



# Tell Me About It!



Newsletter #10 • March 2020

## Meet Ashley Yates, MS, L-CCCC-SLP



Ashley Yates is a certified, licensed, speech-language pathologist with over 11 years of experience.

Ashley's specialties include augmentative and alternative communication, apraxia, phonological disorders, and language learning disabilities.

Ashley also has a passion for working with children who have feeding and swallowing challenges. She is trained in the Sequential Oral Sensory Approach and is VitalStim certified. She has also taught classes at MilkWorks to support caregivers of infants transitioning to solids who have Milk Soy Protein Intolerance and other food sensitivities.

Ashley and her husband Andy have two boys, Porter and Paxton, and a daughter, Poppy. Summer weekends are spent at the lake boating and teaching the kids water sports. They also enjoy traveling and spending time with family and friends.



**American Red Cross**  
Capital Area and Eastern  
Nebraska

## Blood Drive at Communication Works!

Monday, March 23, 11:30-4:30

Sign up online at

[www.redcrossblood.org](http://www.redcrossblood.org)

- Go to: Find a Blood Drive
- Type in Communication Works
- Choose your time....it's that easy!

**Be someone's hero  
by rolling up a sleeve!**

**THIS MONTH!!!**

## BABY SIGN CLASS

March 19 - April 23

Thursdays, 6:30-8:00 PM

Taught by Jen Haney

At Communication Works

\$60/individual; \$100/couple



**Call 402-480-3152 to register**



## Assisting With Research

Four Communication Works speech-language pathologists (seated l-r), Aliza Stremmlau, Paige Leising, Lindsey Wilson, and Kylie Lureen spent a day training with Dr. Mindy Bridges and Kelly Strouts-Nelson from the KU Med Center.

The SLPs will be assessing 8<sup>th</sup> grade students as part of Dr. Bridges' longitudinal study that is examining early predictors of reading fluency, reading comprehension and related skills as well as the development of early identification assessments. We are so pleased to assist Dr. Bridges with the research she and her team are doing in this area.

**STEP AWAY FROM THE SIPPY CUP!** The sippy cup was invented, not for children, but for adults by an engineer who was tired of his toddler spilling juice on the carpet! Speech-language pathologist and feeding specialist, Melanie Potock, offers three reasons why sippy cups should not be used extensively: **1)** In the first year babies eat using an anterior-posterior tongue movement, called a suckle-swallow. Around one year they should develop a mature swallow pattern. Over-use of hard sippy spouts perpetuates the suckle-swallow pattern, getting in the way of oral-facial development. **2)** When a tongue can't elevate it tends to rest forward in the mouth, which can impede speech development. **3)** When a tongue rests forward the mouth tends to stay open, which can alter facial development and leads to mouth breathing. Alternatives to sippy cups are products such as cups with pop-up straws, valved bottle toppers, or cups with built-in straws. Children should be able to independently drink from an open cup by 18 months of age. A little messier, but it is certainly better for their development! <https://blog.asha.org/2017/02/28/sippy-cups-3-reasons-to-skip-them-and-what-to-offer-instead/>

[www.speechtherapylincolne.com](http://www.speechtherapylincolne.com)

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