

Helping Hands Speech Therapy

Fall is Here and Happy Halloween!

Dear Parents and Family Members,

Happy Fall and Happy Halloween! Here is to a wonderful 2019-2020 school year for everyone!



What is Executive Functioning and How Can SLPs Treat It?

Have you heard the term Executive Functioning? Executive functioning skills are those skills that are required to perform active, effortful, conscious intentions to achieve goals (Lisa Archibald, PhD). They include skills such as memory, motivation, flexible thinking, initiation, planning, awareness, and self-reflection. Often, children who have communication delays, learning disabilities, and behavioral difficulties will have executive functioning deficits, which will become more apparent as the child becomes an elementary and middle school student. I wanted to mention some of the most important take-home/thought-provoking items that I learned from a recent continuing education course that I participated in. The instructor was Lisa Archibald, PhD. She specializes in the evaluation and treatment of executive functioning disorders. (EF is short for Executive Functioning)

- EF skills are not full developed until adolescence or adulthood. Parents and SLPs may be asking for competence in these areas before their children or clients can actually perform them. - Before children have EF recruitment, there has to be a conflict between their current goals and future goals AND motivation shifts in favor of their future goals. - There is a hierarchy of cueing and assistance that is required by parents or adults before children will develop independent EF skills. - Some parents and clinicians may have to treat EF skills as a chronic condition that will require constant, ongoing support with cues and prompts (and that is okay). - Parents and therapists should work together to help improve EF skills in children. Please call or email me for any questions you may have about EF skills.

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Suggested Vocabulary Words for October

- Fall
- Leaves
- Autumn
- Halloween
- Trick-or-Treat
- Jack-o-Lantern
- Cold
- Winter
- Seasons
- Harvest

Kathleen Newell
 (713) 540-3305
helpinghandsspeech@yahoo.com
 Visit me on the web at
www.homespeechtherapynow.com