

PARENT NEWSLETTER

August 2018

MISSION STATEMENT:

To make a real difference in the quality of life for children and adults with autism and their families, wherever they may live.

CONTACT US:

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1810 Craig Road, Suite 109
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Our clinic, Roots on Craig, provides designated spaces for various age ranges and activities.

ROOTS ON CRAIG

Dear Parents and Guardians,

You may already be aware of the recent staffing changes. Let me know if you have questions regarding your therapy services. Also, be on the lookout for Emily Beninato! She has been working with us as her graduate school practicum placement, and is now hired as a full time team member. She will continue services as an RBT, and then will transition to BCBA (Board Certified Behavior Analyst) after her exams and the licensing process are complete. We are looking forward to having her in her new role!

And it's that time of year again- I hope everybody is having a smooth transition back to the school. Please keep in mind that your RBT/BCBA team is a strong resource for helping with these transitions. We can help with social stories, visual schedules, and contingencies. Let us know if you need additional support.

Sincerely,

Monica M. Lohnes, MS, CCC-SLP, Clinic Director



MONTHLY TIP AND TECHNIQUE: SELF TALK

Self talk is when you talk about what you are seeing, hearing, or doing. Your child does not have to be intently focused on you. Self talk is about the exposure to the vocabulary in a meaningful setting. We are promoting the connections between your actions and your words. Put in to practice, you are teaching your child about your inner monologue and thought process. You may feel like you are just talking to yourself- and that's ok!

Include steps in a routine, observations, feelings, and sounds and exclamations that we use regularly to make language more interesting!

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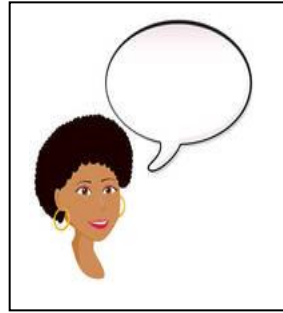
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MONTHLY TIP AND TECHNIQUE: SELF TALK



Examples:

- “I’m thirsty. Hmmm. I think I’ll get a glass of water. Here’s my cup. Turn the faucet on, fill up the cup. (drink) I don’t want any more water. I’ll put my cup away in dishwasher.”
- We’re going outside. I need my shoes. I see them by the door! First I put my shoe on the right foot. Now I tie it. Now I put a shoe on my left foot, and tie it. I’m ready to go!”

- “Hmmm, I’m thinking about what to do next.”
- “Ugh, that was heeaaaavy to lift!”

Happy talking! Please let Juliana or your RBT know if you have questions or need help using this strategy in your daily routines.

COMMUNITY EVENTS & RESOURCES:

- **Special Needs Trust Informational Workshop:** Thursday, September 13th, 2018. 2 sessions- 10-11:30 am, OR 6-7:30 pm. Community commons at the Spencer Road Library Branch. 427 Spencer Road, St. Peters, MO 63376. Led by a parent of a child with a disability and a financial advisor- Michael Chiodini. RSVP by Monday, September 10 to Lauren Hall at 636-387-5501, or lnhall@communitylivingmo.org.
- **Cookie Cutters haircuts for kids:** 6311 Ronald Reagan Drive, Lake St. Louis, MO 63367. 636-265-0151. www.haircutsarefun.com/LakeStLouis-mo. They provide a hair cutting experience with attention to sensory needs.
- **Gateway:61- Play Differently:** Sunday mornings 10:00am-11:45am, children ages 4-17. Hosted in a church in Chesterfield, MO, with sensory and motor rooms. Registration required. www.gateway61.org/special-needs-ministry.php