

TELE THERAPY

& Childhood Apraxia of Speech

Jennie Bjorem, M.A., CCC-SLP

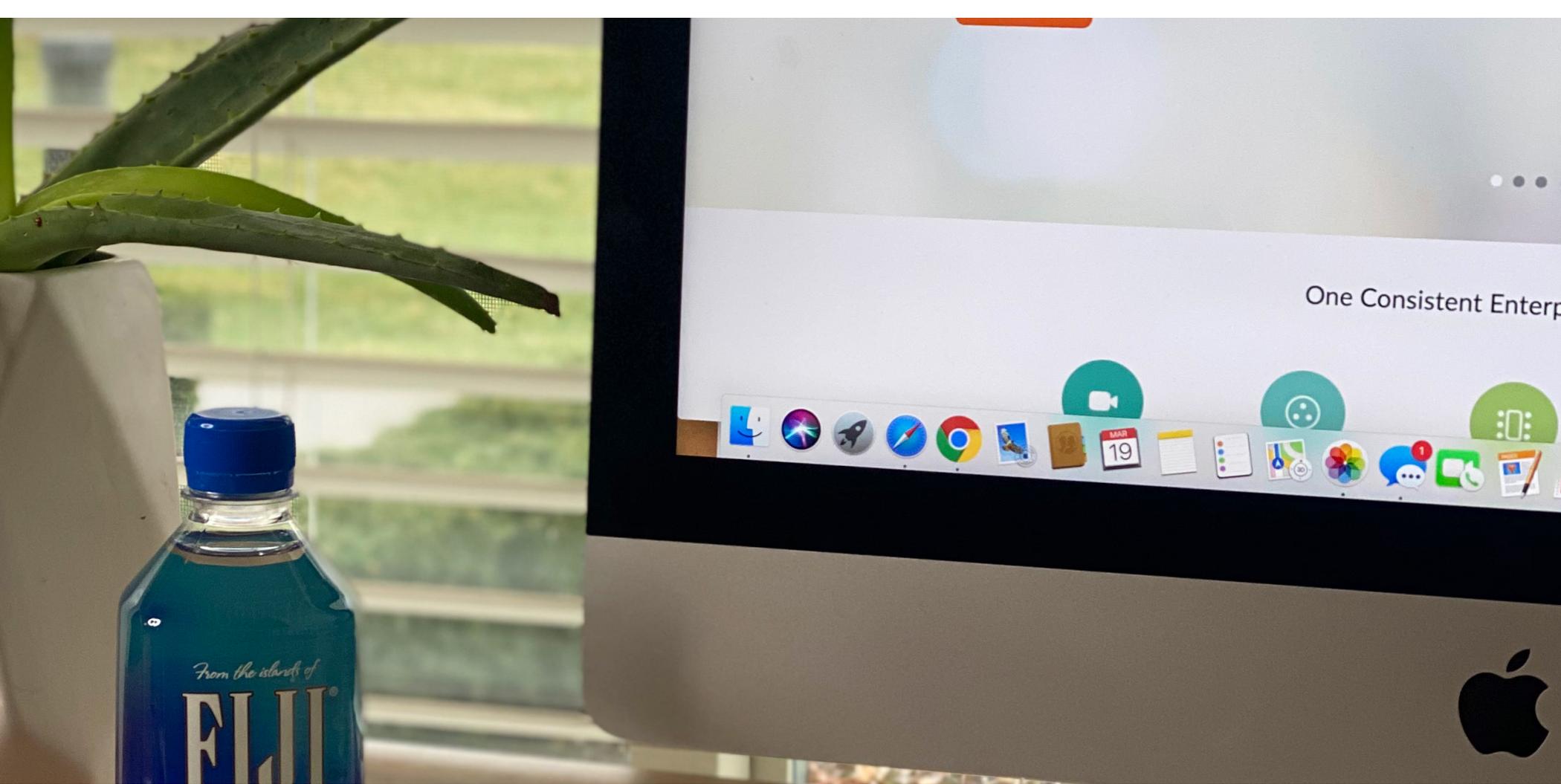
Apraxia Kids Virtual Education Series, July 23, 2020

DISCLOSURES

Jennie is the owner of Bjorem Speech Publications and receives a salary for the sales of her product through her website, her TPT store and her BoomLearning store.

LEARNING OBJECTIVES

- Participants will be able to discuss ways to partner with caregivers to help support CAS treatment for young children remotely.
- Participants will be able to use different play based activities via Teletherapy to keep young children engaged



PREPARATION

Getting Families Involved





TELETHERAPY CHECKLIST FOR PARENTS

Getting Prepared



CLEAN OUT THE ROOM

Remove distractions, pets, anything that may interrupt the therapy session.



FIND SEATING THAT WORKS FOR YOUR CHILD

Find a chair or area for your child to sit. We recommend that this be the same learning area for each therapy session. Leave some room to move if needed.



SET-UP YOUR COMPUTER

Make sure your computer has a camera and request a test run with your therapist. Be ready to go 10 minutes before your session. Make yourself available for the session.



HAVE TOYS AND ACTIVITIES READY TO SHARE

Help your child choose some toys or items to share with their therapist. Containers with lids work great!

TIP: have a drink available to the child.



PROVIDE A VISUAL SCHEDULE

Have a visual schedule ready for the session. ChoiceWorks is a great app.

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PARENT SET-UP CHECKLIST

- ▶ The more prepared your families are the more likely you will be able to pull this off.
- ▶ Share information in the literature that supports Teletherapy - e.g. The Informed SLP - Telepractice
 - ▶ *Results from the study suggested that the toddlers were only able to learn novel words from video chats and live interaction (via The Informed SLP Evidence Based Telepractice for SLPs, Melissa Brydon PhD, CCC-SLP)*
 - ▶ <https://onlinelibrary.wiley.com/doi/abs/10.1111/cdev.12166>
- ▶ Help the parent set-up a visual schedule
- ▶ Send parents a checklist
- ▶ Set expectations in advance
 - ▶ Parent/Support person involvement
 - ▶ Getting parents on board, what does teletherapy look like
 - ▶ Parent coaching
 - ▶ Helping parents set an expectation for their child during the scheduled session.

