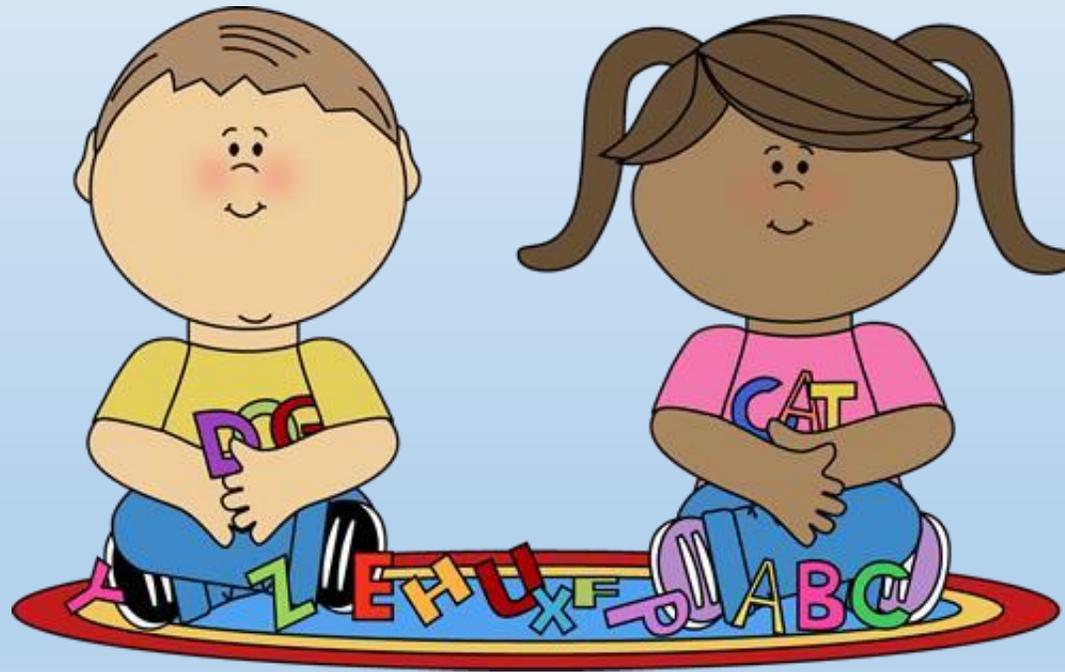


Sounds So Simple



Aim of Session

To help you learn about speech sound development such as when and how it happens.

To give you advice and strategies that will help you to support your child's speech sound skills at home whilst you are waiting for your first appointment.



Introduction

- Your child is **trying their best to talk** and you're **trying your best to help**
- **Developing speech sounds is a complex process**
- Your child may need **a little help** with their sounds. Our role is to **support you** with this

