



MAY, 2013

Therakids

ADDRESSING THE NEEDS OF EDUCATORS AND PLANTING THE SEEDS OF CLASSROOM WELLNESS.

SUMMER TIME SPEECH

Speech Language Pathologists in the school setting provide therapy services to students who demonstrate weaknesses in the following areas:

- **Articulation:** Production of speech sounds.
- **Voice:** Sound quality, rate, pitch and volume of speaking voice
- **Fluency:** Production of fluent (vs. stuttered) speech
- **Language:**
 - Receptive:** Understanding questions, vocabulary words, directions, concept words (in, on, under etc), comprehending materials read or heard.
 - Expressive:** Using appropriate sentence structure and vocabulary. Expressing ideas in a logical sequence.

In most elementary schools, students with weaknesses in articulation and language skills make up the majority of the speech/language caseload. If a student's teacher or parent has concerns regarding the student's speech and/or language skills, the Speech Language Pathologist should be contacted so that an evaluation can be conducted. A hearing screening will always be a part of an overall Speech Language evaluation.

ARTICULATION

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Different speech sounds develop at different ages, so just because a child isn't producing all of his/her sounds correctly at a specific age, doesn't necessarily mean that the child has an articulation problem. For example, the /r/ sound may not be fully developed until approximately 7 ½ years of age. A Speech Pathologist can provide charts listing age ranges of normal sound development.

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HELP FROM HOME

It is best to rely on the Speech Language Pathologist to actually teach accurate production of error sounds because he/she will often use specific oral motor techniques to help students learn correct production. However, once the student can produce the error sound correctly, frequent practicing becomes extremely important in helping the child use the sounds correctly in conversation. That is when assistance from parents and/or caretakers becomes extremely helpful. The Speech Language Pathologist will often send practice sheets home. Even a short practice period several times per week will help the child develop a habit of producing sounds correctly.

BREAK TIME

If your child is working on specific speech sounds, the following are fun ways to help him/her practice and maintain these sounds over the school break:

- Read a story with your child. Ask questions about the story and have your child try to use his/her sounds correctly when answering.
- Look for pictures of words with the target speech sound(s). Have your child describe what is happening on each page using correct production of his/her target sounds.
- Take a walk and look for things that have target sounds.
- Look through a magazine and cut out pictures containing your child's practice sounds. Hide those pictures around the house and when they find the pictures, have him/her practice sounds 3 times.
- Pick out a 10 minute time period during the day (i.e.: dinner, homework time etc.). Set the timer for 10 minutes, having your child try to correct his/her sounds during that time.
- Incorporate speech practice into homework time. This can be done by having your child read aloud, talk about how to do homework problems or discuss answers to science/social studies problems. Just make sure to let your child know that you are practicing speech during the activity.

For past newsletters, go to www.therakids.org. On the left side of the page click on archived.

Therakids P.C. provides specialized occupational, physical and speech therapy services to help children overcome developmental concerns. Services are provided in the school setting throughout southwestern Illinois by licensed occupational therapists, occupational therapy assistants, physical therapists, physical therapist assistants and speech-language pathologists. **Email: www.Therakids.org**

