

EDITORIAL NOTE

let's be ~~vi~~covid



daniela

It's another week, another day, the coffee aroma filling the kitchen as the alarm clocks start ringing, snooze, ring again, off the bed and let's get started. We take a look at our agenda and check our daily commitments, a work related meeting, an interesting webinar, a deadline to meet, and yet again homeschooling, and other house errands...and the day just flies by with a flickering of the eye. We realize that we have entered a new routine which sometimes may be even more hectic than the former one. We feel enslaved to something which we have created ourselves and we succumb to the

fact that we can't do without a routine. Yet, let's all pause. Let's all reflect and find that much needed time to come into terms with oneself, that me time that we do so long for!

It can be an afternoon nap, reading time, music appreciation or practicing, cooking or even gardening, a good workout, anything that reminds us that we are something else beyond the productive robots we have become. Let us all take this opportunity and really start caring more of ourselves. Don't wait for the perfect moment, grab the moment and make it perfect!

Capitalising on your routine



WEBINAR

Reaching your child's speech-language goals at home

Targeting SLPs, carers and other professionals who work with children with delayed language development

Speaker: Estelle Farrugia, SLP

Wed 29th April 18:00 - 18:45

Members: **Free**

Limited number of participants

Non-members: **€2.00**

Book your place on info@aslpmalta.org

This webinar is geared towards parents of children with language and/or communication difficulties and their SLPs. It presents some ideas on how to target your child's language and/or communication goals at home. Booking is recommended.



CPLOL, the European organisation for Speech-Language Pathology associations, recently issued a statement regarding the current situation and the change in service delivery that SLPs were obliged to adopt in order to be able to continue being of service to individuals with communication and swallowing disorders. This document has also been sent to European authorities. [Click here to access the document.](#)

cplol



Covid-19 advice to the public



#3 *Drinking alcohol does not protect you against COVID-19 and can be dangerous*

Frequent or excessive alcohol consumption can increase your risk of health problems.





Coronavirus: Top tips for families

Try to stay calm when talking to your children or about what's happening.

Even if your children don't use verbal communication they may still pick up on your tone of voice and your stress levels.

We've put together some tips and links to online resources to help you deal with this difficult time.



www.autism.org.uk/coronavirus



COVID-19

Latest COVID-19 statistics in Malta

One can also access general information about COVID-19 in **Maltese** and **English** here. Information is also available in other languages as well.

