

MAY IS SPEECH, LANGUAGE
& HEARING MONTH!



TCDSB Speech & Language Department

✦ Communicating
✦ For Learning



managing our emotions, behavior & body movement when faced with a situation that's tough to handle while still staying focused & paying attention

- ✦ Your school Speech-Language Pathologist can support educators & parents to help children develop self-regulation skills...[learn how!](#)
- ✦ Self-regulation helps us attend, engage and learn. At this time, children may have difficulty regulating their behavior due to increased stress. What looks like misbehaviour may be “stress behavior”... [learn more!](#)
- ✦ Parents and educators can help children develop self-regulation skills. Research has shown that games and fun activities can be very effective in promoting the ability to self-regulate...[learn how!](#)