THERAPIST SET-UP CHECKLIST

- BE PREPARED
 - Make toys available
 - Set-up your desktop
 - Have a back-up plan
- Teach families how to make a visual schedule
 - ChoiceWorks
 - Help families understand what a session will look like



TELETHERAPY CHECKLIST FOR THERAPISTS

Getting Prepared



SEND A SCHEDULE TO PARENTS

Make sure parents know what to expect. Provide them with a visual schedule to share with their child.



BE PREPARED TO PLAY

Just because we are over a computer doesn't mean we are going to forego play! What are the child's interests? Find out in advance!



PREPARE YOUR DESKTOP

If you are using BOOM cards or videos or music or interactive games... have them up on your screen ready to share.



STEP-UP YOUR SILLY GAME

Teletherapy takes a lot of energy and silliness. Have some ideas ready to throw at your client to regain attention if what you had planned is not working!

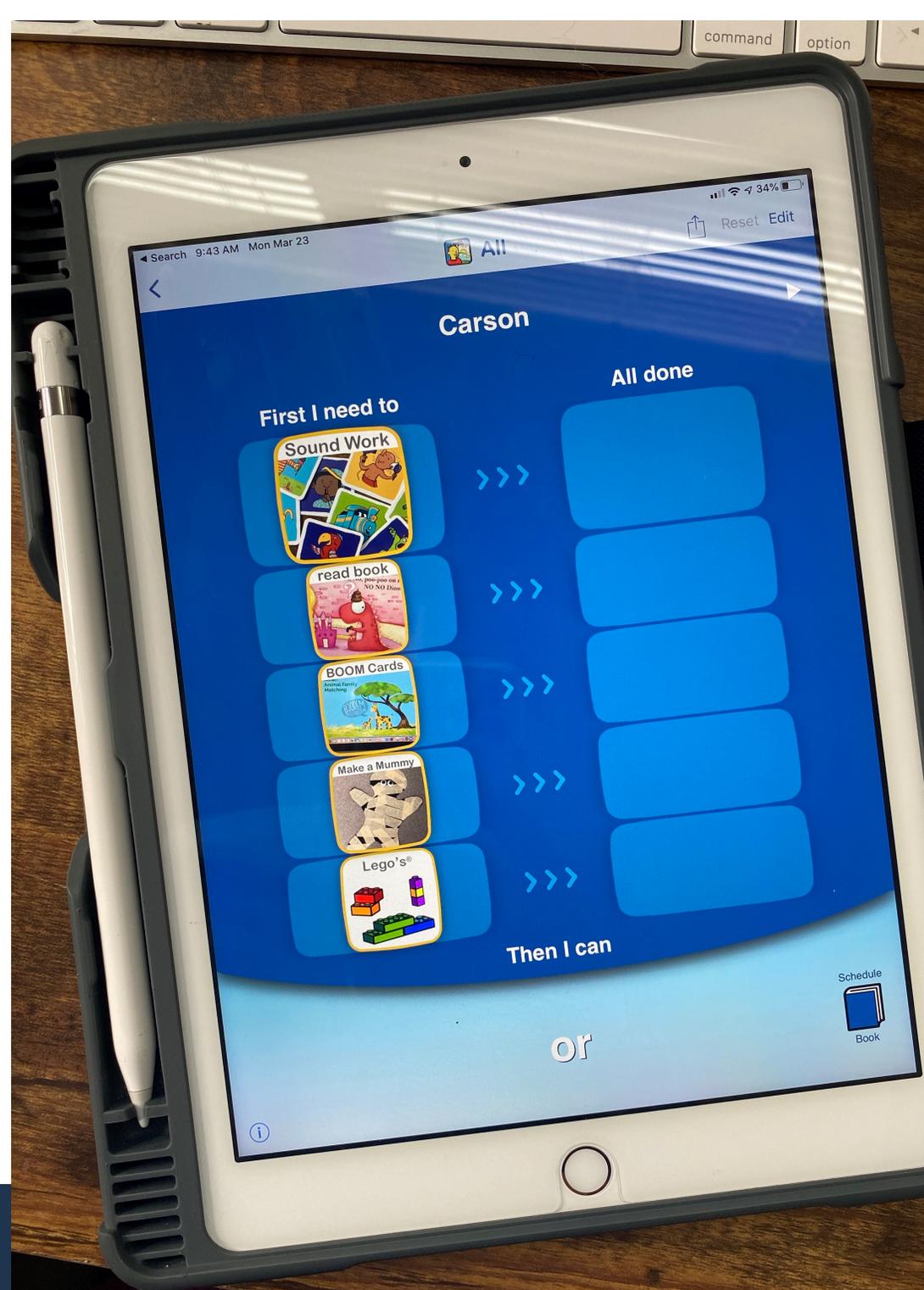


GET READY TO MOVE

Have movement activities planned into your session.

