

Ways The Swain Center can help your family this school year:



The Processing and Cognitive Enhancement (PACE) Program

PACE was developed to train cognitive learning skills. It is what many affectionately refer to as "mental boot camp." To train cognitive learning skills, PACE applies the most recent scientific research on learning. Too often, this type of information sits on universities' shelves and may not be applied until many years later. Or, the information is ignored because it would require one-on-one instruction, which most educators cannot afford to give. PACE is at the forefront of making sure the most up-to-date information is used. Those who can benefit from the program include high or average performers who want to perform mental activities faster, more efficiently, and even better than before, as well as below average performers who have learning difficulties. The information listed here focuses on the below average performer. This type of child usually has one or more of the following symptoms, which do not seem to improve with just extra work and tutoring:

- trouble staying on task
- problems remembering
- trouble reading aloud
- working too slowly or too hard
- poor math skills
- general reading and spelling problems
- difficulty comprehending what is read
- trouble making associations and conclusions
- poor ability or an inability to plan

If your child struggles with any of these things we believe PACE is what your child needs. Call us to schedule a PACE screening.

Providing Speech-Language Pathology Services to Adults and Children Since 1985

Ways The Swain Center can help your family this school year:



Tomatis Booster Blocks

The Tomatis® Method is an auditory stimulation program that has been in use in Europe for over fifty years. It is a therapeutic application designed to re-educate the auditory system. The Tomatis® Method uses the therapeutic application of sound to treat specific symptoms and disorders including autism, autism spectrum disorders, auditory processing disorders, attention deficit disorders and other neurodevelopmental disorders in a non-invasive format which is medication free. The Tomatis® Method is a total of 90 hours of music broken up into 4 blocks over the course of a few months. Tomatis® has many success stories and we would love to tell you about them.



interactive
metronome

Interactive Metronome Home Program

The Interactive Metronome (IM) is a brain-based rehabilitation assessment and training program developed to directly improve the processing abilities that affect attention, motor planning and sequencing. This, in turn, strengthens motor skills, including mobility and gross motor function, and many fundamental cognitive capacities such as planning, organizing, and language.

The IM program provides a structured, goal-oriented training process that challenges the patient to precisely match a computer generated beat. Participants are instructed to synchronize various hand and foot exercises to a reference tone heard through headphones. The patient attempts to match the rhythmic beat with repetitive motor actions such as tapping his/her toes on a floor sensor mat or hand clapping while wearing an IM glove with palm trigger.

Individuals with motor planning and sequencing problems, speech and language delays, motor and sensory disorders, learning deficits, and various cognitive and physical difficulties may benefit from the IM program. Adult and pediatric patients who have benefited from IM include those with Sensory Integration Disorder, Asperger Syndrome, Autism Spectrum Disorder, ADD/ADHD and Cerebral Palsy.

For further information or to participate in one of our programs, please call the office at 707-575-1468.

The Swain Center

Listening, Communicating and Learning



Listening



Communicating



Learning

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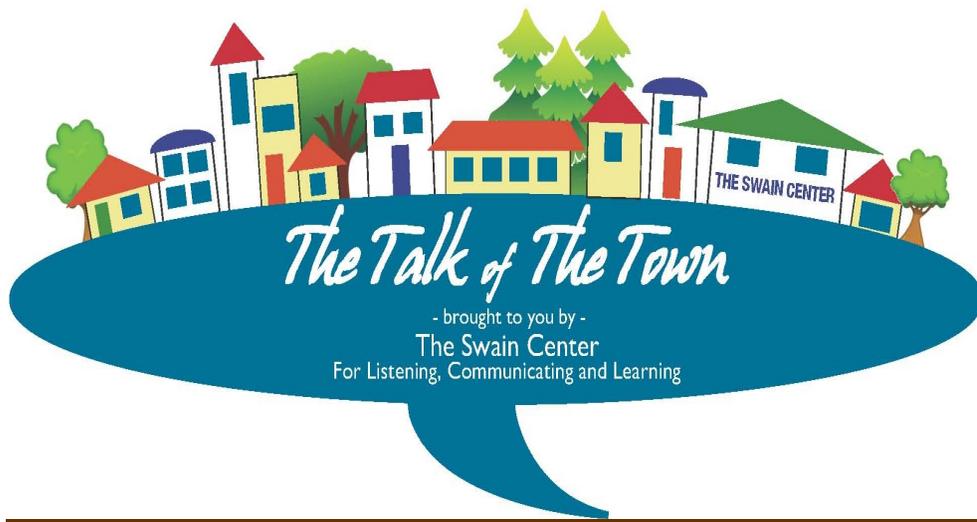
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Newsletter August 2015





Say it isn't so! Summer is closing in and a new school year is right around the corner. We know that this time of year requires a lot of preparation and planning. Things such as where to buy school clothes, Costco trips for packed lunches, setting educational goals for your children, meeting teachers and so on and so forth. Even professional moms need help sometimes! Let us help you start this year out right.



SEE IT; ACHIEVE IT! GOAL SETTING FOR THE NEW SCHOOL YEAR

By Dr. Raymond J. Huntington

GOAL ONE: Raise the bar

Whether your child is an excellent, capable or struggling student, earning the best possible grades should be one of the most important goals. This means envisioning certain targets and committing to the hard work it takes to reach them. If your child had relatively good study habits, worked moderately hard and earned "B"s and "C"s last year, set a goal to earn all "A"s and "B"s this year. In most schools, this GPA level will qualify for the honor roll and signify that your child is performing at grade level, and is well-prepared for increasingly difficult work. If your child is already an "A/B" student, set a goal to earn all "A"s and do everything possible to help achieve that goal. If your child struggled last year and ended up with "C"s and "D"s, talk with teachers right now about the subject areas that proved most troublesome so they can shape their instruction and find the extra help your child will need.

