

Let's Talk About Talking: How Families Can Nurture and Support Communication Skills



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What do Speech-Language Pathologists (SLPs) Treat?

Speech Disorders

- **Articulation** - the way we say our speech sounds
- **Phonology** - the speech patterns we use
- **Apraxia** - difficulty planning and coordinating the movements needed to make speech sounds
- **Fluency** - stuttering
- **Voice** - problems with the way the voice sounds, such as hoarseness

Language Disorders

- **Receptive Language** - difficulty understanding language
- **Expressive Language** - difficulty using language
- **Pragmatic Language** - social communication; the way we speak to each other

Other Disorders

- **Deafness/Hearing Loss** - loss of hearing; therapy includes developing lip-reading, speech, and/or alternative communication systems
- **Oral-Motor Disorders** - weak tongue and/or lip muscles
- **Swallowing/Feeding Disorders** - difficulty chewing and/or swallowing

What Questions Should I Ask the SLP *prior to the appointment?*

- What age group do you work with?
- What age and specific area (autism, fluency, deafness, early intervention, etc.) are your specialties?
- How quickly can you see my child, and what are methods of payment/ funding?
- After the evaluation, is there a waiting list for treatment? • Are you certified (have your CCCs) and licensed by the state?

What Questions Should I Ask the SLP *during the appointment?*

- How can my child's speech/language skills be compared to other children?
How common/uncommon is my child's disorder/delay?
- How frequently will he/she need therapy? How did you make this decision?
- Can I take an active role in the therapy sessions? Can I observe each therapy session?
- How will this affect my child's education?
- How will you check my child's progress in therapy?
- Where can I get resources to learn more about my child's difficulties? What can I do to help my child with his/her difficulties?
- What will occur during therapy?

Developmental Milestone - Speech Sounds

Speech Sounds by Age

Ages represent when 90% of children
can produce each sound

Crowe & McLeod (2020)

/b/ Sound.....	3 years	"y" Sound (as in, "yum").....	4 years
/n/ Sound.....	3 years	/v/ Sound.....	5 years
/m/ Sound.....	3 years	"j" Sound (as in, "jam").....	5 years
/p/ Sound.....	3 years	/s/ Sound.....	5 years
/h/ Sound.....	3 years	"ch" Sound.....	5 years
/w/ Sound.....	3 years	/l/ Sound.....	5 years
/d/ Sound.....	3 years	"sh" Sound.....	5 years
/g/ Sound (as in "go").....	4 years	/z/ Sound.....	5 years
/k/ Sound.....	4 years	/r/ Sound.....	6 years
/f/ Sound.....	4 years	Voiced "th" ("they").....	6 years
/t/ Sound.....	4 years	Soft "j" (" as in beige").....	6 years
"ng" Sound (as in, "ring").....	4 years	Voiceless "th" ("thumb").....	7 years

Developmental Milestones - Communication



What should my child be able to do?

Birth - 12 Months

Birth to 3 Months	4 to 6 Months	7 to 9 Months	10 to 12 Months
★ Alerts to sounds	★ Giggles and laughs	★ Looks when you call their name	★ Points, waves & shows objects
★ Makes sounds back and forth with you	★ Vocalizes during play	★ Raises arms to be picked up	★ Tries to copy sounds
★ Coos	★ Responds to facial expressions	★ Babbles long strings of syllables	★ Says one or two words
★ Recognizes loved ones	★ Blows "raspberries"		

What can I do to help?

- ★ Pay attention to your child's hearing - do they turn to noise or look at you when you talk?
- ★ Respond to your child. Make silly faces with them. Laugh when they do.
- ★ Teach your baby to copy actions, like peek-a-boo, clapping, blowing kisses, and waving bye-bye. This teaches them how to take turns and use gestures.
- ★ Teach animal sounds, like "A cow says 'moo.'"
- ★ Sing, tell stories, or read to your child every day.



