

The Zenith Star



THE BACK TO SCHOOL ISSUE



Be on the Lookout: Rhonda Mattson, MOTR/L, CHT

With the return to school brings new challenges. Not only does your child have to learn new routines, new teachers, and make new friends but they must master new skills as well. For some children this is where the difficulty lies. If your child was struggling to keep up before in their processing of the new environment and with their fine motor skills the increase in difficulty may prove to be more than they can handle.

Many children's natural response to something too difficult for them is to say things like "that's boring" or to act out and/or misbehave. Just a few of the behaviors that I'm often told by parents include: wiggling in their seat, not paying attention, talking to themselves, or becoming angry with the task. Unlike us as adults they have not yet achieved a high enough frustration tolerance which will allow them to stick with the task. Just imagine if you had to go to work and repeatedly struggle to complete your job or outright fail at every task asked of you. There is no quitting for them or going home early.



What can you do? Identify! As a parent this is your most important job, identify that something is going wrong and get help if required. There is no shame in asking a professional for an assessment, many times I see children who would be A students except they cannot handle the requirements of the classroom.

Does your child have an Individualized Education Program (IEP) in place? If your child is struggling with a specific school related area they may qualify; for our purposes today, those areas may include their speech, following multistep directions, their ability to write, or read. Outside of school, are they struggling to learn how to ride a bike? Can they not catch a ball even though all their peers can? Unfortunately, many children do not qualify for services in the school system and many others do qualify but likely could use outside support as well.

Just remember you know your child the best!! If something doesn't seem right, there is likely something wrong. Ask your pediatrician for guidance and maybe to refer you to a pediatric therapist for an evaluation of your child's skills.

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Identifying Language Delays: Alyssa DeRoos, MS, CCC-SLP

The start of a new school year is often an exciting time for students and parents alike. Students get new supplies, meet new friends and teachers, and establish new routines. Parents know their students are in a safe environment and learning new concepts to prepare them for the next grade or next step in life. While many students and parents are excited about this time of year, others may struggle. Coursework may be hard, making students resistant to wanting to go to school or complete homework. As parents, it's hard to see our children struggle with something like school. Could that struggle be related to a speech and/or language delay or disorder.

Below are a few warning signs that may help you determine if your child would benefit from an evaluation and treatment of their speech and/or language:



Receptive language delay (How well a child understands and remembers what is said)

- Not responding to their name
- Objects are more interesting than people
- Not showing interest in books
- Difficulty with reading comprehension
- Difficulty having conversations and forming relationships with others

- Forgetting information
- Not understanding
- Difficulty following directions

Expressive language delay (What the child can say and how it is said)

- Doesn't initiate conversations or reply to questions
- Overgeneralizing names and things
- Talking in circles
- Difficulty remembering certain names
- Difficulty constructing sentences

Do any of these describe your child?

What is the next step, who can help? A

speech-language pathologist (SLP) can help a child with difficulty in receptive and expressive language. SLPs will work with you and other professionals to improve your child's speech and language skills.

Identification is key, it is important to have your child tested as soon as possible if you suspect your child may have any delays. The earlier the better!

Zenith Rehabilitation is currently hiring for a Physical Therapist position. Please let us know if you are interested!!!