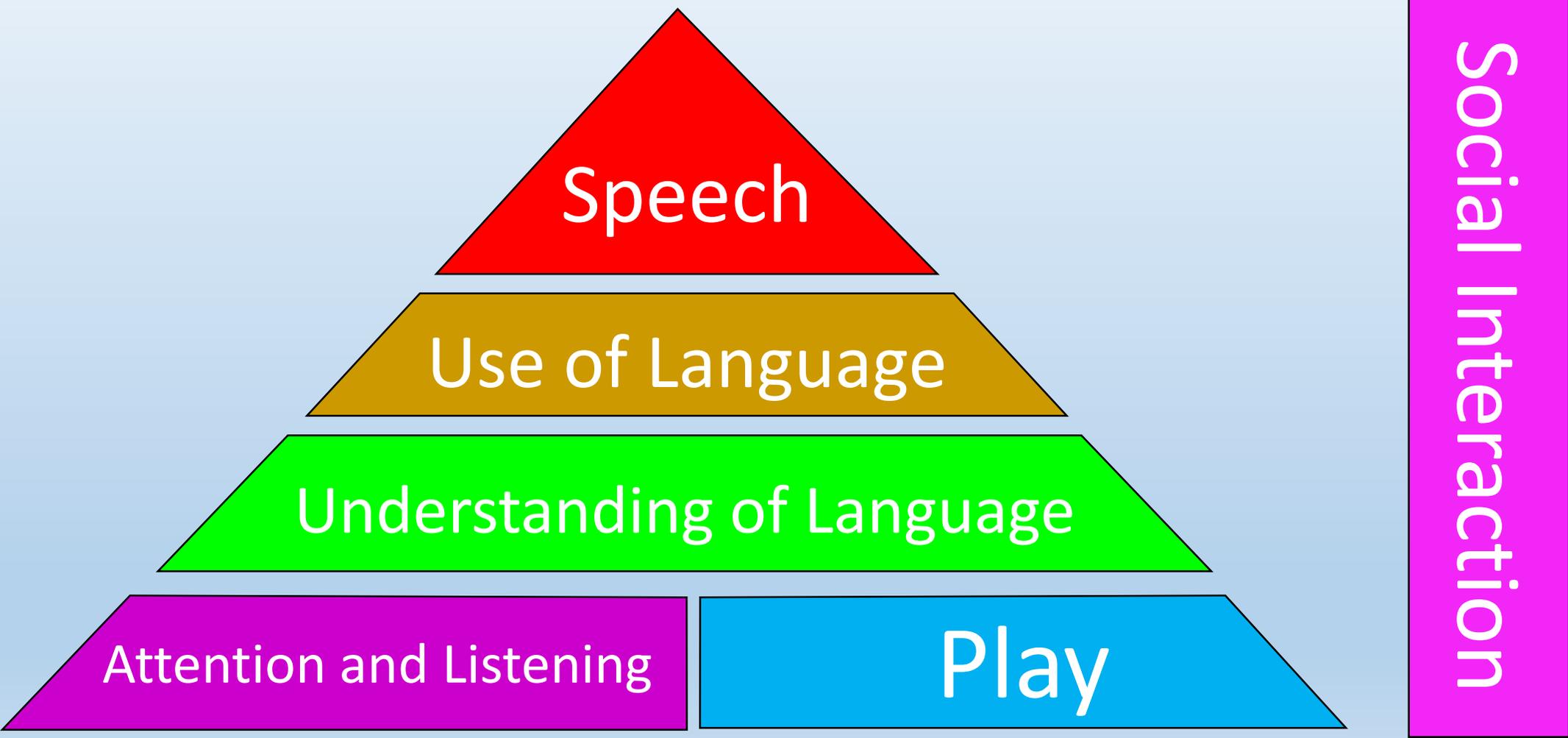


Quiz Time! True or False?



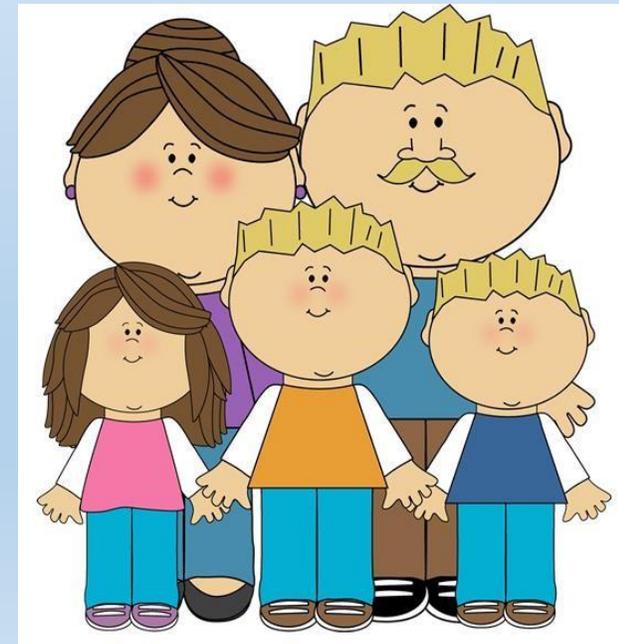
- Speech and language are the same thing 
- Children should be able to use all of their sounds by age 4 
- Speech sound errors can affect literacy 
- 1 in 20 young children will have some difficulty with talking 

The Communication Pyramid



The Building Blocks Of Communication

- **Communication** skills are built on **attention, play** and **interaction**
- Children need to **understand words** and **sentences** *before* learning to **use** them
- They need **time** and **practice using sentences** *before* they will be ready to work on **speech sounds**



