

References for Conference Call

## **Alert Program® and Language Levels**

Sherry Shellenberger, OTR/L and Marci Laurel, MA, CCC-SLP

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The following resources are listed in the order (approximate) that they were mentioned in the Conference Call. Please note that some of the resources are no longer available. As the internet continues to evolve, we cannot control access to the web pages or blog posts of others. We hope that if a specific resource is unavailable, you'll be able to find something similar using the unavailable titles as keywords in an internet search.

Quotes:

- "It seemed rather incongruous that in a society of supersophisticated communication, we often suffer from a shortage of listeners."
  - Erma Bombeck
- "The opposite of talking isn't listening. The opposite of talking is waiting."
  - Fran Lebowitz
- "To improve communications, work not on the utterer, but the recipient."
  - Peter Drucker
- "Today, communication itself is the problem. We have become the world's first overcommunicated society. Each year we send more and receive less."
  - Al Ries
- "If the person you are talking to doesn't appear to be listening, be patient. It may simply be that he has a small piece of fluff in his ear."
  - Pooh's Little Instruction Book, inspired by A. A. Milne

Resources:

- [Importance of self-regulation, language, and learning](#)
- Mouth and Breath Strategies support self-regulation while working on improving Language Levels:
  - [Take Five: Staying Alert at Home and at School](#)
  - [Test Drive: Introducing the Alert Program® through Song](#)
  - ["Alert Program® Literature and Research"](#) (with articles supporting mouth strategies)
  - Picture Exchange Communication System (PECS) – no longer available
- Free Augmentative & Alternative Communication (AAC) symbols:
  - Sclera Picto - monochrome AAC symbols created with and for adults with intellectual disabilities.
  - Bliss Symbolics - long-established in AAC contexts, but quite different and abstract - Bliss is a visual language.
  - Do2Learn - loads of free pre-made picture cards and communication boards for users with autism

- How It Is - small symbol set from the NSPCC focusing on rights, feelings, safety and sexuality
- Straight Street - a colorful symbol set released under Creative Commons.
- PictoSelector - excellent freeware board making software which includes 24,000 symbols
- ARASAAC - A great set of Creative Commons pictographs, photosymbols and signing clips.
- “Turn Taking” examples:
  - [Encouraging Communication by Mommy Speech Therapy](#)
- Bubbles:
  - [Using Bubbles to Encourage Language Development by Mommy Speech Therapy](#)
  - [Study done by Lancaster University](#)
    - “In a study done by Lancaster University, they found that, Youngsters who can lick their lips, blow bubbles and pretend that a building block is a car are most likely to find learning language easy.”
- [Language Development Using Mobile Technologies](#)
- [REACH is a Verb](#) (and encouraging positive communicating)

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### **About Marci Laurel**

Marci Laurel, MA, CCC is a speech/language pathologist with the University of New Mexico Center for Development and Disability Autism Programs. Before joining the CDD in January 2011, Marci was most recently a member of the Albuquerque Public Schools Autism Resource Team, and has practiced in Albuquerque for the past 30 years providing both consultation and direct service in public school, private practice and university settings. Marci has had the opportunity to do presentations around the country related to sensory processing and communication, family issues and autism spectrum disorders and always appreciates the chance to share ideas with our community. Marci brings a unique perspective, not only as a therapist, but also as a parent of two children with sensory processing challenges, to promote the role of family members as active team members.

### **Common Sense Disclaimer**

As responsible adults, we must use common sense when supporting others.

If you are unsure of something that has been mentioned here, have questions, or just don't have a good feeling about trying something, trust your judgment and don't do it! I encourage you to seek help from a trained professional (often an OT in your area) or you can purchase consultation time with us here at TWI. You deserve support!

To learn more about additional distance learning options, research, articles or Alert Program® books, games, and songs go to:

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