

# Winter Newsletter

London Speech Therapy

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## A Big Thank You

It's such a pleasure to work with you and your families. We'd like to share our newsletter as we are approaching the winter holiday. We wish you a wonderful holiday and a happy new year!



### Caroling as Speech Therapy

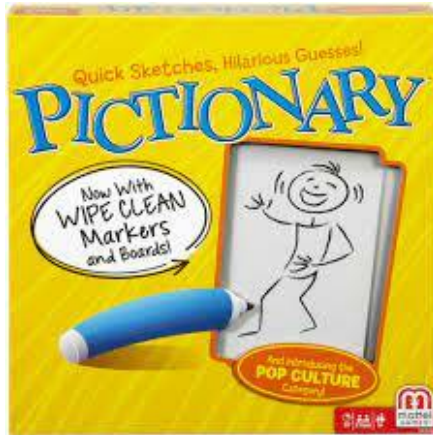
Singing is often used as a way to develop language skills after Aphasia. It is not uncommon for those with Aphasia to not be able to speak but to still be able to sing! That's because singing uses the more creative right side of the brain, while speaking is a left-brain function. Singing therapy, also known as melodic intonation therapy (MIT), involves utilizing elements of singing such as rhythm and pitch to encourage the recovery of speech and language skills. It is also great for working on voice projection!

### Voice Projection

**Yelling vs. Projecting:** Yelling uses vocal cords, which can get damaged if overused and causes soreness. Projection uses breath from the diaphragm and uses air to create the volume you want. Therefore, diaphragmatic breathing is the key to projecting your voice and keeping your vocal cords safe. Here are a few other tips to help you project your voice: check if you're breathing from your diaphragm by putting your hands on your stomach, keep good and open posture, visualisation (e.g. practising in large rooms).



## Family Games to work on Word-Finding Difficulties



## Language Activity: Baking with family and friends

Baking with others is a great opportunity to develop your expressive language skills, such as sequencing, explaining and using complete sentences. And it is fun too!

A communication board can be used to support sentence construction and word-finding if needed.

