

EALING SPEECH & LANGUAGE THERAPY

AWARENESS

MONTH!



18TH SEPTEMBER
TO 18TH OCTOBER

SPEECH & LANGUAGE THERAPY FOR UNDER 5S

AWARENESS MONTH



We have a range of workshops and activities planned - take a look and come along to anything you are interested in.

Welcome to our first Speech and Language Therapy awareness month for under 5's in Ealing!

Anyone is welcome to attend any of the workshops, activities or children's centre sessions.

Ealing speech and language therapy team, parent representatives, children's centres, Early Start teams and local charity organisations have been working together to create a whole month of activities aimed at raising awareness of Speech and Language Therapy for families with children under 5.



18TH SEPTEMBER
TO 18TH OCTOBER



WHY DOES IT MATTER?

Children under 5 years are within the 'critical period' for learning language



WHAT'S ON: WORKSHOPS

WORKSHOP	DATE/TIME	LOCATION	HOW TO BOOK
<p>How can I help my child's speech and language development?</p>	<p>Thursday 21st September 19.00-20.30pm</p> <p>OR</p> <p>Wednesday 27th September 9.30-11.30am</p>	<p>Online via Zoom</p> <p>The Rickyard, Pitzhangor Manor, Ealing Broadway **</p>	<p>Email: wlm- tr.sltuniversalservices @nhs.net</p>
<p>How can I support my child's social communication?</p> <p> <i>For families with disabled children</i></p>	<p>Friday 6th October 10.30 - 12.30pm</p>	<p>Online via zoom</p>	<p>Fill out booking form:- scan QR code</p> 
<p>How can I toilet train my child if they are not talking?</p> <p> EALING ANCHOR FOUNDATION Supporting Parents & Carers in Ealing</p>	<p>Monday 9th October 10-12pm</p>	<p>Windmill Children's Centre, UB6 9DZ</p>	<p>Fill out booking form - scan the QR code</p> 
<p>Will speaking more than one language confuse my child?</p>	<p>Tuesday 10th October 10am - 12pm</p>	<p>The Hub, Pitzhangor Manor, Ealing Broadway **</p>	<p>Email: wlm- tr.sltuniversalservices @nhs.net</p>
<p>How to support children with Selective Mutism, shy, quiet or anxious talkers</p> <p> <i>For families with disabled children</i></p>	<p>Thursday 12th October 10.30am-12.00pm</p>	<p>Greenfields Children's Centre, UB2 5PF</p>	<p>Fill out booking form- scan QR code</p> 
<p>An introduction to the Speech and Language therapy service: What is it and how can we help you?</p> <p> EALING PARENTING SERVICE</p>	<p>Tuesday 17th October 10am-12pm</p>	<p>Online via MS Teams</p>	<p>Email: parentingserviceadmin @ealing.gov.uk</p>

****WITH THANKS TO PITZHANGOR MANOR, FAMILIES CAN RECEIVE A FREE GIFT AT THESE TRAININGS!***

WHAT'S ON: CHILDREN'S CENTRES

If you are visiting any of the children's centres in Ealing during the month, every children's centre is going to be supporting the speech and language therapy awareness month by running exciting themed activities during their stay and play sessions!

Watch out for the following themed weeks:

<i>Week One</i>	<i>Week Two</i>	<i>Week Three</i>	<i>Week Four</i>
Books	Messy Play	Commenting on Play/Interaction	Talking more than one language

For details of Children's Centres in Ealing please go to www.ealingfamiliesdirectory.org or (if you are viewing this online) please click [here](#)

WHAT'S ON: OUT AND ABOUT

<i>ACTIVITY</i>	<i>DATE/TIME</i>	<i>LOCATION</i>	<i>MORE DETAILS</i>
Early Start Playful Parenting Taster sessions	Thursday 21st September 9.30 - 11.30am	Southall Park Children's Centre UB1 3AY	Gives parents the opportunity to see the set-up of activities and a chance to have a go! Learn about how play will benefit your child's development.
	Thursday 28th September 9.30 - 11.30am	Limetrees Children's Centre UB5 5LA	There will be free resources and leaflets to take home on play ideas. Learn about future sessions!
	Tuesday 17th October 9.30 - 11.30am	South Acton Children's Centre W3 8RX	Email: earlystartparenting@ealing.gov.uk or call Kay Williams on 07568 130174 to book your place!
West London Islamic Centre, Speech & Language Therapy Advice Session	Tuesday 10th October 11am - 1pm	West London Islamic Centre, Brownlow Road, West Ealing, W13 0SQ	Come and speak to a Speech and Language Therapist for advice and strategies! Toys and refreshments will be provided and we'll have Arabic, Somali, Dari and Urdu interpreters available. To book, contact Sister Aisha on 07988687111

WHAT'S ON: OUT AND ABOUT

ACTIVITY	DATE/TIME	LOCATION	MORE DETAILS
Ealing Toy Library	Thursdays	Acton Baptist church 14 Church Road W3	Borrow a range of toys for your children!
	Fridays	32 Arlington Road , Ealing W13 8PE	Please see: www.ealingtoylibrary.com
Gruffalo Trail Did you know that Horsenden Hill has a Gruffalo trail?	The trail is open all year round, but can be muddy in winter/wet months, so wear wellies or boots, and be careful with prams and buggies	Horsenden Farm, Horsenden Lane North, UB6 7PQ	Please see: www.horsenden.co.uk/hill/gruffalo-trail/



SPECIAL EVENT!