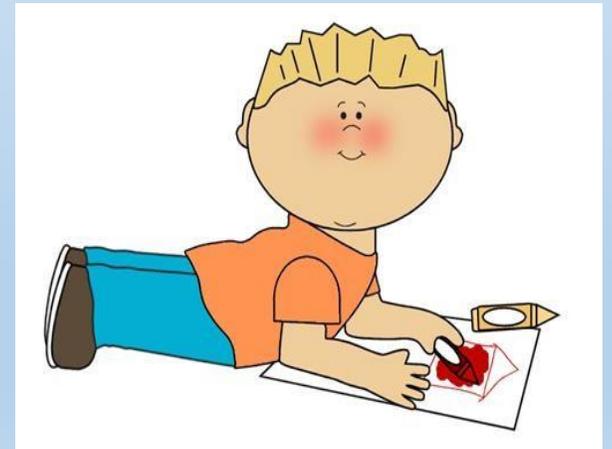
What can affect the development of speech sounds?

Attention and Listening

- Attention and listening are **different skills** to your child's ability to hear
- Attention and listening skills take **time** and **practice** to learn
- Our **expectations** of a **3 year old** child's attention and listening skills would be **very different** to those of a **6 year old**
- Children need **very good listening skills** in order to **notice** the **sounds** that make up words
- Some children with speech difficulties **find it hard to listen** and **keep their attention** on an adult-led task

How Can I Help?

- Try to **slow down** when you're talking to your child
- **Say your child's name.** Allow them a moment to **shift their attention** to you
- **Get down to your child's level,** so they can see your mouth moving
- **Reduce background noise** if possible e.g. turn off the TV
- Think about **how long** your child will listen for, given their **age/stage of development**
- **Praise** them for doing **good listening**
- Use a chair **with good back support**
- **Play games that encourage listening** such as musical statues
- **Draw their attention to sounds in their environment**



What can affect the development of speech sounds?

Hearing

- **Please discuss any concerns you may have about your child's hearing with us**
- Some children may have speech sound difficulties because **they are not able to hear them** correctly.
- **Glue ear** is a common cause of hearing difficulties in young children.

It is important to think about the following:

- Is there a **family history** of hearing difficulties?
- Does your child suffer with **regular colds**?
- Do they say '**what**' a lot?
- Do they need the TV/tablet **turned up loud**?
- Do they appear **bothered** by their ears? e.g. complaining or pulling at them
- Do they **turn to their name**?



What can affect the development of Speech Sounds?

Dummies and Bottles

- Dummies and bottles may be useful for **young babies** but they are **less useful** after **six months**.
- Regular use after **12 months** can **create problems** for children, such as:
 - **Less babbling**, which is an **important stage** needed before a child can talk
 - They are **more likely** to struggle with learning to use sounds at the **front of their mouth**
 - They are more likely to develop **glue ear**
 - **Dental problems** caused by the child's teeth growing in an **arch shape** around the dummy

“For clear speech keep my
dummy out of reach”



Dummy/Bottle Advice and Tips

- **Always take the dummy out** when your child is **making sounds** and/or **talking**
- **Avoid** relying on a dummy to **comfort** your child
- Once you have decided to give the dummy up, **don't be tempted to give it back** and **make sure there are none left** around the house
- Help your child **accept the dummy has gone** by telling them they are a **big boy/girl** now
- Leave it for the **dummy fairy** or **Father Christmas/Easter Bunny**



Tongue tie



- This occurs when the strip of skin joining the **tongue** to the **bottom** of the **mouth** is **shorter** than usual
- This affects **4-11% of newborn babies** and in severe cases can **affect the movement of their tongue**
- However, having a tongue tie **does not** usually affect children's speech sound skills
- Most children **can** still move their tongue **well enough** to eat and use all of their speech sounds

