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 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!

EDITORIAL NOTE

Capitalising on your routine

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.

Speaker: Estelle Farrugia, SLP
Wed 29th April 18:00 - 18:45

Members: Free
Non-members: €3.00
Limited number of participants
Book your place on info@aslpmalta.org
Frequent or excessive alcohol consumption can increase your risk of health problems.

Drinking alcohol does not protect you against COVID-19 and can be dangerous.

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 where obliged to adopt in order to be 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.
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
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.

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
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 one planet let’s take care of it and save it. Follow this story for kids.

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 instills love towards mother nature, can be found here.