Special Event - all invited!!	Wednesday 27th September 12.30pm	Ealing Broadway Shopping Centre	Come along to Time Square (outside Primark / Waterstones) to watch and / or join in!
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WHAT'S ON: OUT AND ABOUT

ACTIVITY	DATE/TIME	LOCATION	HOW TO BOOK
Haven Woods Woodland Camp Family Fun Day	Saturday 30th September 11am-3pm Please feel free to join us and leave the session at the times that suit the needs of your own family	Hobayne Woods, Hanwell (near Conolly Road W7 3JW)	Free of charge for Ealing residents. Booking is essential. Email sam.haven.woods@gmail.com

Haven Woods Woodland Camp offers children and families the freedom, space and time to be amongst nature and enjoy the natural world around us. We offer a safe space to play, explore and be curious, following the needs of each individual child. Our sessions are designed to be relaxed amongst the trees, whether that's in a hammock, on a tree swing or relaxing around the campfire.

For those that would like more we offer fire lighting practice, natural craft making and a mud kitchen.

Come and enjoy whittling a stick, to toast marshmallows, making S'mores and hot chocolate.

Haven Woods camps are run by a fully qualified Level 3 Forest School Practitioner, with 15 years of child education experience. Outdoor First Aid, DBS and Public Liability Insurance.

Our camps are fully risk assessed.

Ealing Speech and Language Therapy will also be there if you have any questions - come and find us!





WORKSHOP DETAILS:

HOW CAN I HELP MY CHILD'S SPEECH AND LANGUAGE DEVELOPMENT?



Find out our top tips to support your child's speech and language development!

TOP TIPS:

- Comment on what your child is doing, rather than asking questions e.g. "what's teddy doing?" becomes "teddy's sleeping"
- Add a word to what your child says or sounds they make
- Repeat, repeat, repeat new words



Speech and Language Message of the Week

Did you know?

A child needs to hear a word at least **12 times** to learn it!

Try to comment on your child is doing rather than questioning e.g. *what's teddy doing?* becomes *teddy's sleeping*

Add a word to what your child says to help them extend their language

Child: "cat!"
Adult: "yes, **spotty** cat"
or "wow, cat **jumping**"



TOP TIPS FOR DEVELOPING YOUR CHILD'S LANGUAGE SKILLS



Repeat new words

"it's a plane, the plane is white, the plane is flying"

Encourage your child to ask for an activity...

- Give food bit by bit
- Stop during a favourite game or activity
- Put a favourite toy out of reach

Give a small amount and wait...

Did you know?

- A child should say their **first word** at around the age of 1
- Children start to put **two words together** between age 2 and 2yrs 6 months



If you have concerns about your child's talking, please **talk to a Speech and Language Therapist** - you can call our advice line on 07512 716 478 (it's open Monday to Friday from 1-4pm).



WORKSHOP DETAILS:

SELECTIVE MUTISM, SHY, QUIET OR ANXIOUS TALKERS



Are you worried that your child is shy or anxious to talk in certain situations? Come along and find out more about selective mutism, shy, quiet or anxious talkers.

TOP TIPS:

- Accept all means of communication such as pointing, nodding, showing, using pictures etc.
- Never pressure your child to speak as they are anxious about talking- they aren't being stubborn or naughty!
- Be open about talking being difficult for children sometimes. Tell them "it's OK-you'll talk when you are ready."



Speech and Language Message of the Week

Make simple comments about what the child is doing
Avoid asking the child direct questions as this may increase anxiety

E.g. "I wonder what Freddie wants to play with"

The child may find making eye contact difficult
Do not pressure the child to look at you



Never pressure the child to speak as he/she is anxious about it and not being stubborn

Tips to Help a Shy, Quiet or Anxious Talker

E.g. let the child answer the register nonverbally, by posting their name, raising an arm



Take a calm approach when interacting with the child
Try to avoid drawing attention to the child's lack of talking



Promote all means of communication, such as nodding, pointing, showing, use of pictures etc.

If you have concerns regarding a child's talking anxiety, please talk to a **Speech and Language Therapist** - you can call our advice line on 07512 716 478 (it's open Monday to Friday from 1-4pm).



WORKSHOP DETAILS:

HOW CAN I SUPPORT MY CHILD'S SOCIAL COMMUNICATION?