VISUAL SCHEDULE

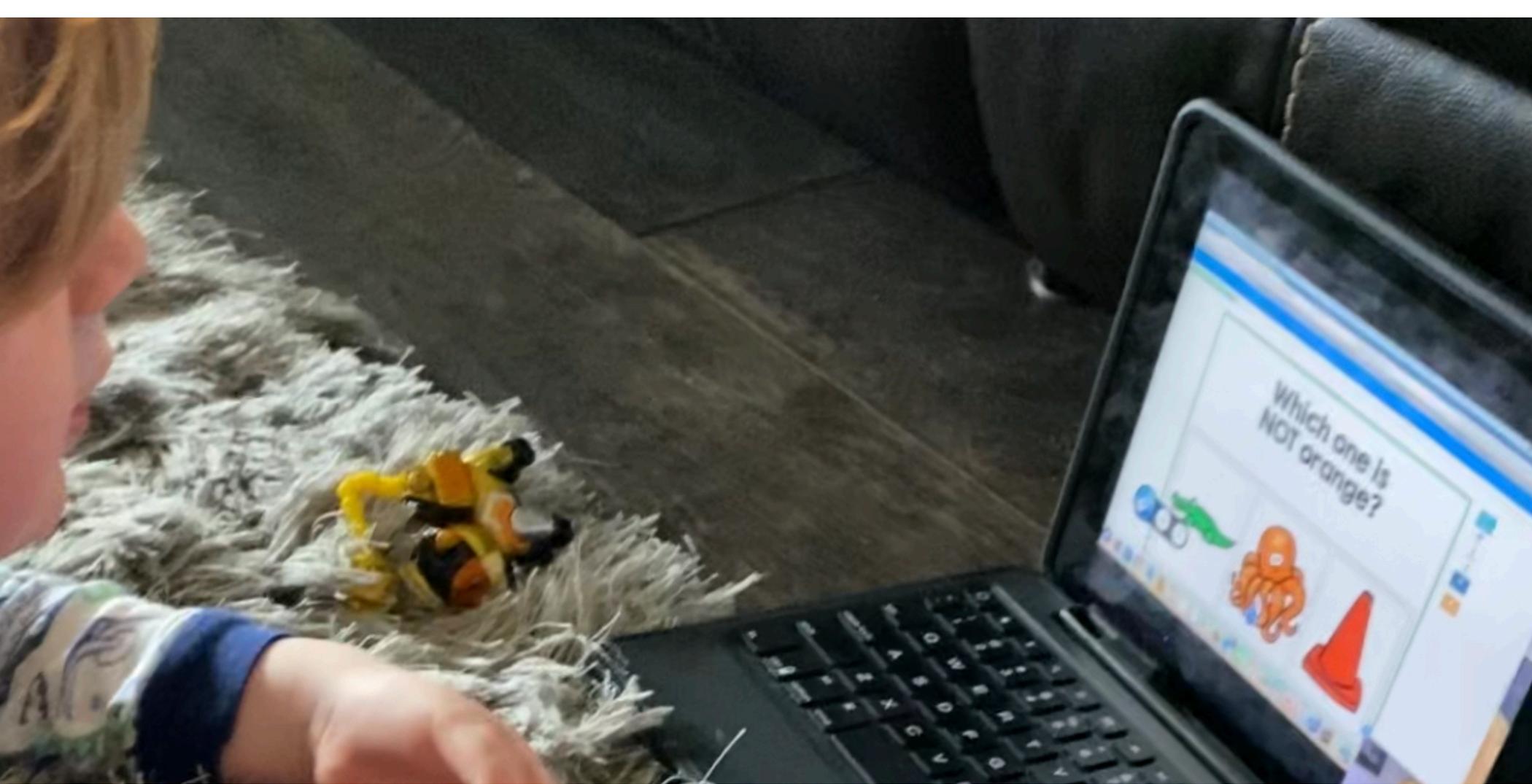
- ChoiceWorks - is a visual schedule app that can be adapted for teletherapy
 - Take pictures- customize
 - Set-up your desktop
- Teach families how to make a visual schedule
 - Provide them with pictures in advance if needed
 - PLAN, PLAN, PLAN



HELP PARENTS PREPARE



- Give parents a list of targets
- Cue parents when to cue and how to cue
- Talk to parents about
 - Coarticulation - natural sounding speech
 - Prosody - modeling
 - NOT segmenting - using continuous flow
 - Simultaneous Production
 - Repetition



TEACHING & TECHNOLOGY

Keeping Kids Engaged



The owl climbed up up up the ladder and DOWN the slide and SPLASH into the water!



BOOM CARDS

- Boom cards can be used via teletherapy through www.boomlearning.com
- Make your own BOOM cards in the studio
- Buy BOOM cards in the Store
- BOOM cards can be interactive or passive
- Boom cards can be assigned to families for at home work!

BOOM CARDS

BOOMLEARNING.COM

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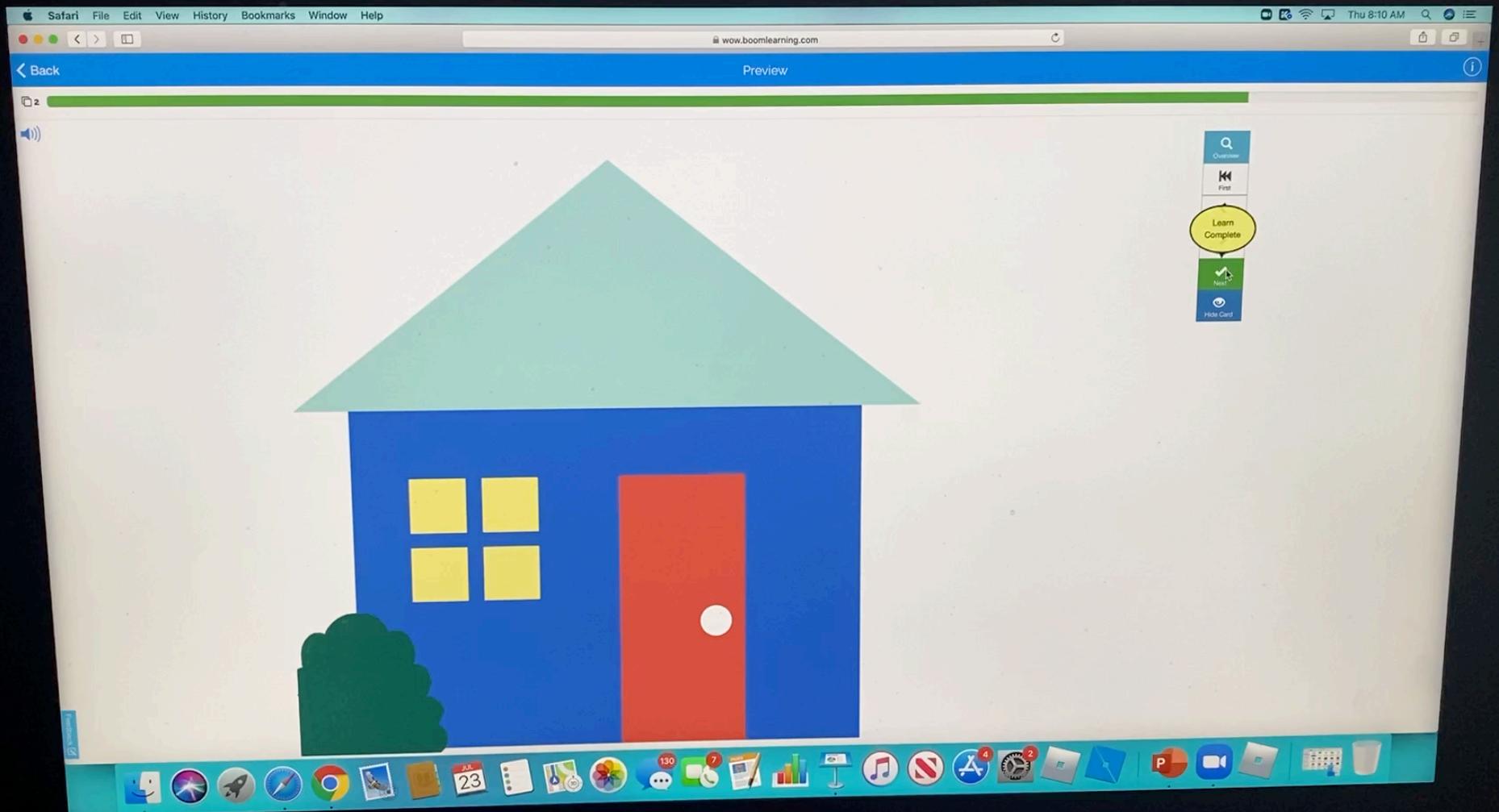
- ▶ Ask parents to send you pictures of family members and put in Boom Cards to work on names or to individualize
- ▶ Add pictures of favorite objects to boom cards
 - ▶ Functional targets
 - ▶ Requesting
 - ▶ Target Repetition
 - ▶ Core Words
 - ▶ Following Directions

