

TLC News



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AND RELAXATION: GLITTER JAR



Stay tuned...

**Our new website is
coming soon!**





Meet the team

Hi there!

I'm Joanne & I am the new Optometrist at the TLC Centre.

In my spare time I am busy learning the art of negotiation with 2 young children and beagle, and trying to find where the best playgrounds are around Sydney.

Joanne graduated from UNSW with honours in 2008 and completed postgraduate studies at both UNSW & OEPF (behavioural optometry).

Joanne has a special interest in children's vision and contact lens fitting. She is very passionate about providing holistic eyecare to enhance the quality of life for her patients.

Joanne has worked for many years with the Royal Society for the Blind and was a board member of the Contact Lens Society (South Australia).



need to contact me?

info@pinpointvision.com.au

**MEDICARE REBATES ARE
AVAILABLE**



Check out Lisa's eyewear & glasses holders

Want to make an order today? Visit:

pinpointvision.com.au

Lisa Raad - Orthoptist





What is stuttering?

By Antoinette

Stuttering is a disorder that affects the fluency of speech. People who stutter know what they want to say, but have trouble saying it because the flow of their speech is disrupted. It can present in three ways.

1

Repetitions

The repetition of a sound, syllable, word or phrase e.g., "can, can, can I have some chocolate?"

2

Blocks

No sound comes out (tense pause).

This can be accompanied by a facial grimace, blinking, or open mouth posture.

3

Prolongations

The length of a sound is extended (the child gets stuck on a sound) e.g., "cccan I have some chocolate?"



About stuttering



What causes stuttering?

- Stuttering can run in families.
- The exact cause of stuttering is unknown. It is believed that it may be related to brain activity that controls speech production.
- Anxiety and stress do not cause stuttering, however can make it worse.

When does it start?

- Between 2-5 years of age (when children start putting words together into sentences).
- The onset can be gradual or sudden.
- Sometimes a stutter will disappear however it is not possible to predict which children will need therapy and which will recover naturally.

When do I seek help?

- Early referral shows the best outcome.
- Seek help if your child stutters for longer than 3 months (especially when they are about to enter school). Research shows significant positive outcomes for pre-schoolers.

About stuttering...



Stuttering treatment

- Speech Pathologists are trained to assess and treat stuttering.
- Therapy aims to train a child to speak fluently and with confidence. The type of treatment varies depending on the age of your child, and the severity of their stutter. This can be discussed between yourself and the therapist.

What should I do?

- Have your child assessed by a Speech Pathologist.
- Let your child finish what they are saying – don't finish their words or sentences for them.
- Repeat or rephrase what your child says to show that you are listening and have understood.
- Comments such as "take a breath" and "slow down" have not been shown to help, and can make a child feel more self-conscious.

Want to speak to our team of speech pathologists today? Contact us on: 02 9558 2901

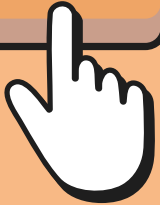
Myths & Facts

There is no link between stuttering and intelligence.



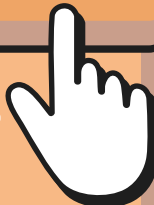
MYTH

Stuttering is linked to intelligence.



MYTH

Nervousness causes stuttering.



Nervousness does not cause stuttering. Nor should we assume that people who stutter are prone to be nervous, fearful, anxious, or shy.



You can't "catch" stuttering. No one knows the exact causes of stuttering - family history may be related.



Stuttering can be "caught" through imitation or by hearing another person stutter.

MYTH

It helps to tell a person to "take a deep breath before talking,".

MYTH

This advice only makes a person more self-conscious, making the stuttering worse.



Programs

BECreative

Sensory Kids



By Bec Ritchie

BECreative Sensory kids is a social and interactive program for children ages 2 - 6 years.

Children accompanied by a parent or carer, will EXPLORE, DISCOVER and CREATE, whilst fostering:

- Literacy
- STEM
- School readiness learning outcomes through sensory play!

WHERE: TLC CENTRE

WHEN: Every Thursday, from Term 4 (13th October - 15th December)

TIME: 10:00am - 11:30am

PRICE: \$180 for 10 weeks or \$22 per day



Book today!