2020
APRIL, 16TH - WORLD VOICE DAY

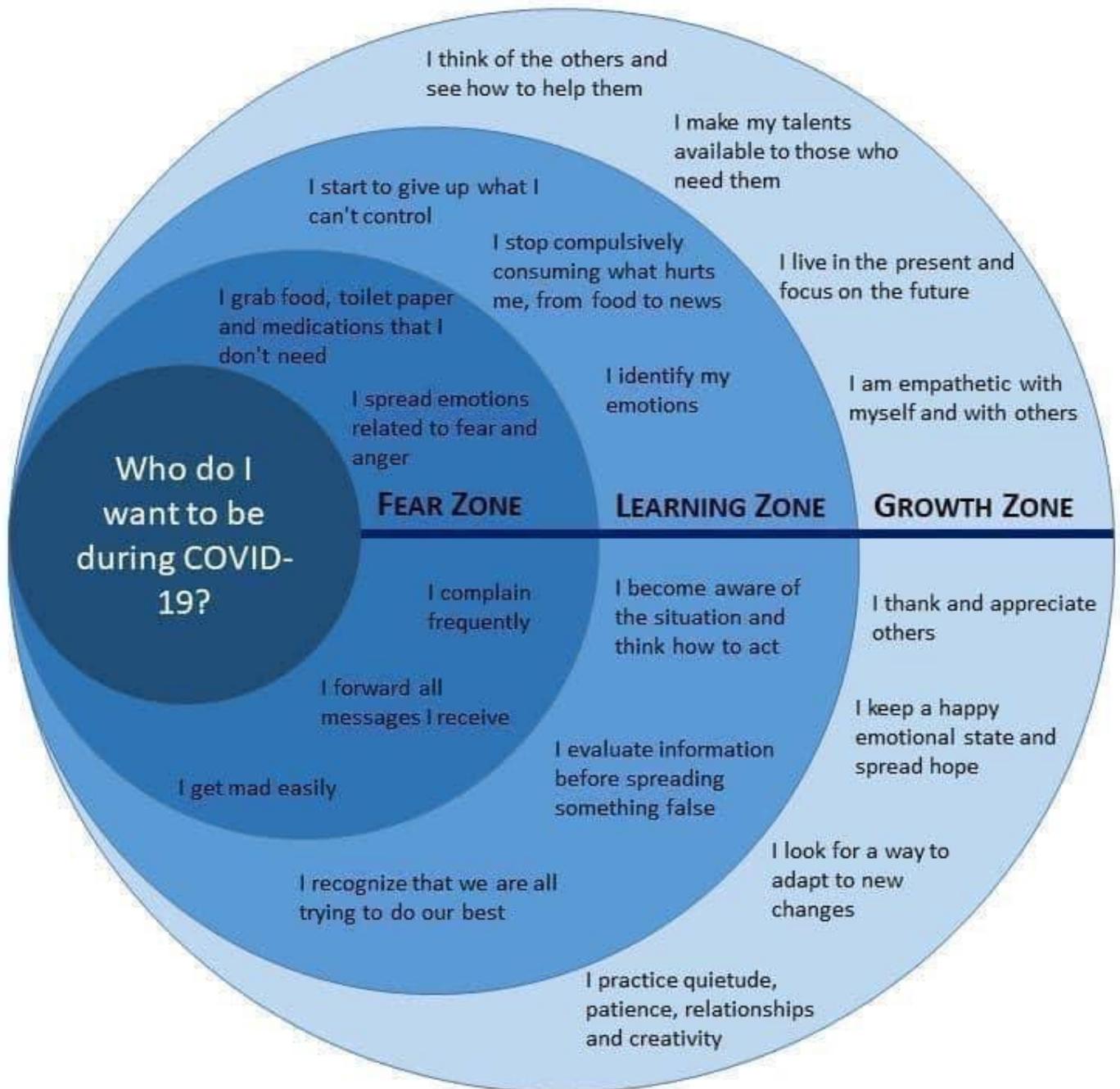


**FOCUS ON
YOUR VOICE**



World Voice Day is celebrated on 16 April to increase awareness about the beauty of this instrument and the importance of care of the voice. The Association of Speech-Language Pathologists (ASLP) joined hundreds of entities worldwide and celebrate this day. A webinar, Focus on your Voice, was also organized with 3 speakers coming from 3 different areas, Dr. Kenneth Muscat, ENT Specialist, Ms. Pamela Bezzina, Vocal Instructor, and Ms. Norma Camilleri, Speech Language Pathologist with special interest in voice. The association also produced a song which was home recorded by Speech-Language Pathologists, some of whom are still working in hospitals and residential homes. The aim was to celebrate the voice as well as thank all those still providing services to society in these difficult times. Watch this video here and share it with your friends.





The COVID-19 pandemic did not only bring with it overwhelming feelings, negative experiences, and sudden changes and adaptations, but also a new way of looking towards life in general....a new perspective with a positive attitude



ASSOCIATION OF SPEECH LANGUAGE PATHOLOGISTS
MALTA

#covid19malta

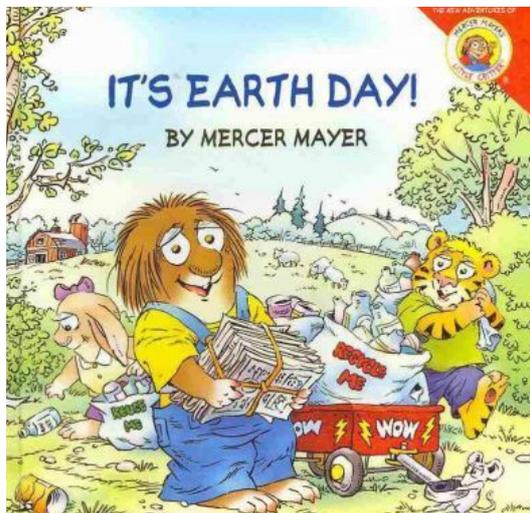
Make sure you
have your daily
movement breaks!
Adults = 30 minutes
Children = 1 hour

Recommended by the



World Health
Organization

RESOURCES FOR SLPs, PARENTS and KIDS



Wednesday 22 April Earth Day was celebrated. It's the birthday of our planet Earth. We have only planet Earth. We have only planet Earth. Let's take care of it and save it. Follow this story for kids.



Invitation To Create
Build A Bug
www.CuttingInyBites.com



A language theme activity that can be made at home and fun to do. This activity can target spring vocabulary such as insects, colours and prepositions on and under. Find out more here.



Gardening with kids, a relaxing and language stimulation activity which also instill love towards mother nature, can be found here.