TIP

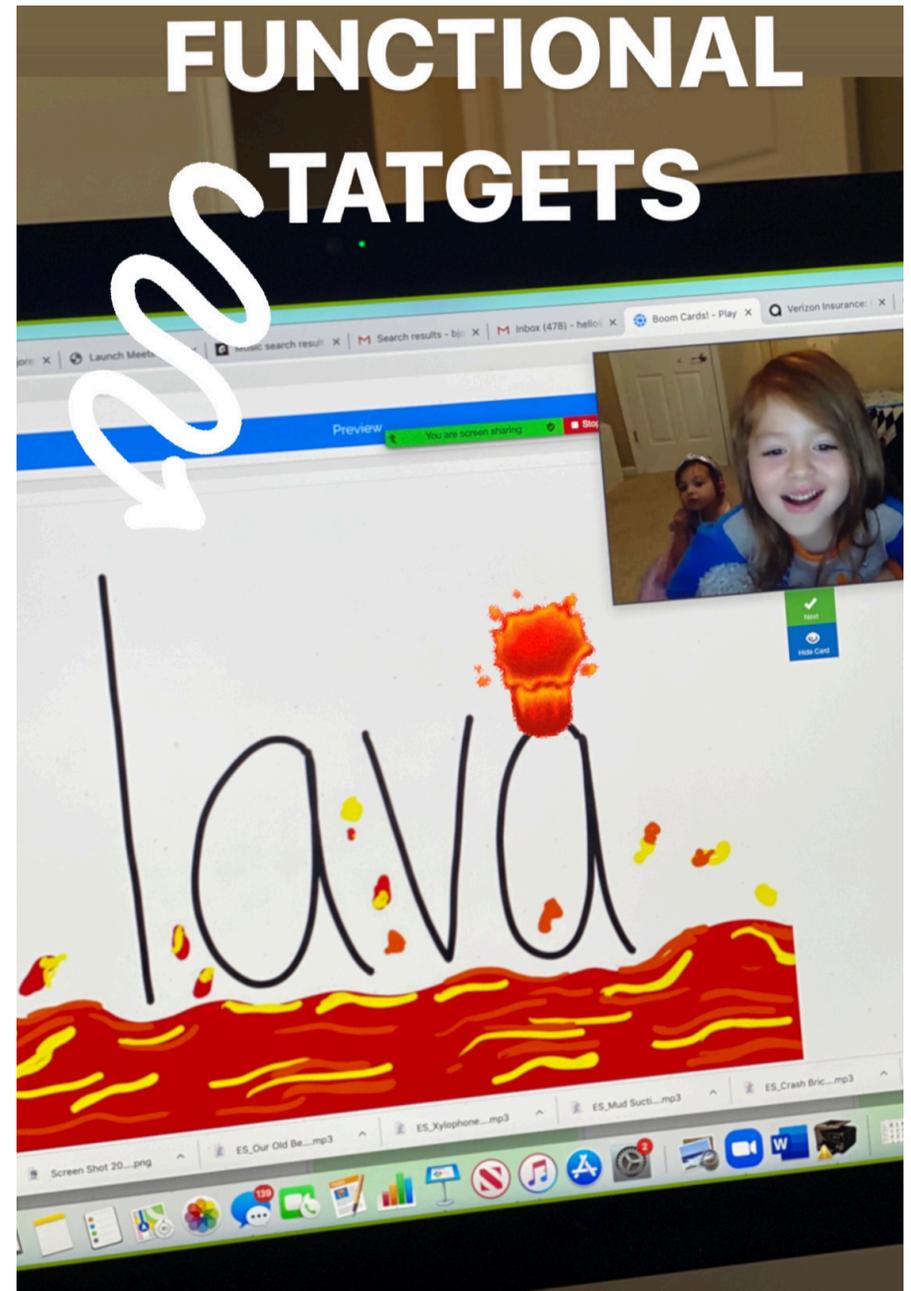
With the child's goals in mind, create a boom card that meet those needs.