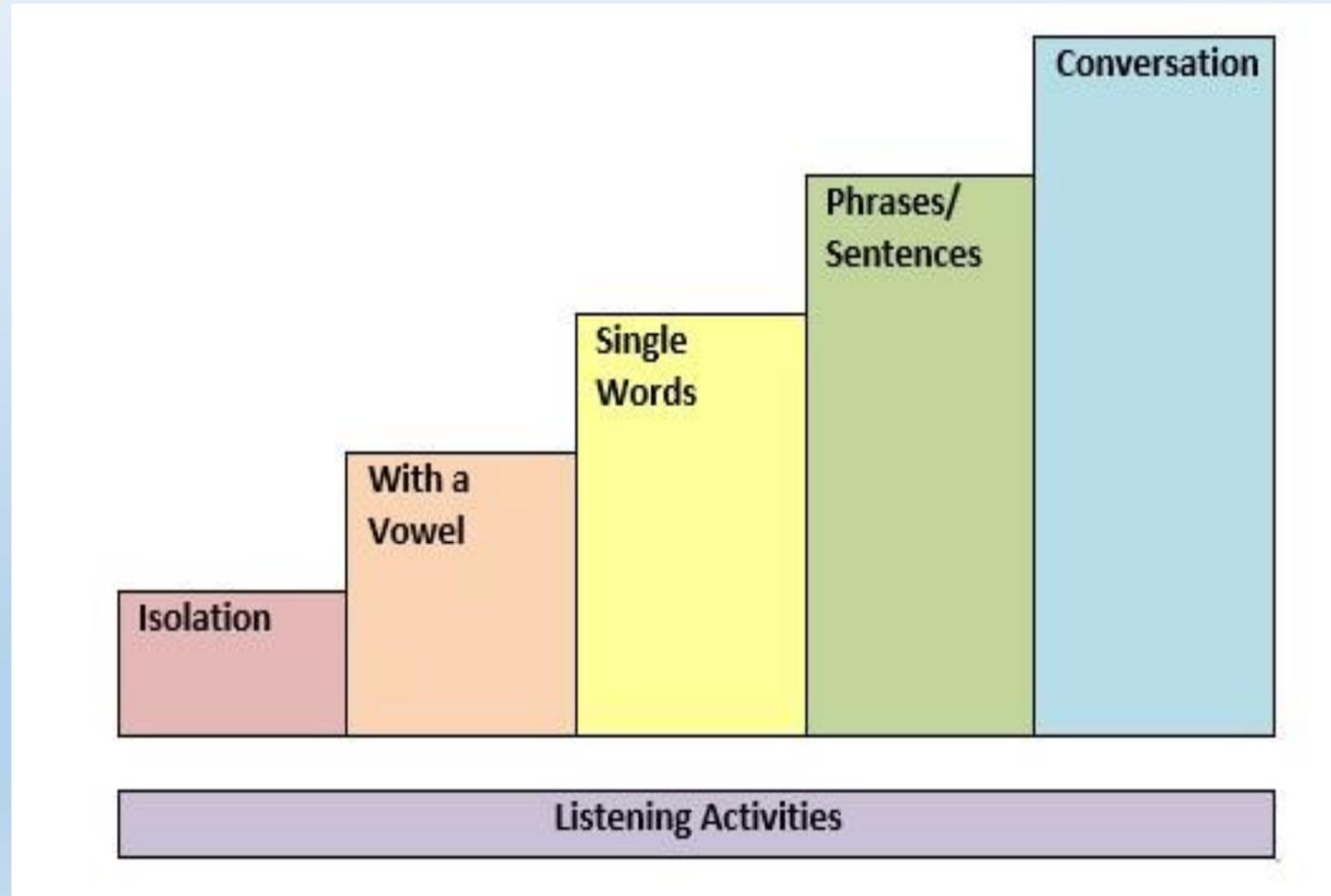
The Development Of Speech Sounds

- **All** children **swap** or **miss out** sounds when they are learning to talk
- Sometimes children are **still learning** to use **all of their speech sounds** up to **the age of 8**
- When we speak, air comes from the **lungs**, through the **voice box**, and out of the **mouth**. We shape sounds using **different parts** of the **tongue, lips, teeth** and the **top of the mouth** in order to say words
- Remember when your child was **learning to walk** - they **wobbled** and **fell over** until they had had **lots of time to practise**

