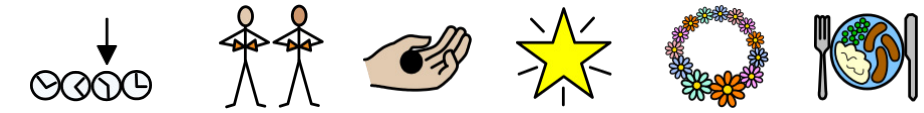
London Speech and Feeding



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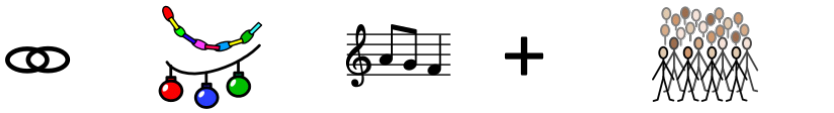

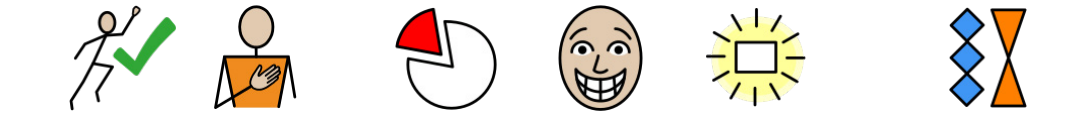

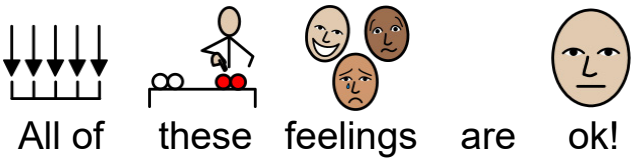

London Speech and Feeding

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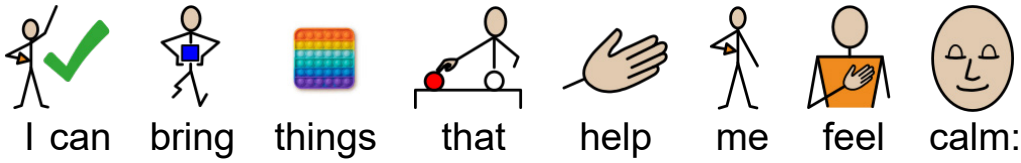
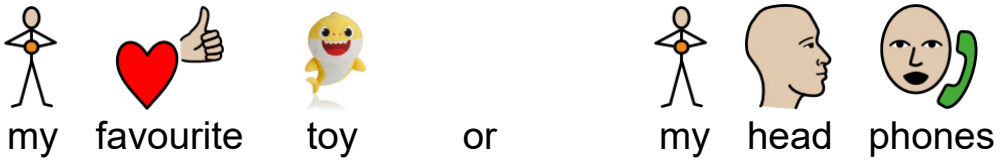
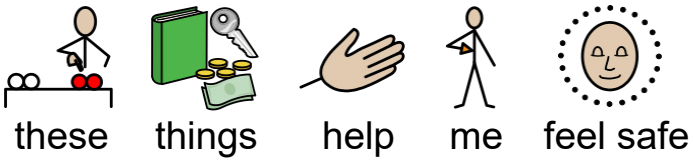
London Speech and Feeding







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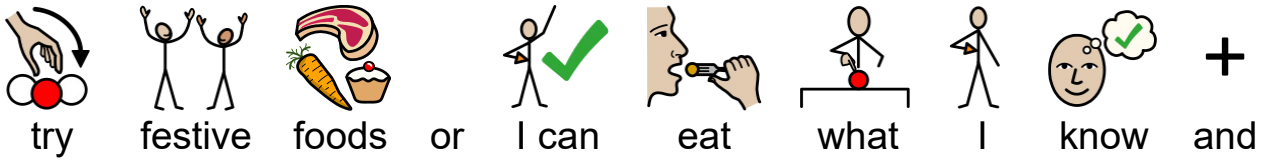

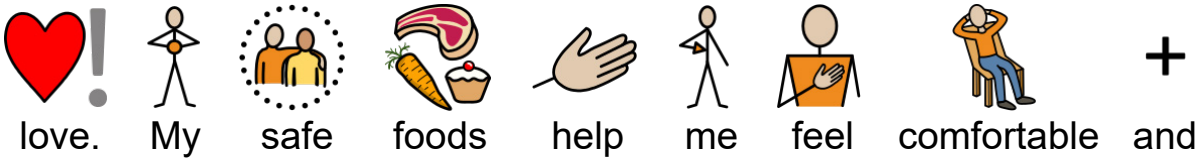

relaxed.

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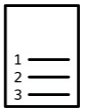
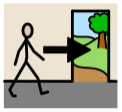
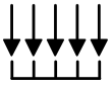
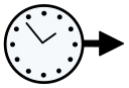
If it's  too loud or  too  busy  I  can  use  my  "calm  plan"

 I can  squeeze  something or  I can  go to  a quiet  space or

 go  outside.  All of  this  will  help  me  feel  better.

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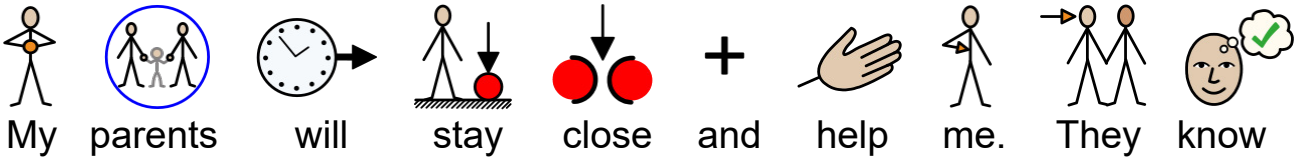
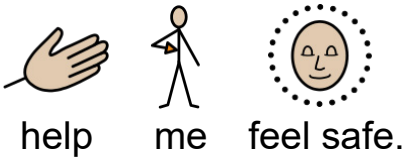




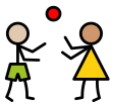
London Speech and Feeding

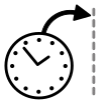


Family meals

are about

being

together. I can laugh,

play, or



just watch.

Eating

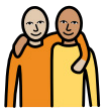
is NOT

the most important

part.



Feeling safe, calm

and

included is.

Let's

enjoy

our

time


together.