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Parent Coaching: What is it?

Parent coaching is an effective and beneficial treatment strategy which empowers parents to foster language in the home. It puts parents in the driver's seat of encouraging their child's language development and growth. Sometimes parents are at a loss on how to enrich the language environment in day to day life. Inviting a speech-language pathologist (SLP) into the home via telehealth is a wonderful way to get real-life strategies for engaging in daily activities with their own toys in familiar surroundings.

Research resoundingly supports this approach as effective and valuable. With the need for increased safety in the time of the coronavirus pandemic, I have seen families flourish with the increased use of parent coaching in the home environment. As an SLP, it's one of my new favorite treatment styles.

-written by Kristin Flannigan, MA, CCC-SLP

Educational Tips and Tricks: Blending Sounds

Blending sounds is a crucial skill for children when reading. Not knowing how to blend sounds greatly reduces their ability to read new words that they don't have memorized. Here is a quick method for a child to practice blending sounds.

- 1) Cut out squares of paper and write either a vowel or consonant on each square. Make combinations of two and three-letter words, both real words and fake words.
- 2) For each word, say the individual sound to your child, then slowly say the word blended, then say it normally. For example, say "c-a-t," "ccaaatt," and "cat."
- 3) Repeat this process with multiple words, having your child copy each step, and then trying it on their own with a new word.

As they use this process, your child will begin to understand how blending works and start the journey to become a better reader.

-written by Charity Davis, BA

HAPPY HALLOWEEN!

As most Halloween celebrations are cancelled this year due to COVID-19, Aspire's staff wanted to bring some Spooktacular Halloween cheer by offering safe festivities.

The week of October 26th-October 30th, all in-person clients can walk through our Child Friendly Halloween room and pick up a candy bag after their session!

Costumes are encouraged! Aspire's Staff will be in costume throughout the week.

-The Aspire Team



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