery** gives kids the chance to work in a real art studio and learn some real art techniques for just \$5 http://www.artgallery.sa.gov.au/agsa/home/Events/children_and_families.html

Double Helix Science Club offers fun science activities for the public, but consider membership if you have a budding scientist as it offers lots of great and low cost activities.

http://www.csiro.au/events/SA-Helix-ci_locId-2ea25dad2c9b8210VgnVCM100000c2709b82____.html

And something for mum and dad! Hey parents why not use the holidays to plan some time to recharge and get more energy. Parents who feel good about themselves have more energy for their children. Parents deserve some time for themselves as well and if they would like to get fitter in a social environment with trained professionals perhaps these fitness groups may be a good way to go. Why not schedule a 'free trial' class soon....



LIFE FORCE Strength and Fitness Training is excited to offer you & your family the opportunity to start feeling better & begin enjoying life again!

Regardless of your current fitness level, we have programs perfect for you. From Pilates, Nordic Walking & Yoga—to— Kickboxing, FIT 4 LIFE Group Personal Training & the Original Boot camp; there is something for you to enjoy & benefit from, Guaranteed!

Make friends along the way as you train in a sociable environment. All of our programs are designed to encourage your fellow trainers to help you achieve your goals. Who could ask for more?

Visit our website, www.LifeForceTraining.com.au for session info, times & locations.

Classes fill fast. Book now for a **FREE COME & TRY** before it's too late.

Get Your **LIFE FORCE** Back!

Helping your children reach their potential

Our next workshops:

Play and language

Using visual schedules

Literacy and dyslexia

Times and venues to be advised

Programs coming in term three:

Ready to read (early literacy for 4 1/2 to 6 years)

Leap into learning (early literacy for children with ASD aged 4 1/2 to 6 years)

Sing, play, learn (music, movement and language for children with ASD aged 2 to 4 years)

Friendship Friday (social skills for children with ASD aged 5 to 6 years)

See website for details www.talkingmatters.com.au

- Individualised assessment and therapy
- Range of programs to suit families budgets
- Specialised reading instruction
- Coordinated speech, psychology and OT services
- Educational software your child will want to use
- Fun activities to support home practice
- Continuity from toddlerhood through schooling
- Practical professional training sessions with useful resources

Talking Matters

Ph 8255 7137

PO Box 3027
53 Midway Rd
Elizabeth East

Phone: 8255 7137
Fax: 8219 0128
E-mail: office@talkingmatters.com.au

