

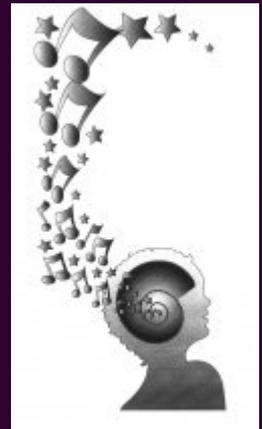
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AIT Winter 2015 Newsletter

A handy recipe for Mom and a fun activity for the kids combined with great information!

ABOUT AIT

This 10 day intensive listening program helps children and adults improve hearing sensitivities, speech and language issues, and brain function. Autism, ADD, CAPD, Depression and Dyslexia are just some of the conditions AIT can improve. It is a non-invasive, soothing method of intervention with proven results. By normalizing the brain and sensory systems, AIT acts as an excellent precursor to other therapies. We make AIT available everywhere by providing an "In-Home" program for those who live at a distance.



BERARD TRIBUTE CONFERENCE



London, England
March 21 & 22, 2015

Sarah Gewanter will be a speaker at the 2015 International Berard AIT Tribute Conference:

Celebrating the life and legacy of Dr. Guy Berard, creator of the Berard method of Auditory Integration Training.

Presenters from around the world will be sharing on AIT. Workshops and training opportunities will also be a part of the 2-day conference.

Sarah will speak on the topic, "Getting the Best from AIT - Therapies that Combine with AIT".

For more information about the conference and Sarah's presentation, visit www.berardtribute.co.uk

All-Purpose Gluten Free Flour Mix

With more of us becoming sensitive to gluten, prepare yourself with this All-Purpose, Gluten Free Flour Mix to use in your favorite recipes.

Ingredients:
400 grams brown rice or oat flour
300 grams arrowroot or sweet rice flour
300 grams potato starch or cornstarch

Put flours into a large container with a lid. Shake and shake some more until evenly blended.

You can use this flour mix in most recipes that call for all-purpose bleached flour.

Simply use 140 grams of your gluten free blend for every one cup of all-purpose flour.



AIT HELPS

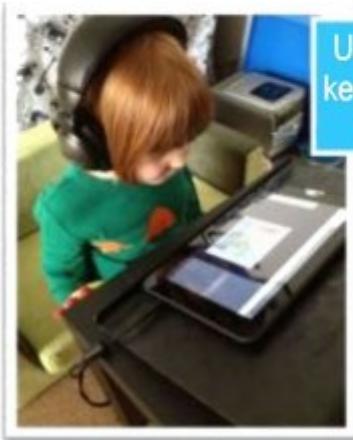
Most people think of hearing as the sole function of the auditory system and don't realize this system is responsible for many other jobs. It controls balance, motor planning and coordination, assists in the control of the eye movements, and our arm, hand and fingers when we write. It enables us to use language and sing in tune, and contains the control center for all sensory processing. Therefore, it makes sense that when the auditory system is not functioning effectively, many diverse problems can appear:

- Poor balance and motor coordination
- Delays in speech and language development
- Difficulty with reading skills
- Poor concentration
- Poor fine motor skills
- Difficulty with vision
- Dysfunctions with sensory processing

[[[SOUND ADVICE]]]

Make your child's next AIT experience educational and entertaining by trying these helpful tips:

- ⇒ Make a visual connection with AIT classical sets by watching a ballet or symphony on mute. Children may enjoy the synchronicity of the dancers' movement to the music or lack thereof.
- ⇒ Play and learn with musical instrument apps or flash cards during AIT sessions. Children will gain the dual benefit of learning to recognize the names and sounds of the instruments they hear.
- ⇒ Encourage kids to match the musical instruments they hear with those they see being played in an orchestra.



Using musical flashcards keeps Zoey S. entertained during AIT sessions.

"Instrument flashcards were extremely helpful since [Zoey] wanted to...identify what sounds she was hearing. I see progress already. She is paying more attention to the sounds...and trying to get it right."

Cheryl S.
Mother of Zoey

WINTER-TIME BIRD FEEDER ACTIVITY

These are great, in-door activities to do when the temperature drops outside:

Cheerios Bird Feeder

Only three things are needed for these simple but fun to make bird feeders:

Cheerios
Pipe cleaners
String, ribbon or yarn

This is a great project that can help develop fine-motor skills by stringing the cheerios onto the pipe-cleaners and allows the child to expand their creativity by forming the feeders into different shapes such as hearts, circles, squares and diamonds.



Toilet Paper Roll Feeders

This project gives the child a great opportunity to get their hands dirty while having fun! All you need for this project is:

A few empty toilet paper rolls (or halved paper towel rolls)
Peanut butter
Bag of birdseed
9x13 cake pan
Old newspapers to spread out
String, ribbon or yarn
Apron or smock (optional)

You can either leave the peanut butter in the jar or spoon it out into a bowl, then empty the birdseed into the cake pan. Let your child make a mess by smearing the peanut butter on the roll with their hands and then rolling it in the birdseed. Run the string through the center and hang from a limb, preferably near a window the child can see out so they can watch to see the birds enjoying their yummy winter treat

BERARD AUDITORY INTEGRATION TRAINING

CONTACT US TODAY TO FIND OUT HOW WE CAN HELP!

(828)683-6900

OR

INFO@AITHELPS.COM