

Speakable

Speakable  Because you can.
Speaking • Reading • Confidence

A magazine with news and
articles about communication
and confidence

Benefits from learning a foreign language

The learning of a new language is not only important for professional reasons, but it poses an extremely positive effect on children's development

Nutrition as a factor for optimal learning

Great tips for a good nutritional plan to help your children develop physical and mental skills

Speakable Team

#10 Issue | October-December 2022

Speakable Magazine #10

Dear Speakablers,

Welcome our October-December magazine. We hope that you are having a fantastic year!

Firstly, we would like to thank you for your ongoing support. In September, Acquisition International Magazine recognized our work at Speakable with an honourable Research & Development Award.

As the final school term is fast approaching, we are excited to witness the incoming success of our students. We want to wish them all the best with their final exams and HSC.

This October, our Director Binh Doan will be running for 43 km from Sunday 30 October to 6 November while raising much needed funds to support people on the autism spectrum.

An estimated 1 in every 70 people is on the spectrum. Along with their family members, this means autism is a part of daily life for over a million Australians. People on the spectrum hear, see, feel and experience the world differently. For many, simply coping with the everyday can lead to anxiety, confusion and isolation.

By coming together and taking action, we can help provide opportunities for people on the autism spectrum to participate, engage and thrive in the world around them. Help make the run challenge count and show your support by donating today!

<https://www.runforautism.org.au/fundraisers/binhdoan>

Please share your reading experience with others and together, let's continue to support our children and families in the best possible way.

Because we can!

Binh Doan

Managing Editor and Executive Director of Speakable

Speakable Team



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Speakable Magazine #10

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Nutrition as a factor for optimal learning



Food is a fundamental aspect in the development of children, not only because they provide the nutrients for survival, but they also are intrinsically connected to other factors such as mental health, mood and learning performance. Recent studies indicate depression as one of the possible consequences of an unhealthy diet, while a balanced and nutritious diet improve cognitive skills such as concentration and memory, as well as mental health, which impact on academic performance.

Five food groups must be part of the child's healthy diet:

- Fruit
- Grains, cereals, nuts and seeds
- Lean meat, chicken, fish and eggs
- Milk, yoghurt, cheese and other dairy products
- Vegetables, legumes and beans

Some interesting actions can be made to encourage children to consume a healthier diet and therefore contribute to great performance at school:

- Have a healthy canteen menu ready or send your kids a nutritious meal.
- Ensure that water is always available throughout the school, and let kids to bring a water bottle to class. Children must be reminded by their parents to carry a water bottle with them at all times so they may stay hydrated.
- Plant a vegetable garden and serve your kids meals that contain the vegetables you raise.
- Plan "brain food" breaks for schools to promote kids eating fruit and vegetables in class.
- Use non-food incentives in the classroom or at home to encourage students to form wholesome associations between behaviour and eating.
- In order to provide the kids with lunches that are better and healthier, parents and teachers must have ongoing and successful dialogues regarding the kids' meals.
- Purchase fresh goods from nearby farmers' markets and food producers.

By following one or more of these tips above, you can contribute for a healthier diet of your children and thus improve chances of them to succeed at school and throughout their mental health continuum, seeing happy and better performing children.

Speakable adds Kwik Recall to its toolset



Speakable is very glad to announce the addition of **Kwik Recall** training to its toolset to offer to its clients. This training program has been taught by Jim Kwik to many executives, entrepreneurs, celebrities and students around the world, stimulating their mental performance to an outstanding level!

Kwik Recall works for any client, no matter the age, social and cultural background, career or educational level.

If you are interested in enhancing your memory skills for better outcomes at work, studies or any other context, [contact us](#) and learn more about this incredible training!

Multidisciplinary teams to manage a child's learning



In a medical environment, it is typical to see many specialists work together to provide a patient with a holistic approach that addresses the overall condition rather than just one symptom. When relationships like this are formed, both the effectiveness of therapies and the patient's faith in the anticipated outcomes are increased, and it's not different when considering the educational and learning-based processes. Here are our recommendations on how to locate and pick the best specialists, in order to provide you more criteria with which to evaluate multidisciplinary successful partnerships towards a child's learning process, which might include developmental psychologists, speech and language pathology specialists, teachers, special needs consultants, occupational therapists and many others.