PERSONALIZE FOR TARGETS

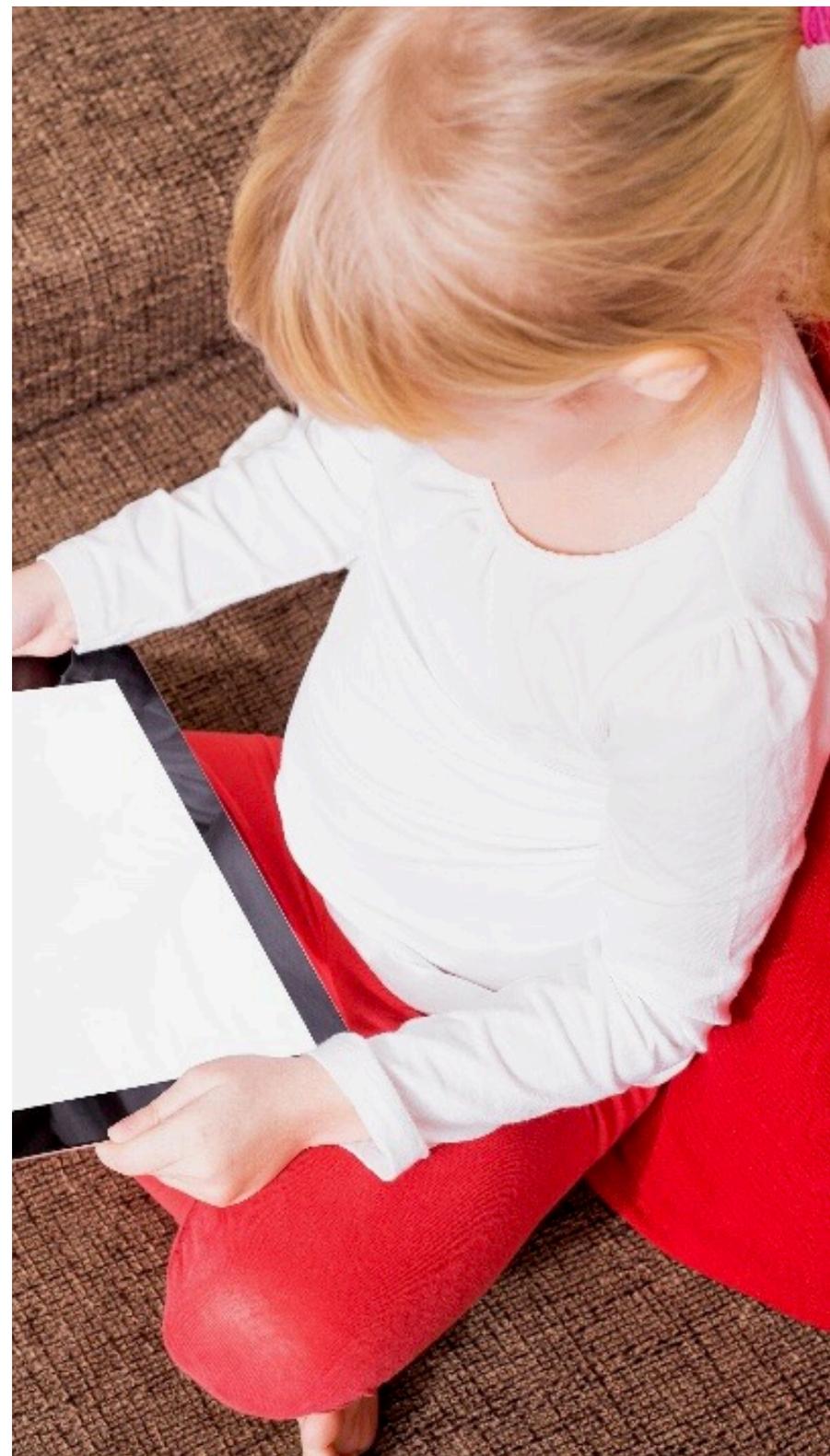


GO TO [BOOMLEARNING.com](https://www.boomlearning.com)