We will share and demonstrate practical ideas and strategies that you can use to support your child's social communication!

TOP TIPS:

- Use a visual timetable or pictures to support routine and transition times
- Join in with your child's interests
- If your child is becoming dysregulated, allow them time in a 'calm zone'



Ealing Community Partners

Speech and Language Message of the Week

First, think about why you are teaching the child to interact with others in a particular way- have they shown interest in other children or wanting to making friends?

Use a visual timetable to support routine and transition times.



Try not to use non-literal language/rhetorical questions; say what you mean. If you need to use non-literal language, try to give an example to aid understanding.

Create opportunities for children to take turns and ask each other for items during activities. Model how this is done at the start of the activity.

If a child is becoming dysregulated, allow them time in a "calm zone".

Top Tips to support social interaction



When sharing a story, use visuals or drawing to explore what the characters may be thinking and feeling.

When you notice a child experiencing a strong feeling, label the emotion or point to a picture. Show them what they could do to cope with the feeling.

Ask your Speech and Language Therapist for support with creating these.

If a child is having difficulty understanding a social situation try drawing a comic strip or social story together. This makes recognising the feelings, possible thoughts and intentions of others more concrete and therefore easier to understand.

Join in with the child's interests and encourage all children to share their interests with others and allow safe space for this.





WORKSHOP DETAILS:

HOW CAN I TOILET TRAIN MY CHILD IF THEY ARE NOT TALKING?



We will share and demonstrate practical ideas and strategies that you can use to support your child's toileting journey!

TOP TIPS:

- Use visuals! Objects, pictures, symbols - anything to support your child's understanding.
- Make the toilet a comfortable and fun space
- Rewards, rewards, rewards! Praise and reward your child when they are doing well.
- Try not to start toilet training when a change is happening.

WE WILL ALSO BE COVERING:

- The importance of considering sensory needs
- How to prepare your child for toilet training and what resources you might need
- Exploring why a toilet toy box is a great way to encourage your child on their toileting journey
- Considering the environment around us



To book a place on this workshop, please use the camera on your phone to scan this QR code.





WORKSHOP DETAILS:

WILL SPEAKING MORE THAN ONE LANGUAGE CONFUSE MY CHILD?



Come along and find out more about how speaking more than one language supports your child's speech, language and communication development.

TOP TIPS:

- Speak in the language you feel most comfortable and confident in
- Learning to speak more than one language will help your child's overall learning and progress
- Speaking more than one language does not cause or contribute to any speech, language or communication needs

Speech and Language Message of the Week


Ealing Community Partners

DID YOU KNOW?

October is Celebrating the Bilingual Child month!

Help your child to feel proud of their language/s. This will help them develop a strong cultural identity.

It is okay for children to speak in their home language when they are at nursery and mix their home language and English in a sentence.

Learning to speak and use more than one language will help their overall learning and progress.

If your child prefers to use English words, you can still respond and repeat back what they have said in your own language

Make sure your child knows the different names of the languages he/she speaks. Don't be frightened to use your home language in public.



If you are concerned about your child's talking in their home language or English, please talk to a Speech and Language Therapist - you can call our advice line on 07512 716 478 (it's open Monday to Friday from 1-4pm).



WORKSHOP DETAILS:

**AN INTRODUCTION TO THE SPEECH AND LANGUAGE
THERAPY SERVICE: WHAT IS IT AND HOW CAN WE HELP
YOU?**



Come along and find out more about what speech and language therapy is, how we work with you and your child and how services work in Ealing.

WHAT WE SUPPORT:

- ATTENTION AND LISTENING
- TALKING
- UNDERSTANDING
- SOCIAL COMMUNICATION AND PLAY
- SPEECH SOUNDS
- SELECTIVE MUTISM / SPEAKING ANXIETY
- STAMMERING
- VOICE
- EATING, DRINKING AND SWALLOWING DIFFICULTIES



LEARN ABOUT:

- WHO ARE SPEECH AND LANGUAGE THERAPISTS
- WHAT DO SLTS DO
- WORKING IN A MULTILINGUAL BOROUGH
- HOW SLTS WORK IN SCHOOLS AND THE COMMUNITY
- HOW TO GET ADVICE AND SUPPORT



WE HOPE YOU'LL JOIN US FOR
SPEECH & LANGUAGE THERAPY

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MONTH

**18TH SEPTEMBER
TO 18TH OCTOBER
2023**

For more information about
the Awareness month
events and activities, or if
you have general questions
about Speech & Language
Therapy,
Please call: 07512 716 478
(Line open Mon to Fri,
1-4pm)



Ealing Speech and Language Therapy Facebook Page:
facebook.com/SLTEaling



Ealing Children's Services YouTube channel:
youtube.com/@ealingchildrensservices6470



Ealing Speech and Language Therapy Website:
www.westlondon.nhs.uk/slt