

January 2014... Happy New Year



As we usher out the holidays and, thankfully, the polar vortex, we look forward to a new year. For many people, this fresh start on a new year includes making New Year's resolutions.

Rather than dusting off the treadmill for my annual exercise resolution, I am looking at what I can do to make my life fuller and more productive. For 2014, my mantra is going to be "focus".

As parents, we all get overwhelmed with the many tasks we handle and "hats" we wear on a daily basis. It is very easy for the stress to build to the point that we can no longer even get started because we are facing such a huge list.

In order to focus, I think to myself, "how do you eat an elephant?" The answer: one bite at a time! It is such a silly phrase, but it really works to calm me down and remind myself that the whole list is only accomplished one task at a time. We get so wrapped up in the overall list that we need the reminder to just pick an item and tick it off the list. Once you focus on one item (bite) at a time, you will be surprised how quickly your elephant disappears.

From the staff of Speech Plus, we wish you a full and productive New Year filled with health & happiness.

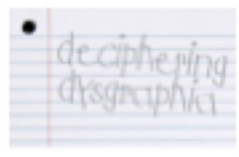


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Early Hearing Speed Gives Insight Into Later Reading, Spelling Difficulties



A [new study](#) in the current issue of Child Development suggests early hearing speed can predict a student's reading and spelling skills in early elementary school. For the full article, [click here](#).



What is Dysgraphia?

Dysgraphia is a learning disability that affects writing abilities. It can manifest itself as difficulties with spelling, poor handwriting [and](#)

Late Blooming Preschooler or Language Disorder?



Parents are smart. They listen to their child talk and know how he or she communicates. They also listen to playmates who are about

the same [age](#)

**"Oh, I didn't know you did that!"
is a phrase we often hear.**

Speech Plus

offers a variety of services including:

- Speech-Language Evaluation and Therapy
- Reading/Dyslexia Evaluation and Therapy
- Social Thinking Therapy
- Fast ForWord Family of Programs
- Cogmed Working Memory Training
- Success Plus! Executive Function Program
- Wilson Reading Program
- Individual Educational Therapy
- Handwriting Without Tears



Why Speech Plus?

Speech Plus is the only area clinic that specializes in communication and learning while providing a fun, nurturing learning environment for your child.

Visit us anytime at www.speechplus.org



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