Stages of Speech Sound Practice

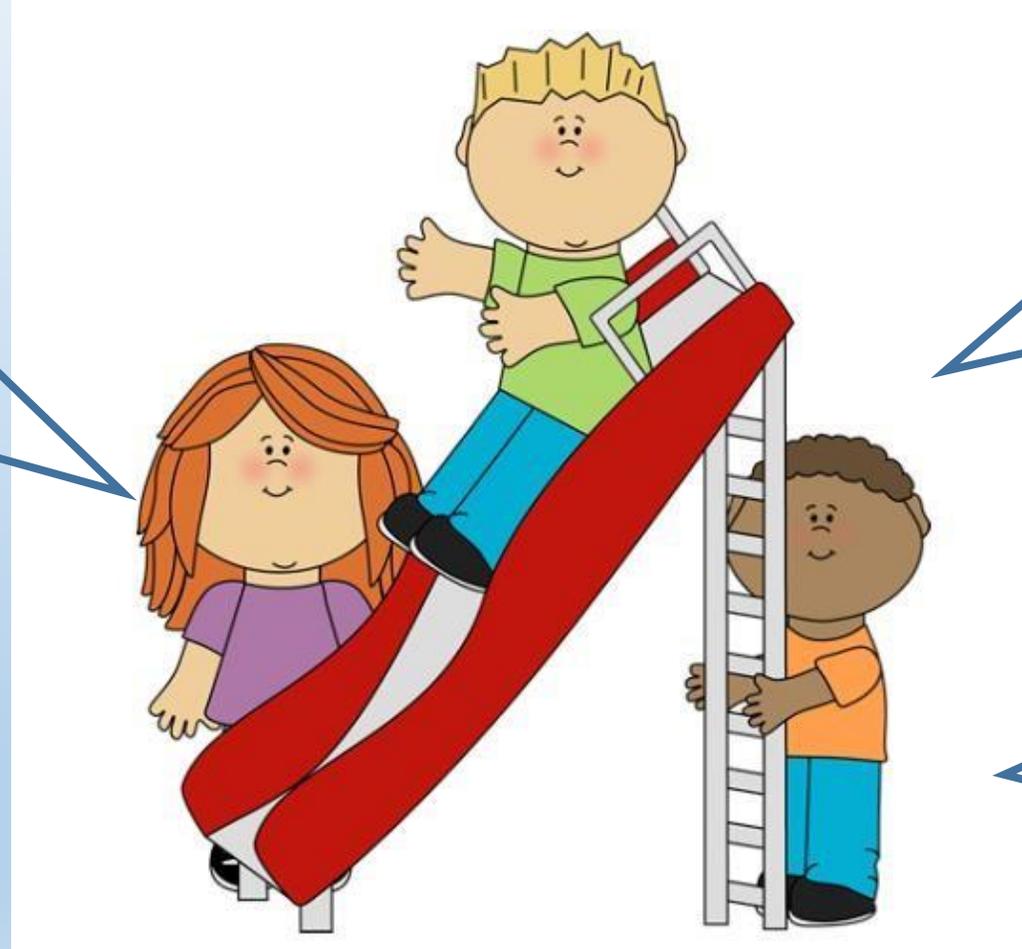
- After assessment, your Speech and Language Therapist may choose **1-2 sounds** for your child to practise
- This will depend on their **age**, the **kinds of difficulties** your child is having, and whether they have experienced **any history of difficulties** with **using words** and **sentences**
- There are a series of **different stages** that children will need to work through, to help them learn a new sound
- It is important that you work through these stages **at your child's pace**
- We may also **introduce a signing system** for your child to use **alongside their speech**

Stages of Speech Sound Practice



Strategies For Supporting Your Child At Home

“Let me hear how I should say my words”



“Help me to use actions to show you what I want”

“Get down to my level”

Strategies For Supporting Your Child At Home



“Show me other words which have my sound in”



“Show me how to clap out the beats in words”

We value your feedback

- Please could you give you some feedback on todays session by following the link or scanning the QR code below:

<https://forms.office.com/e/02GJTYgy8W?origin=lprLink>



What happens next?



- You and your child will be offered an appointment to **talk about their speech sound skills**
- At this appointment, the therapist will **discuss your concerns** and decide if Speech and Language Therapy will benefit your child
- If therapy will be beneficial, the therapist will discuss and agree with you **how we can support you**