The first quality to be mentioned is child-friendliness: a potential medical or educational partner must be very adept at making a child feel at ease in the room to practise the activities during the session and is constantly focused on understanding the child's interests and circumstances that trigger their learning.

Second, the specialist's experience and understanding must provide the patient's family as well as the kid peace of mind that the methods, strategies, and approaches being employed are current and properly suited to their needs. In order to get the desired results, it's crucial for parents and carers to routinely review these strategies with the specialist.

Finally, the specialist needs to be conscious of the importance of the parents and other carers for the child, involving them as participants in the process rather than just having them repeat tasks. It is a really excellent indication of a competent and successful team when the multidisciplinary specialists' team and the parents'/carers' team make choices together and continue the activities outside of the sessions.

You may determine whether an educational or medical specialist is a good one to deliver therapy, or even to work together when a child requires a holistic approach, by just looking at these three criteria. With a top-notch team of multidisciplinary specialists, you can witness the team's ability to collaborate when necessary and its ability to provide effective solutions for your needs.

Speakable reinforces its commitment to help ending hunger



Since 2021 when Speakable assumed a commitment to help fight hunger as part of its corporate social responsibility approach. By being aligned to UNESCO's **Sustainable Development Goals**, Speakable has selected the initiative called **Share The Meal** as the one to receive its support and therefore contribute to UN's **World Food Programme**.

Since February 2021, Speakable donates the equivalent to a meal for every therapy session it delivers. Thus, the more sessions Speakable provides to its clients, the more meals are delivered to children suffering from hunger across the globe.

In January 2022, the World Food Programme has celebrated the delivery of a total of 134 million meals since the ShareTheMeal's initiative foundation in 2014. Speakable is very proud to be an active contributor to this cause and reinforces its commitment to help more and children across the world.

The ShareTheMeal initiative has been awarded with many recognitions and anyone can be part of it by downloading and using its specific mobile app, which works for [Android](#) and [iOS](#). Watch the video below to understand a little more about this admirable initiative:

Strategies for kids' public speaking



It is common sense that one of the most usual fears of any person is to speak in public. This anxiety manifestation is reasonably common and sometimes might affect important moments in a person's life, such as in school performance, in socialisation in adulthood and even in better professional opportunities. Due to these reasons, it might be crucial to be prepared to speak in public since early ages of childhood and teenage years in order to overcome this common anxiety. We have listed below seven tips to stimulate children in public speaking towards higher confidence and comfort:

- **Start with your passions:** People frequently have a say in what they discuss in speeches, even if it means redefining the subject to match their preferences. You're lot more likely to genuinely want to talk about anything if you choose to talk about something you truly care about, whether it be video games, climate change, or unicorns. Not only will this make the procedure seem less overwhelming, but the extra zeal will probably enhance your speaking style as we all become more animated when we are feeling enthusiastic.
- **Know the audience:** Fundamentally, public speaking is essentially a peculiar form of dialogue between the speaker and the listener. Knowing your audience can make you feel less surprised and stressed before you take the stage by letting you know who will probably be there or at least what kind of people will be there. Knowing your audience can also allow you better adjust your speech to the situation, which will aid in persuading them of your point of view.
- **Practice, practice, practice:** A superb speech is the result of practise. When we prepare a speech, we often spend the majority of the time considering the exact words we're going to say, but audiences frequently aren't actually interested in this. They really pay a lot more attention to how we portray ourselves, which is something we can only master via preparation. Additionally, through practising, we become more comfortable with the material, which helps us feel less nervous when we really take the stage.