Contact Bec Ritchie today...

Ph: 0402 613 064

E: becreative.crafty@gmail.com

 [@becreative.crafty](https://www.instagram.com/becreative.crafty)

Programs

BECreative

Sensory Kids



"Play is the highest form of research" Einstein



**FREE
INTRODUCTORY
OFFER FOR BOOK
WEEK 2022**

DATE: 23RD & 25TH AUGUST

TIME: 10AM - 11AM

**PARENTS/CARERS, BRING YOUR
CHILD ALONG TO SEE WHAT
IT'S ALL ABOUT!**

Term 2 holiday program highlights...

What a hit!



DIY ACTIVITY FOR RELAXATION & MINDFULNESS



*Helen's resource pick of
the month!*

CALMING GLITTER JARS ARE A GAME CHANGER FOR CHILDREN AND EVEN ADULTS!

Occupational therapists, speech therapists and educators have often used calm bottles that they love using my calm down glitter jars to help students and children self-regulate and just melt away the troubles that are causing big emotions.



IT CAN BE VERY DIFFICULT FOR SOME CHILDREN TO CALM DOWN AND DECOMPRESS ON THEIR OWN. HERE ARE SOME OF THE MANY REASONS THAT GLITTER JARS WILL HELP:

- For self-regulation
- For autism and other special needs
- For sensory needs
- For big emotions and worries
- For anxiety and stress
- For boredom busters
- As a timer



DIY ACTIVITY FOR RELAXATION & MINDFULNESS

MATERIALS:

(NOTE: MAKES ONE JAR.)

- **EMPTY PLASTIC BOTTLE THAT IS EASY FOR LITTLE HANDS TO GRASP (RECOMMENDED: VOSS 330 ML)**
- **SMALL BOWL**
- **WHISK**
- **MEASURING CUP**
- **1 CUP HOT WATER**
- **¼ CUP (OR ONE SMALL CONTAINER) OF REGULAR OR GLOW-IN-THE DARK GLITTER GLUE**
- **FINE GLITTER IN ASSORTED COLOURS**
- **FOOD COLOURING THAT MATCHES YOUR GLITTER SELECTIONS**
- **SUPER GLUE**
- **OPTIONAL: FUNNEL**



DIY ACTIVITY FOR RELAXATION & MINDFULNESS

1

WASH EACH BOTTLE IN HOT, SOAPY WATER BEFORE USING. LET DRY AND SET ASIDE.

2

POUR THE GLITTER GLUE INTO THE BOWL.

3

ADD HOT WATER TO THE BOWL. USE THE WHISK TO MIX THE WATER AND GLUE UNTIL THE MIX IS NO LONGER CLUMPY.

4

ADD GLITTER TO MIXTURE, USING THE WHISK TO MAKE SURE THAT IT'S EVENLY DISTRIBUTED. START WITH A SMALL AMOUNT AND THEN KEEP ADDING MORE GLITTER AS NEEDED.

5

ADD ONE DROP OF FOOD COLOURING IN A COLOUR THAT COMPLEMENTS THE COLOUR OF THE GLITTER THAT YOU USED. MIX WELL.

6

ADD ADDITIONAL DROPS OF FOOD COLOURING UNTIL THE MIXTURE REACHES YOUR DESIRED HUE. IT'S FUN TO MIX COLOURS TOO!

7

POUR THE MIXTURE BACK INTO THE MEASURING CUP OR USE A FUNNEL TO TRANSFER THE MIXTURE TO THE BOTTLE.

8

SECURE THE LID AND GIVE THE BOTTLE A FEW VIGOROUS SHAKES TO TEST IT OUT. ONCE THE BUBBLES SUBSIDE, ADD MORE HOT WATER IF YOU WANT THE GLITTER TO SETTLE FASTER.

9

IF YOU WANT THE GLITTER TO SETTLE SLOWER, ADD MORE GLITTER GLUE. MIX WELL WITH THE WHISK.

10

ONCE YOU'RE HAPPY WITH YOUR MIXTURE, APPLY SUPER GLUE TO THE LID AND TIGHTEN.