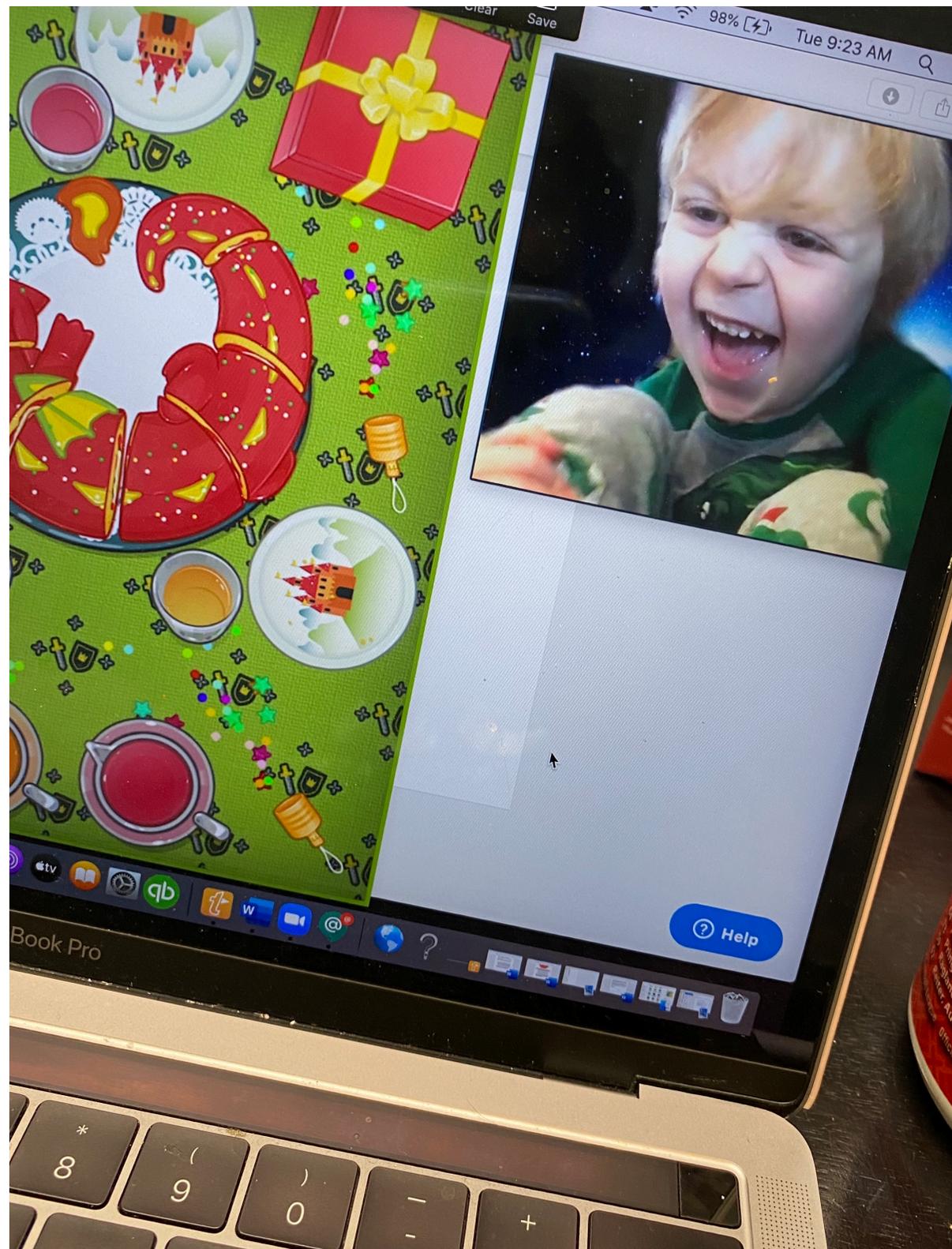
APPS FOR TELETHERAPY

Ones Kids LOVE

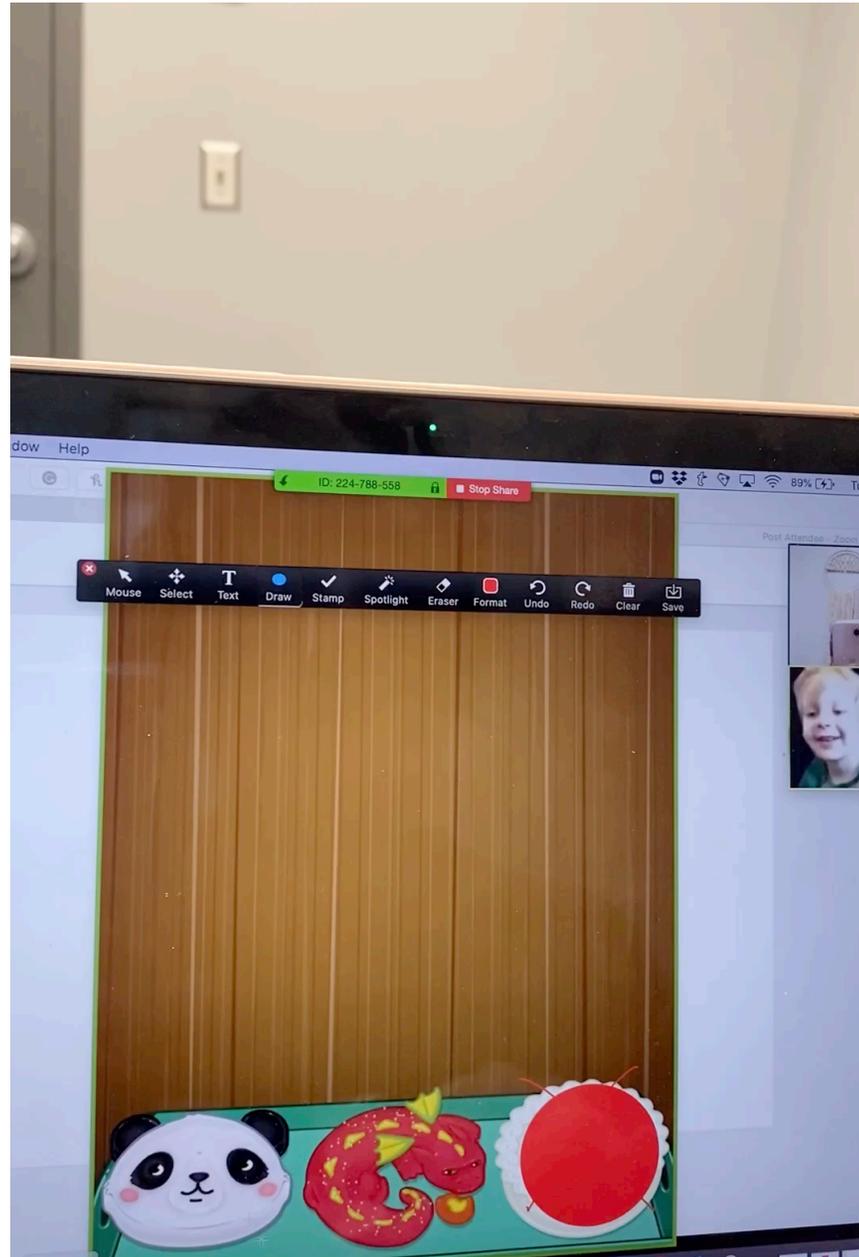


MY FAVORITE APP LIST

- Peek-A-Boo Barn
- Articulation Station
- Peea-A-Zoo
- My Play Home
- My Talking Pet
- NIGHTY NIGHT
 - Bedtime
 - Circus
 - Forest
- Toca Boca!
 - Tea Party
 - Birthday Party



