



Holman Therapy Back to School Newsletter, 2014

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Introducing our new speech therapist!

Welcome to Shoshana Lantos. We are so happy to have her as a part of our team! Shoshana is a licensed speech-language pathologist with her masters in Speech Language Pathology from Northwestern University. She is a recipient of the American Speech-Language and Hearing Association's ACE Award in recognition of her continued education and professional study. Shoshana has experience practicing speech language pathology in both the United States and Canada.



Not only has she supervised and provided care to children experiencing feeding, oral motor, speech and language issues, she has given several educational seminars for both parents and professionals about communication and feeding disorders. Shoshana also has experience with bilingual children, mostly Hebrew or Yiddish speaking. Her experience includes helping children with many different problems: autistic spectrum disorders, feeding and oral motor disorders, pragmatic dysfunction, expressive language delays, as well as articulatory, auditory processing/memory, fluency, hearing impairment, language and phonological deficits. Shoshana is a great addition to our team also because she does not believe her work as an SLP and continuing education to be just work; she considers it to be fun!

An Inside Look on Speech Therapy Sessions from a Nanny's Perspective

I have been babysitting for my one year old cousin, C, since he was four months old. He has torticollis, which is essentially a twisting of the neck. He has been in physical therapy, as well as occupational therapy since he was an infant, to help resolve the torticollis. Because of the time spent on improving his motor functions, learning to talk took the back burner. We started speech therapy about three months ago. C has made improvements and I believe that is due to his speech therapist, his parents and myself being on the same page in what to do to help him on his way.

I attend each speech session with him and learn different techniques and games to play with C to promote talking and repetition. I can ask any questions that we have during these sessions and his therapist is happy to answer and give examples. I go home and relay the events of the session to his parents and his therapist gives them a call so we are all working together. I have never had the opportunity to learn about speech therapy before and I consider it to be a fantastic learning experience. Usually, a nanny or caregiver might not be up to date on speech therapy or what is happening during any therapy sessions. I think that all parents should invite their nannies or caregivers to join in on therapy sessions and stay up to date on what is going on in their charge's development. I am so grateful to have this experience and have a blast with C each day, helping him learn and grow.

By Sarah Schoon, C's nanny



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Hippotherapy at Holman Therapy!

Holman Therapy, Inc. is now contracting with Horsefeathers Therapeutic Riding, NFP, to provide speech therapy hippotherapy in Lake Forest, Illinois. In hippotherapy, as a child is grounded in the saddle, the speech therapist will use the movements of the horse or pony that the child is riding to provide the core support for speech production, as well as the motor and sensory input for regulation. Unlike therapeutic horseback riding, hippotherapy does not teach children specific riding techniques, but rather uses the movement of the horse as a tool to help improve the frequency and quality of a child's verbal utterances. Hippotherapy is used to treat patients with autism, hypotonia, Down syndrome, Rett syndrome, Multiple Sclerosis, Apraxia, and seizure disorders. Speech therapy hippotherapy uses a horse to accomplish the child's traditional speech and language goals.

When the child's horse or pony is walking, the horse's pelvis has a three-dimensional movement. This rhythmic movement provides the child with both sensory and physical inputs which are not only stimulating but also physically engaging (this is hard work for kiddos and very engaging to their core!). The repetition of this rhythmic movement is calming for children with sensory difficulties. A speech therapist will utilize all of these inputs to tailor individualized treatment strategies to achieve the child's desired speech outcome.



Speech Therapist Kathleen Holman with child Hank



Check out our new GoMobile website and stay tuned for the next session of Talk and Play Groups!

If you are pleased with your child's experiences at Holman Therapy, we would greatly appreciate if you could recommend us to your pediatrician's referral list or to other specialists who follow your child.

Our contact information for pediatricians, medical specialists, and new referrals:

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