

EDITORIAL NOTE

let's be ~~covid~~ *vi* . *vid*



daniela

It's already the fifth week! As I am writing this short note I am realizing how quickly time goes by. I pause. I reflect. By nature, I tend to shift towards being a positive person in the way I look onto life. Yet, in these times, how positive can one be? Is nowadays being positive like burying ones head in the sand? I truly believe that it is all about adjusting oneself to living a new reality. It's about shifting our main focus. This may sound catastrophic for many but it can also be a learning experience. *Isn't life one whole learning/teaching classroom?* It is a time to realize what is most important and which is not, to think of yourself as you really are and

not as the others want you to be. You think of what you achieved and what you have become. To meditate on what you can do and the things you can change rather than focusing on what is and cannot be changed. *Do not think big, start small, such things are that matter.* Ones attitude will affect ones choices and hence one's life! So let's all tinge our life with a new colour tone called positive, do not give up. It is not difficult, it all starts with an open heart and a smile! Let me give you a *small* present, allow me to share with you a

short video I

came across, with less words but more action!

CLICK



Multilingualism

Tips for parents & professionals

Professor Helen Grech

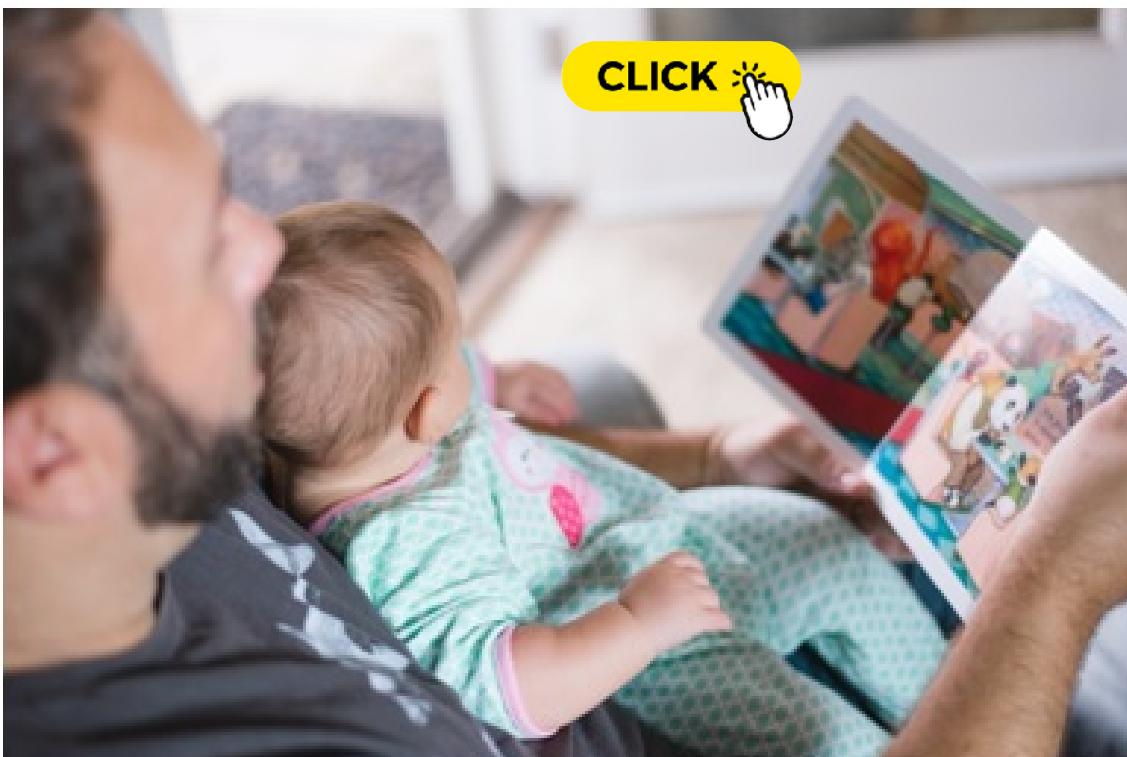
Tuesday, 12th May 2020
17:00 - 18:00

Members: Free
Non-members: €2.00

Limited number of participants
Book your place on info@aslpmalta.org

CLICK

Reading together



Take the opportunity and grab that book while you're home.

It's a unique opportunity to delve into an imaginative world only books provide. Not only it enhances parent-child bond but it also helps in building your kid's language skills. Read some useful tips here

MYTHBUSTERS

Covid-19 advice to the public



The most common symptoms of COVID-19 are dry cough, tiredness and fever. Some people may develop more severe forms of the disease, such as pneumonia. The best way to confirm if you have the virus producing COVID-19 disease is with a laboratory test. You cannot confirm it with this breathing exercise, which can even be dangerous.



#Coronavirus #COVID19

FACT:

Being able to hold your breath for 10 seconds or more without coughing or feeling discomfort DOES NOT mean you are free from the coronavirus disease (COVID-19) or any other lung disease.



The role of SLPs during COVID-19

In the midst of all this we tend to be carried away with all the news coming in constantly, worries, and uncertainties. Having limited movement, we tend to focus more on ourselves and our next of kin. We put our minds to rest that once we are home we are safe. But what about the other professionals still out there, the doctors, the nurses, to whom we turn our heartfelt thank you. Yet again, what about Speech Language Pathologists. What is their role in this whole process?. This personal



reflection, by Talia Schwarts an SLP specialized in dysphagia diagnosis and rehabilitation at NYC hospital, gives us a different perspective and a deeper appreciation of the adaptations that has been going on on different levels from various professionals. [Follow in this link here](#)

CLICK

Ventilators are an important key into COVID-19 patients care. When a patient is inserted with a ventilator, a tube passes through the mouth, vocal chords and to the airway passage. The prolonged use of ventilators will have further consequences; straining the vocal chords hence the patient's voice quality, communication, swallowing and breathing. Hence, why an SLP is essential even in the after care of COVID-19 patient.

[Follow the video in this link.](#)

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ASLP would like to thank our silent heroes, our colleagues SLPs who are still working and giving their all on the frontline at MDH.



Alexandra Ameen, Dylan Hales,
Erika Gatt Coleiro and Priscilla Cassar



Elena Ellul Mercer, Elisa Vella, Anastasia Attard,
Roberta Said and Christina Coppini



AUTISM little LEARNERS

Resources and ideas for families *and* educators

A useful social story which can be used with kids in today's reality of wearing masks and social distancing.

WATCH

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WEARING A MASK



A social narrative for children

© Autism Little Learners



As we all know, April is at heart for SLPs as it is dedicated to Autism Spectrum Disorders (ASD). In fact, through April 2019, ASLP has thoroughly worked on producing a video to continue raise awareness on ASD among the general public. The video is available both in **Maltese** and **English** and can also be accessed from the ASLP website www.aslpmalta.org

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RESOURCES FOR SLPs, PARENTS and KIDS



Story blocks is a good conversation starters for language stimulation, widening vocabulary and enlarge creativity

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One Aphasia Action a daily task to help you keep up with speech therapy even during social distancing recommendations

CLICK 