

# SPEECH, LANGUAGE AND LITERACY NEWSLETTER

## MARCH AWAY :)

MARCH, 2017 EDITION

Here at Anderson Speech Consultants, we like to stay on top of what's in the news. Lately, we've been seeing a lot of media attention on the relationship between delayed speech and language development and screen time. Researchers are finding that kids are getting onto screens at a younger and younger age and that it can have a serious impact on children's communication skills. The Canadian Paediatric Society suggests that children under two should not be spending any time on screens and that children between the ages of two and four should spend no more than one hour per day in front of screens and that these should be limited to educational activities.

As our world becomes more and more digital, we know that avoiding screens is becoming increasingly difficult for families. Rather than advocating for total avoidance of screens, here are some tips for enhancing speech and language opportunities while kids are engaging in screen time:

### 1. Play your kids' games before they do.

If you know what's going on in your kids' games, you will be much more able to pull out themes from the game and ask educated questions about what they're doing. For example, if in the game you have to collect food items, you can take the opportunity to talk about why food is important and categorize food vs. non-food items (e.g. is a chair food? No. Is an apple food? Yes!). Previewing your kids games also has the added bonus of ensuring that they're appropriate for your child.

### 3. Choose programming about educational topics for older kids

If your older kids are watching TV or movies, select ones that teach about a topic. Knowing the content yourself will allow you to ask follow-up questions (e.g. why do you think there are so many different kinds of animals in Madagascar?). Once your child has grown accustomed to being asked follow up questions about what they're watching, they will learn to be more actively engage in learning from their programming.

### 2. Choose games that are interactive.

Not all screen time is created equal. There is a major difference between passive screen time (e.g. watching a 30-minute TV program) and interactive screen time (e.g. a game that requires input from the child in order to be played). Choose games that require children to follow directions, solve problems as well as games that may require them to ask for adult help to solve a problem.

### 4. Download games that reinforce a target skill

If your child is working with a speech-language pathologist, ask your child's therapist for recommendations of apps that can reinforce a target skill. For instance, if your child is working on producing words that start with the 's' sound, their SLP may be able to recommend apps that you can use with your child for practice at home.

# SPEECH, LANGUAGE AND LITERACY NEWSLETTER

## MARCH AWAY :)

MARCH, 2017 EDITION



## BOOK OF THE MONTH



### 150+ Screen-Free Activities for Kids by Asia Citro

This fantastic book has over 150 different ideas for Screen-free fun for kids of all ages. From making slime to engineering your own toys, it has tons of ideas for engaging your kids while attempting to balance screen time with real-life interactive activities.

When you're choosing your activities, think about what vocabulary and concepts you can reinforce while playing together. For example, if making slime, think about textural words you could use (e.g. sticky, wet, slippery) as well as relevant verbs (e.g. pour, shake, bang).



## PHOTO OF THE MONTH

The flyers are up! We are excited to announce that we will be offering our Speak & Ride and Lively Letters camps again this summer. Speak & Ride will run the week of July 17th-21st and Lively Letters will run the week of August 14th-18th.

[Check out our website for more information and registration details.](#)



# SPEECH, LANGUAGE AND LITERACY NEWSLETTER

**MARCH AWAY :)**

MARCH, 2017 EDITION

## FEATURED VIDEO



### Laundry Time!

Descriptive words again! Our CDA, Sam, gives great and easy tips on how to model and encourage language use from your kids/students!

[Click here](#) to view the video.



## FREEBIE OF THE MONTH



## Rainbow Opposites

Turn to page 4 to view and use the Rainbow Opposites activity

OR



Visit our Pinterest page (Anderson Speech Consultants) for an online version.



# SPEECH, LANGUAGE AND LITERACY NEWSLETTER

## MARCH AWAY :)

MARCH, 2017 EDITION



### FREEBIE OF THE MONTH

## Rainbow Opposites

Practice opposite words with these rainbow flash cards. Cut out each card then cut along the dotted lines. Mix up your cards and have your child/student match the opposites. Remember to talk about and show how the words are different. For older students, get them to use each word in a sentence!

