It has already been over a month since schools closed and many other facilities shut down temporarily due to these extraordinary times we are currently living. We are creating ourselves a new routine and we are adjusting to living the new normal. We are waking up and having breakfast, working our schedules, homeschooling, having lunch and dinner, having back to back online meetings, working out and all in the same confined but safe space ... our home. We do not know how long we are going to be confined in this new world, all we know is it will end one day. And as we fight against getting too much used to living the new normal, we realise that as the humankind world paused, the nature world started breathing again! We are seeing fish in the most polluted seas, trees are breathing fresh air again and birds are being heard in the most noisiest cities! So during this prolonged paused time let’s all try and focus on what really matters and set our priorities right. Let’s all appreciate the real value of a smile, a good morning, a call, a visit, a hand shake, a kiss, a hug! In all this, let’s all be that shiny ray of sun for our neighbour and think that every day that goes by is a day closer to when we will be able to live better our usual normal and hug each other again.
No. Spraying alcohol or chlorine all over your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e. eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.
5 WAYS TO ENCOURAGE COMMUNICATION WITH A NON VERBAL CHILD DIAGNOSED WITH AUTISM

• Enter into their world by using motivating people, items, etc. to encourage communication
• Label feelings as they occur
• Assume competence
• Model Language and use Aided Language Stimulation
• Use a total communication approach using both unaided and aided communication

Follow the link for full article
Make sure you have your daily movement breaks!
Adults = 30 minutes
Children = 1 hour
Recommended by the World Health Organization

RESOURCES FOR SLPs, PARENTS and KIDS

- Teletherapy sessions
- Kids nursery rhymes to stimulate language
- Language stimulation through movement