Strategies for kids' public speaking

- **Visualise the place:** Anxiety is the body's natural reaction when we worry about the future. It is the scared anxiety about what we believe will happen. Thinking about what the future will likely bring is one of the greatest methods to deal with nervousness, especially when it comes to public speaking. After all, we've all heard dozens, if not hundreds, of speeches and perhaps given a few ourselves. These presentations often go well, though not always. The speaker stands up, offers their opinion, and then takes a seat to some degree of applause—often sympathetic but occasionally euphoric. When we get up to present, this is the scenario we are all most likely to encounter.
- **Focus your stress:** Unfortunately, even if we can control it, public speaking fear frequently never really goes away. Although many people would view this as a drawback, it truly isn't. Even a small bit of stress has its benefits. It is an excellent motivator, aids in concentration, and instills in us an excitement we would not otherwise have. A little amount of adrenaline here and there may actually help us achieve, even though too much of it might be harmful to our health. Everything here is beneficial for public speaking. Refocusing our anxious energy on our speech can encourage us to get up and talk (this is a "fight" rather than "flight" reaction), aid in staying on topic, and help us deliver a more impassioned presentation.
- **Breathing as a supporting strategy:** If meditation has taught us anything, it's that taking a few deep breaths may do wonders for calming the nerves. When you're waiting to deliver your speech, remember to breathe slowly and deliberately, especially if you start to experience any degree of nervousness. Breathing promotes nervous system relaxation and, in many cases, can delay fear until you are back in your seat. However, don't let the beneficial breathing end there. It's a good idea to take one deep breath just before you begin speaking while you're up on stage. This will help you focus and give you the powerful start you need. Continue taking deep breaths as you proceed, especially if your nerves don't subside, since this can assist keep worry at bay.
- **Value the power of feedback:** The final piece of advice we have is to pay close attention to any comments you receive and make sure to put it into action when you next present. Constructive criticism in particular helps us identify our shortcomings and provides us with steps we may take to avoid them in the future. We learn from this and gain confidence for the next time we stand to speak.

With these seven strategies to implement in every opportunity for a public speech, your children will be more and more prepared for important moments when public speaking will be crucial for their lives. In case you believe your child (or even yourself) needs extra support in confidence to communicate, our team of professionals at Speakable will be ready to provide you the needed help.

Springtime-themed speech and language activities



After a period wearing heavy clothes or staying indoors because of the wintertime weather, Spring has started, renovating not only nature's life cycles but also children's energy and willingness to make outdoor activities. We have listed below some tips of how to use Spring as a good theme for speech and language activities:

- **Weather forecasting roleplay:** In order to practice season and weather vocabulary, your children can pretend they are weather forecasters explaining the changes from Winter to the newly started Spring. You can access a reasonable list of words to inspire you by [clicking here](#).
- **Speech Scavenger Hunt:** Each child receives a list of words in a paper and need to wander (in a safe outdoor area) in search for those things. Every time the child finds the item, you can ask questions about it, talk about the item, make observations etc. A good example of a speech scavenger hunt paper is in [this image here](#).
- **Life cycle talks:** Spring is the best season to talk about how nature changes throughout the year and how things change according to Mother Nature. Tadpoles to frogs, eggs to birds or reptiles, caterpillars to butterflies or moths, plants' moments of growing leaves, flowers and fruit, everything is a good topic to celebrate Spring.
- **Have an outdoor picnic:** You can take advantage of the smooth weather and have a picnic at a park or even at the backyard. Your children can list what they want to eat and drink inspired by the weather, and even prepare their own food baskets, sandwiches, juices and so on, talking about the ingredients and recipes.

With these ideas, we wish you all a happy springtime, enjoying as much as you can this new season with your children in any fun and educational activity!

SLP activities inspired in Father's Day



The incredible bond between mothers and children is fairly common to see, though the love connection between fathers and their children is not that common. However, some dads are simply amazing parents and contribute very positively to every aspect of their children's development and happiness. With the aim to recognise these dedicated dads on Father's Day, check out some ideas about this date below:

- **My drawn Dad:** Give the child a pencil and some paper to start. The child will have limitless opportunities to express their curiosity and creativity as a result. Encourage them to sketch whatever that comes to mind regarding their father. If they are unable to do so, prod them by asking questions using descriptive words like "I imagine your father to be a strong man," "Is he tall?" etc. As soon as the child begins to sketch, find out what they are depicting. Encourage them to share their picture with the rest of the family and chat about it.
- **Describing Dad:** Most kids think of their dads as superheroes. Simply asking the kids which superhero they view their father as and why can encourage them to say a lot of things on their own. We may focus on a variety of nouns and adjectives with this practice. Nevertheless, because of the child's language delay, it could be difficult to extract single words. Techniques for linguistic stimulation including modelling, prompting, and expansion can be applied in these circumstances.
- **Father's Day activity list:** Talking about and planning arrangements for Father's Day are part of this activity. Children might be instructed to think of as many ways as possible to make this day unique for their fathers. You may ask them to come up with a similar list. The child can get your assistance in making this list. When kids struggle to articulate their thoughts, prompts might be used. Children might be invited to choose one or two of their suggestions later and implement them for their celebration of Father's Day.