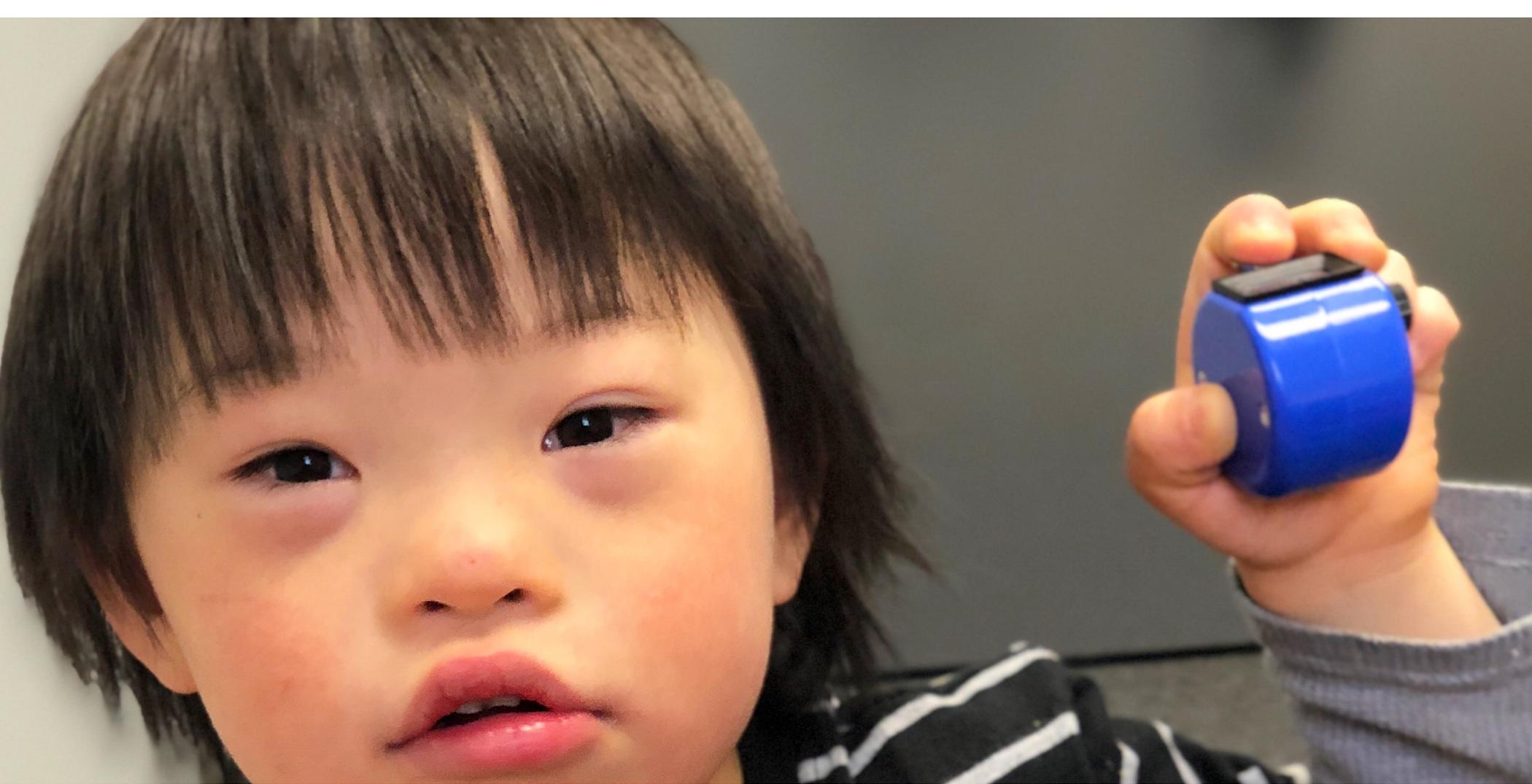
BIRTHDAY PARTY APP IN THERAPY



MY TALKING PET

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TOYS & TOOLS

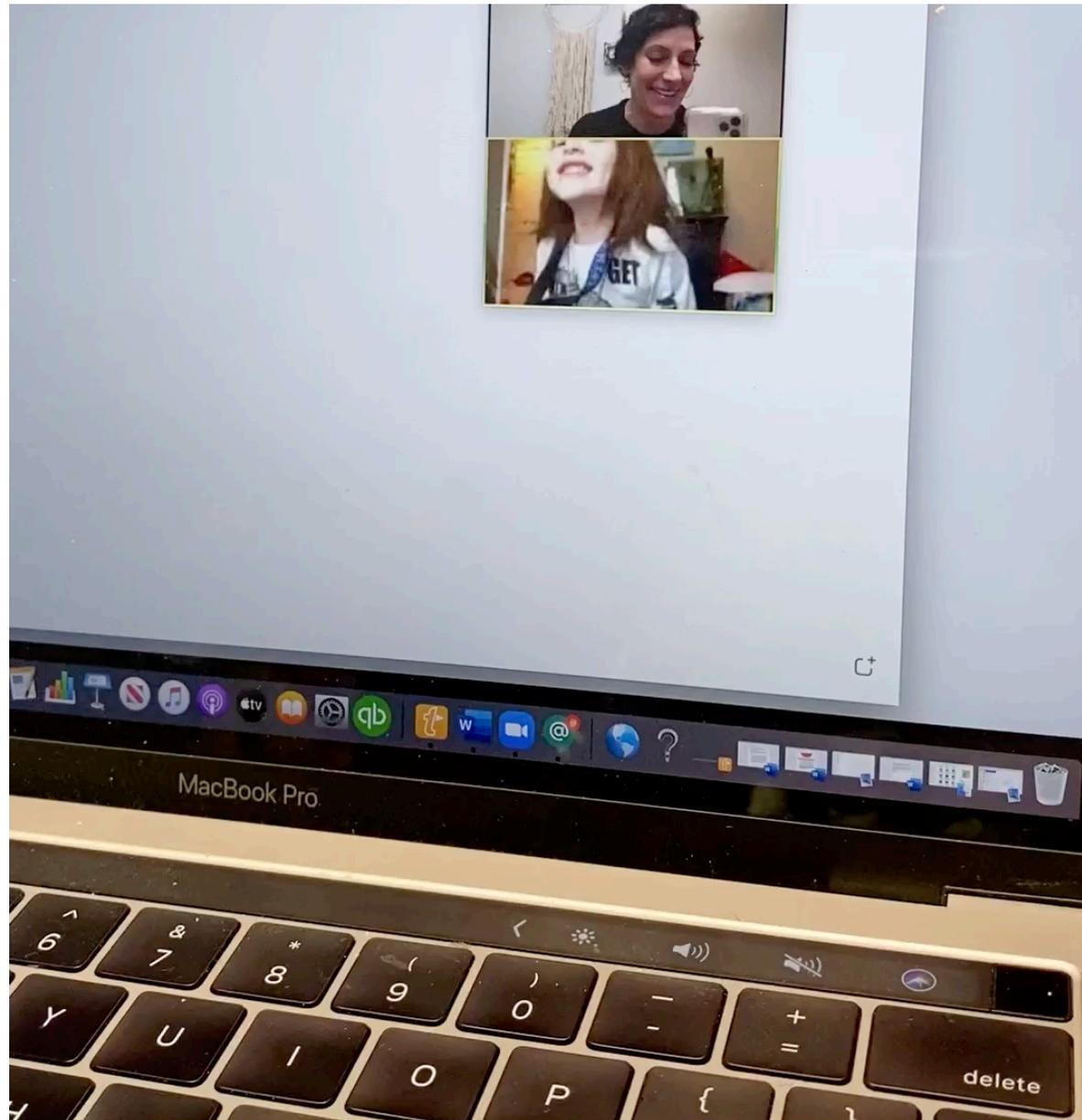
Keeping Kids Engaged



GET YOUR SILLY ON

- Play Hide & Seek
- Be a Magician
- Dress-up, Wear a Hat
- Open a Present
- Show them your pets
- Pretend Play
 - Eating
 - Sleeping
 - Feelings
 - Hiding

TELETHERAPY – A MAGIC SHOW



ALWAYS HAVE A ROLL OF BLUE TAPE HANDY!!

Encourage your families to have one too!



**PRONOUNS
SOUND TARGETS
FUNCTIONAL WORDS
HELP! UP! HIDE!**



TOYS

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- Maganatiles or Blocks
- Plastic Eggs
- Hide things in playdough or kinetic sand
- Miniature animals and cars
- Race Track
- Cookie tray with sand and small objects
- Small trinkets into muffin tins or ice cube trays
- **HAVE OPTIONS!**

NOT YOUR TYPICAL TELETHERAPY TOYS



- ▶ Make a WINE CORK game and have the family make one too
- ▶ Plan an art activity - the child can make choices, you complete the art and mail it to the child
- ▶ Grab some shoe boxes and make houses for little animals or cars - doors to work on "OPEN"
- ▶ Build a ramp out of a long tube, send cars racing down
- ▶ Puppets - cut out favorite characters and tape them to sticks - use funny voices
- ▶ Make short videos with animals and cars and share with the child via screen share
- ▶ Plan science experiments, KIDS LOVE THIS!

EYE CONTACT



- Verbal reminders
- Stickers on your nose
- Coaching parents through a target work and “watch me”
- Use My Talking Pet as a reminder to look at a me or as a reinforcer.
- Do something crazy it will help get that engagement back in control.

CHANGE IT UP



- ▶ Think outside the box
 - ▶ Go on a bear hunt - hide bears around the room or have parents hide bears
 - ▶ Record videos while pairing figurines with songs
 - ▶ Hide toys in a bag or box and play WHAT'S INSIDE?
- ▶ Incorporate some early literacy
 - ▶ Phonemic Awareness
- ▶ Do something unexpected
- ▶ Play a sound - WHAT WAS THAT?
- ▶ Intro to therapy with My Talking Pet



BEHAVIOR

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Coaching Parents Through Challenging Behaviors

PREPPING PARENTS

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- ▶ Help parents set an expectation for their child during the scheduled therapy time