GOAL TWO: Create and stick to a firm study schedule

From the beginning of the school year to the end, study time should be part of your child's daily schedule. This should be a certain period of time, every weekday and one day on the weekend, when your son or daughter completes homework, prepares for tests and engages in "free-choice" learning to explore special learning interests and aptitudes. Keeping on schedule tends to be easiest if this period is the same time each day of the week, with more flexibility on the weekends.

If you're like many families, you should find it easier to stick to this schedule if it's aligned to your child's biological learning clock. This is the period of time after the end of the school day when your son or daughter is most alert and attuned to the learning process. Some students may need to jump into study time and "get it over with" as soon as they get home from school. Others may need a break for physical activity or socializing before they're in the right mindset to buckle down and make best use of the time.

Effective sequencing will make this time more productive. Homework assignments should be completed first. Studying for upcoming exams - including those scheduled for the next day or in the next week or so - should come next. If all the homework is done and your child tells you there's no test to study for, he or she should fill the rest of the schedule with independent learning activities that could include reading, working on an extra credit project or utilizing the Internet and other resource materials to explore special interests.

GOAL THREE: Take action when trouble lies ahead

If your child is struggling to understand quadratic equations or the symbolism in a novel assigned for an English Literature class, the problem may go beyond simply not paying attention or not applying enough effort. You should encourage your child to alert you whenever he or she is struggling and then talk with teachers to see what kind of extra help is available. This may include some remedial work to build or strengthen basic skills, or the use of different teaching strategies to convey concepts in a way that better suits your child's learning style. Taking action early is absolutely critical - you don't want to find out about a major learning issue the day before a big test, or at the end of a quarter when it may be too late to address the problem.

GOAL FOUR: Get an extracurricular boost

While academics should always be job number one, extracurricular activities can also expand your child's learning horizons and strengthen the impression he or she will make on college admissions applications. Reading groups, language clubs, political campaigns, academic competitions and volunteer projects can extend your child's natural aptitudes and interests and pack a lot more learning into the day. These activities can also lead to stronger friendships and connections to your school and community, which can give your son or daughter a stronger sense of well-being and purpose.

GOAL FIVE: Maintain a can-do attitude

Your child's self-esteem can be a very big factor in social and academic success, and students who truly believe in their abilities are in a better position to overcome bad test scores and master especially difficult coursework. You can foster this self-esteem by showing how much you value your son or daughter's hard-work and accomplishments. When your child gets a bad grade, position it as a temporary setback, not a failure, as long as he or she learns from the experience, and make sure that major successes are acknowledged from the beginning of the year to the very end.

For more information visit:

http://huntingtonhelps.com/resource/article/see-it-achieve-it-goal-setting-for-the-new-school-year/#.Vbb2A_khaVg

Lunch in a crunch!

4 lunches you can make
the night before



Pasta by the Peashore

This quick, simple pasta salad is easy enough to whip up the night before you need it and tastes even better after marinating in the fridge all night. Plus, it's an all-around winner, because kids can't get enough of its simple, nutritious flavor.

- 2 cups cooked whole-wheat pasta shells
- 1/2 cup frozen peas
- 1/3 cup pre-cooked chicken, sliced
- 1/3 cup bottled Italian dressing

In a large bowl, toss together all ingredients. Spoon into half-cup sized plastic containers before packing in your school lunch tote. Don't forget to pack a plastic spoon, too!

Pizza Bagel Supreme

If your kid is a pizza lover, try making this simple pizza-inspired bagel recipe for lunch. Bagels make a great make-ahead meal idea because the bread is so sturdy, staying firm and un-soggy all night long!

- 1 wholegrain bagel
- 2 tablespoons cream cheese
- 8 slices pepperoni
- 2-3 green bell peppers, sliced
- 1 tablespoon of sliced black olives, drained well on a paper towel

Cut the bagel in half and smear the cream cheese on the cut-side of the bottom bagel slice. Layer the pepperoni, bell peppers and olives on top of the cream cheese. Place the top bagel slice on top. Wrap well before storing in the fridge overnight.

Eggcellent Eggs

Most kids love hard-boiled eggs, but they take some preparation to have on hand for school lunches. If you're planning on making your school lunch the night before, hardboiled eggs are a perfect addition. They hold up well overnight, are packed with protein and are so much fun for kids to peel in the lunchroom (so long as you cook them right!) Make these eggs extra fun by inviting your kids to paint polka-dots on them with Q-tips and food colorings. Pack them with a variety of fresh cut fruits, vegetables, and a granola bar for a filling, well-balanced meal.

- 6-12 uncooked eggs
- Salt & pepper to taste

Tea Time Bites

Kids love bite-sized lunches. These dainty lunchtime treats are a snap to put together, can be packed in a bento-style lunchbox and don't need to be stored in a fridge overnight. That way, your child can pack their school backpack the night before and be totally ready to head out the door when the morning alarm rings!

- 1 Nutella and wholegrain bread sandwich (cut into small finger sandwiches and wrapped tightly in plastic wrap)
- 1 clementine orange
- Bag of dried fruit & nut trail mix
- Yogurt or chocolate-covered pretzels

For more information visit:

<http://chefmom.sheknows.com/articles/223/Make-ahead-school-lunches>