We wish everyone can celebrate a fun and loving Father's Day!

Tips to be ready for HSC exam



HSC exam will happen in a few weeks and it's crucial that the students can make this exam with the least stress as possible. This is a very important exam for the rest of their school and academic life, so we separated the eight tips below to help your children be in a better mental and physical state for the HSC moment:

- **Make good use of your time.** Memory work is best done in the few minutes before turning out the lights. Learning before going to bed dramatically enhances memory retention, so while you're in bed, quickly review the most crucial words, equations, or facts. then turn it off.
- **Eat a delicious supper.** Make an extra effort to prepare a nice supper for yourself. I'm not advocating "brain food" like almonds or fatty fish, but rather a celebratory dinner you'd have if you wanted to treat yourself, like steak and chocolate pie. It will cheer you up and provide you energy for the next day.
- **Laugh.** Take part in one enjoyable activity, such as watching a comedy show, playing soccer, or tinkering with Instagram images. You'll feel more at ease, experience less tension, and sleep better after laughing.
- **Be sure to wake up on time.** Set the alarm. Or even two. If you're still concerned, ask a friend or member of your family to check on you. Just be sure to be for the exam well in advance.
- **Understand when to stop.** Eat a hearty meal in the morning, and review your most crucial information before leaving the house. And once more on the way to the test. When you enter the exam room, put your brain to rest. If you still don't get it by this point, you never will! Too much cramming just before the deadline might make your head spin out of control.
- **Utilize the room.** Spread out and relax comfortably in the examination room. It has been demonstrated that physically enlarging oneself by spreading one's arms or sitting back in a chair causes the production of a hormone that increases self-assurance. We guarantee that it works.

Tips to be ready for HSC exam

- **Limit your alcohol intake.** A sip every hour is all you need; don't overdo it. Dehydration won't be an issue during the exam, but drinking a lot of water and needing to use the restroom frequently will. The drink is only intended as a little distraction to give your hands and brain a break.
- **Follow your own strategies.** And lastly, each person is unique. Around test time, some people prefer to be by themselves while others play upbeat music through their headphones. It's possible that you like donning your luckiest pair of high shoes. You'll be completely prepared to ace the exam if you do whatever puts you in the optimal frame of mind.

In case your children need any special tutoring before HSC time, feel free to contact us! We also have two other articles that might be helpful with more tips related to HSC:

- [Tips for HSC exams](#)
- [HSC Exams during the pandemics](#)

Speakable's 8th year of operations is marked by four new tools available!



September is the month when Speakable celebrates the beginning of its activities in 2014. This 8th birthday represents a great achievement for the clinic, for our team and for the released tools and programs throughout the year, especially TALi TRAIN, LAMP, Key Word Sign and Kwik Recall. These four main tools and strategies are now within Speakable's toolset to provide more innovative therapy sessions to our clients. See here a brief description of each of them, as well as the link for more information:

- **TALi TRAIN** is a scalable early childhood attention training program validated by Gold Standard clinical research, providing a new, non-invasive, and clinically tested early intervention option in Speakable's toolset with TALi TRAIN, a world-first digital therapy. Read more about this tool by [clicking here](#).
- **LAMP** is one of the most efficient therapeutic approaches towards non-verbal individuals with autism and other developmental disabilities, using motor learning principles and a voice output communication aid. Read more about this tool by [clicking here](#).
- **Key Word Sign** is a simplified version of manual signing that is also a very efficient communication tool for language delay and similar conditions. It is based on natural gestures and body language, which make up a large part of how we interact on a daily basis. Read more about this tool by [clicking here](#).
- **Kwik Recall** has been taught by Jim Kwik to many executives, entrepreneurs, celebrities and students around the world, stimulating their mental performance to an outstanding level. Read more about this tool by [clicking here](#).

Speakable's 8th year of operations is marked by four new tools available!

These four new tools reassure Speakable's commitment to the wellness of our community and the continuous innovation of tools and techniques to ensure individuals can have better communication skills and confidence. We share this same commitment by assuming some of the [17 Sustainable Development Goals \(SDGs\)](#) designed by the United Nations General Assembly in 2015 for the year 2030. Here is how Speakable is part of this global initiative:

- **Goal #1: No Poverty.** Speakable is engaged in creating balance in citizens' finances, applying fair prices, negotiating fair relationships with suppliers and contributing to charities such as UNESCO's [World Food Programme](#).
- **Goal #4: Quality Education.** The team of SLPs and Education Advisor are completely engaged in using the best teaching-learning techniques to provide effective and involving sessions to all clients.
- **Goal #17: Partnerships for the Goals.** Through the Sub-Goal #17-5 (Invest in Least Developed Countries), initiatives such as The World Food Programme aim to provide better conditions for kids from poor areas to be healthy to study and have a potentially better quality of life while growing.