- ▶ Parents may need to have an activity planned for the child to look forward to after the session is complete
- ▶ Ask them to share routines and areas of concern
- ▶ Let them know it is OKAY if things get tough, YOU have a wealth of knowledge to share so SHARE IT!
- ▶ Parent Education - how our words matter for behavior management
- ▶ Shorter sessions may be necessary
- ▶ Prep parents that wiggle time is important and okay!





BEHAVIOR CHECKLIST

YOUR WORDS MATTER



WHAT YOU FOCUS ON YOU GET MORE OF

Sometimes ignoring unwanted behaviors works wonders. TIP: Remember to identify feelings



REDIRECT

Ignore and redirect can be a very powerful tool to help move an unwanted action or behavior to something acceptable.

TIP: always have a redirection activity/toy ready



NOT A CHOICE? TELL DON'T ASK

Giving commands tells the child exactly what you want them to do.

TIP: Instead of "do you want to clean-up?" use "clean-up".



DON'T SAY DON'T

Tell the child what you want them to do instead of using don't.

TIP: If the child is playing with the door instead of "don't play with the door" say "close the door"



WHEN - THEN

When-then has an expectation tht a child will do it. If-then is a threat.

TIP: When you pick-up your toys then you get a snack

EMPOWERING FAMILIES

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- Frustrating sessions will in teletherapy just as they do in person
- Encourage families with behavioral supports
 - Provide a list to hang on the fridge
- Set the child up for success through planning in advance
- Material Management - teaching families the power of managing the materials



PARENT COACHING

FOR YOUNGER, MINIMALLY VERBAL, CAS OR SCAS

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- ▶ The child can be present for as long as they will tolerate.
 - ▶ Parent coaching is a great way to help guide the parents through how to work with their child on a specific skill
 - ▶ Parents are looking for ways to help expand speech and language, we have so much knowledge to offer
 - ▶ Hand over hand help
 - ▶ Following directions
 - ▶ Errorless learning
 - ▶ Simplifying words
 - ▶ Different ways to read a book
 - ▶ Backward and Forward Chaining



THANK YOU FOR HAVING ME

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QUESTIONS