What should my child be able to do?

13-19 Months

- ★ Looks around when asked “where” questions”
- ★ Follows directions—like “Give me the ball,” “Hug the teddy bear,” “Come here,” or “Show me your nose.”
- ★ Uses gestures when excited, like clapping or giving a high-five
- ★ Understands and uses words for common objects, some actions, and people in their lives.
- ★ Shakes head for “no” and nods head for “yes.”
- ★ Points to make requests, to comment, or to get information.
- ★ Uses a combination of long strings of sounds, syllables, and real words with speech-like inflection.
- ★ Identifies one or more body parts.

What should my child be able to do?

19-24 Months

- ★ Uses and understands at least 50 different words for food, toys, animals, and body parts. Speech may not always be clear—like du for “shoe” or dah for “dog.”
- ★ Puts two or more words together—like “more water” or “go outside.”
- ★ Follows two-step directions—like “Get the spoon, and put it on the table.”
- ★ Uses words like me, mine, and you.
- ★ Uses words to ask for help.

What can I do to help?

- ★ Talk to your child as you do things and go places.
- ★ Give your child two-step directions, like “Get the ball and put it in the box.”
- ★ Have your child point to pictures, body parts, or objects that you name.
- ★ Tell stories or read to your child every day.



What should my child be able to do?

2-3 Years Old

- ★ Uses word combinations
- ★ Says their name when asked.
- ★ Uses some plural words like birds or toys.
- ★ Uses –ing verbs like eating or running.
- ★ Asks why and how.

What should my child be able to do?

3-4 Years Old

- ★ Compares things, with words like bigger or shorter.
- ★ Tells you a story
- ★ Says all the syllables in a word.
- ★ Says the sounds at the beginning, middle, and end of words.
- ★ By age 4 years, your child speaks so that people can understand most of what they say.

What can I do to help?

- ★ Read, sing, and talk about what you do and where you go.
- ★ Use dress-up and role-playing to help your child understand how others talk and act.
- ★ Read books with a simple story. Talk about the story with your child.
- ★ Sort pictures and objects into categories, like food, animals, or shapes.



Delay vs. Disability - Look at the Whole Child



Pragmatic Language = Social Communication

Pragmatic language disorder is a condition in which someone has difficulty communicating verbally and non-verbally in social situations.



Communication Deficits

may lead to

Behavioral Challenges

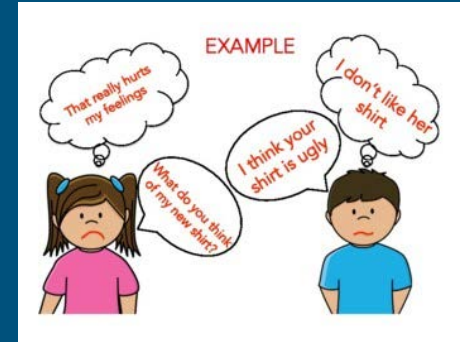
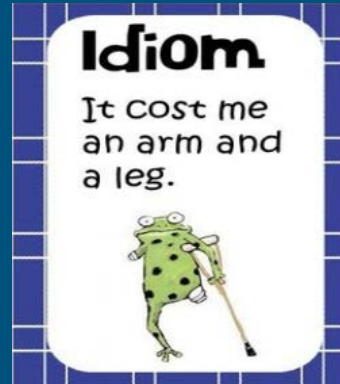
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Communication Challenges

How does an SLP help with pragmatic language?

- Teach social rules/boundaries
- Figurative language
- Inferences
- Perspective taking
- Collaborating with mental health professionals



Where to go if you have concerns...

- Early intervention

<https://formedfamiliesforward.org/topic/intervention-for-infants-and-toddlers/>

- Public School

<https://formedfamiliesforward.org/topic/public-school-special-education-parent-resource-centers/>

- Local pediatric outpatient rehabilitation centers

Questions...