Part of the cost from any of Speakable's product or service is directed to Speakable's corporate social responsibility regarding UNESCO's World Food Programme, in the form of the inspiring initiative called [ShareTheMeal](#).

Speakable's commitment and dedication to an ever-evolving delivery of services for the treatment and wellness of our clients was enough to provide Speakable the **Research and Development Awards 2022** from the **Acquisition International Magazine**, making us extremely proud for this recognition. You can find Speakable among the winners in many categories [by clicking here](#).

Feel free to contact us by [telephone](#), [Facebook](#), [Instagram](#), [LinkedIn](#) or [email](#) to book a first meeting with us to know how we can help you!

Benefits from learning a foreign language



Learning a new language is always and enriches our lives in many aspects. However, when learning at early ages, the positive impact can be even higher. According to recent studies, children who speak more than one language benefit from the distinct ways that the brains of bilingual and multilingual children function from the way the brains of monolingual children do. See below the most significant benefits from learning a foreign language for children:

- **It is a brain booster to children.** Before the age of five, children learn the new language through the same part of the brain that is used for the mother tongue. This simple fact means that their attention to accents and their self-confidence to allow themselves to make mistakes is incomparable. The brain also is stimulated in other areas, which help increase the child's skills related to problem-solving, critical-thinking, memory, concentration, multitasking, creativity and mental flexibility. Last brain boost: studies indicate that having learned one or more languages other than the mother tongue delays Alzheimer's Syndrome.
- **Academic performance is stimulated.** Many studies indicate that children who know more than one language tend to achieve higher scores on standardised tests (such as the **HSC**) and demonstrate better reading, writing, listening, speaking (making them better not only in the new language but also in the mother tongue) and math skills. Depending on the learnt language, musical skills are also enhanced – especially with tonal languages such as the many varieties in China, Vietnamese, Thai, Lao, Hmong, Punjabi, Chittagonian, Yorùbá, Igbo, Luganda, Ewe, Zulu, Navajo and Cherokee.
- **Better opportunities in academic and professional life.** By knowing more than one language, the individual will have an extra quality to be highlighted when in a selective process for a place in a competitive university or for a good job position. It is also proved that more languages in the skillset tend to increase the salary average.

Benefits from learning a foreign language

- **Cultural awareness, empathy and curiosity are nurtured.** When you study a foreign language, it's more than expected that you will learn about the culture and way the native speakers of that language think – especially because of the [interesting words that cannot be perfectly translated](#). It makes any of us more curious and aware of cultural aspects that make diversity so amazing!
- **Heritage connections can be consolidated.** A child living in another country, with immigrant parents and grandparents, might lose cultural and family connection if not practising that second language. When learning the language of the family, love among parents and relatives will flow even more easily!
- **Travels can be much more fun!** If you learn a new language and go for a vacation in a country whose language is the same one you learned, you will have much richer experiences by talking to the natives and understanding nuances in their culture and activities which you could never have without depending on a tour guide. You can feel proud of yourself ordering your food, keeping an interesting conversations with people from many different backgrounds, and so many other experiences!

The benefits from the learning of a foreign language are incredible and can make the world much better by allowing much more relationships among countries, peoples and cultures. In case you want to learn a foreign language and want some support finding and selecting good language teachers, contact us to know more about our network of foreign language teachers!

Thank you!

This was the tenth issue of our new Speakable Magazine, which compiled the articles and relevant news about communication, confidence and our clinic from 2022's school term 3.

In case you are interested in following Speakable's social media profiles and blog, please check the list on the right:

- Speakable Blog: www.speakable.com.au/blog
- Facebook Page: [@SpeakableOz](https://www.facebook.com/SpeakableOz)
- Twitter Page: [@speakableoz](https://twitter.com/speakableoz)
- LinkedIn Page: [@speakable-speech-language](https://www.linkedin.com/company/speakable-speech-language)
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