

- Please check out our website at [www.askaspeechie.com.au](http://www.askaspeechie.com.au)

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# ASK A SPEECHIE

VOLUME 1 ISSUE 4

JUNE 2010

## Welcome

Welcome to the June newsletter from Ask a Speechie. I am now back from my extended honeymoon. Thank you for everyone's congratulations.

We now have story books and games available for purchase. The boards games are aimed at kindergarten to year one (for revision). There is a focus on language/vocabulary development areas such as groups and sub-groups, same and different, things that go together, what things do, where they live and what they look like. Pre-literacy skills are also targeted in terms of syllables, rhyming, initial and final sounds, segmenting and blending sounds in words.

Each board game is based on a different theme from animals, to transport to clothes. Just to name

a few. These games are an excellent way to introduce children to these areas. Visit our website for more information.

Our brilliant graphic designer is in the process of editing and updating the workbooks. Unfortunately there will be a bit of a delay and we now expect the books to be printed by September. We promise they will be worth the wait!

We have been asked this question a few times and to answer it once and for all, you do not need a referral to see the speech pathologist at Ask a Speechie. For those parents who want to come due to teacher or school nurse concerns, an outline of their concerns can be useful when completing the assessment. To help with this we are in the process of completing

quick tick a box worksheets for teacher and school nurses to complete, that outline their concerns. These forms should be online within the next few weeks under the Contact Us section of the website.

We welcome all feedback and hope to hear from you all soon.

Until next time...

Natalie Harlond (nee Jones)  
Principal Speech Pathologist



## Topic 1: What do I do if my child can't say sounds?

When most people think about speech pathologists they associate us with helping children with articulation difficulties or not being able to say a sound correctly. This is certainly a large part of our role and the clients we see. Speech errors are more than

not being able to say a sound correctly. When looking at a child it is important to take into consideration whether or not the sound difficulties are interfering with their ability to communicate with parents in order to get their needs met and with their peers, in order to make and keep

friends. It is possible for a child to go to a speech therapist with a multiple of speech errors which are all age appropriate, however the child is frustrated and annoyed because they can't communicate well with family and friends. In the majority of cases the



## Topic 1: What do I do if my child can't say sounds?

Speech Pathologist will decide to target the sounds.

As a general rule:-

By 3 years of age children should have the /m, n, h, p, ng, w, d, t, y, b, g, k/ sounds.

By 3;6 years of age children should also have the /f/ sound.

By 4 years of age children should also have the /l, sh, ch/ sounds.

By 4;6 years of age children should also have the /s, z, j/ sounds.

By 6 years of age children

should also have the /v/ sound and **all** consonant blends.

By 8 tot 8 and a half children should be able to produce all sounds including /th/ as in thing and /th/ as in that.

Again these are only a general rule.

Research has demonstrated that a delay in speech articulation can also lead to a delay in literacy (particularly spelling). The reason for this is that if the child can not hear the

sound, they will not use it in their writing. A common example of this is the /th/ sound. Many children get to year 1 still saying /f/ for /th/. As we can see from our "general rules" the /th/ sound is not expected until 8 to 8 and a half years of age.

However, Speech Pathologists will often target this sound early if they feel that a child's literacy skills are being affected by the child not being able to say the

*Effective communication and language skills are fundamental to young people's learning, developing social skills and fulfilling their potential."*

*Ed Balls*

## Topic 1: What do I do if my child can't say sounds?

sound.

Not being able to say a few sounds is considered to be a speech sound delay, however sometimes a child can actually have more complex speech problems and these are considered to be speech disorders. Read below for more information on speech disorders.

Should you have any concerns or wish to ask

any questions about your child's development please contact us on [mail@askaspeechie.com](mailto:mail@askaspeechie.com) or phone us on 9438 1969.

There are some information brochures under the parents section of the website that may give you some ideas and some strategies to try as well. However these are not treatments and if you

have any concerns please contact a speech pathologist.

Ask a Speechie Speech Pathologists are happy to provide a free 15 minute initial phone consultation to answer any questions or concerns you may have. In some cases we will be able to answer your questions easily, in others we will recommend an assessment consultation.

## Topic 2: Does my child have a speech disorder?

The word "disorder" sounds terrible I know. It is not necessarily as terrible as it sounds though in the case of articulation.

Many children exhibit "normal" developmental errors. Some may have many and others only 1 or

2. Some children will grow out of these errors whilst others will require some speech pathology to correct the sound production.

In contrast to this, a speech disorder can be defined as sounds that are produced differently then

would be expected for any age. The cause of the disorder may be as a result of anatomical, neurological or physiological difficulties or there may be no obvious reasons.

Children with speech disorders will always



require speech therapy

Some children may have speech disorders as a result of developmental disorders such as autism; genetic syndromes such as down syndrome or neurological disorders such as cerebral palsy.

Other children may have difficulty as a result of hearing loss, physical abnormalities of the mouth or difficulty co-ordinating the muscles in the

mouth such as the lips, tongue, teeth and palates.

Or as previously mentioned., they may be no obvious cause.

Errors can be divided into Omissions where syllables or segments in words are left out. eg bow for boat or og for dog; Additions where an extra sound or sounds are added to the word; Distortions where sound are changed slightly so that the sound can be

recognized but does not sound correct or Substitutions where one or more sounds are substituted for another (eg rabbit to wabbit or cat to tat).

Please note some of these errors on their own are not considered disorders but delays. However where there are multiple errors, where the errors do not follow developmental norms and when the child has very poor intelligibility they will

be considered to have a disorder.

Note: Some speech pathologists use the terms delay and disorder interchangeably. The two terms are defined differently for the purpose of this article.

## Our website

Welcome to all our new subscribers and welcome back to the ones that have been there since the beginning.

At Ask A Speechie we are always interested in your opinions and constructive feedback. Please go to our website under Contact Us to get in touch.

Our parents' section gives you information on different areas of

speech pathology.

Please feel free to print out this information and use it with your child. Please note this is a strategy to help your child and NOT a complete treatment for your child. It is important to contact a speech pathologist if you have any concerns.

You will notice we have a question section. All questions are answered

within 24 to 48 hours. We encourage our parents to ask questions (hence our name!!). We are happy to offer free advice.

Sometimes we may not be able to give you a complete answer as some questions depend on family history, your child's history and medical information. We will endeavour to answer all questions to the best of our ability.

**“Communication is at the heart of child**

**development, be**

**it social,**

**cognitive,**

**emotional or**

**behavioural.” L.S**

**Vygotsky**

## Our website cont..

We didn't have much of a turn out to our forum day. If anyone has a topic they would like to discuss, please write it on our forum board and we will get back to you.

Many people have the same questions and concerns, so please remember there are NO stupid comments or questions.

If there are a number of people who would like a regular forum

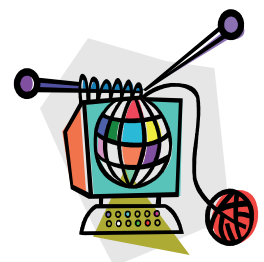
time please feed this back to us and we are more than happy to make a time.

At Ask A Speechie we are always looking at new ways to get the Speech Pathology message across so we will be producing some new products that should be useful for teachers in the classroom later this year.

Once again our website address is

[www.askaspeechie.com.au](http://www.askaspeechie.com.au).

We look forward to chatting soon.





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**Ask a Speechie is a speech pathology clinic established January 2010. We work with children from 3 years of age to end of primary school in areas such as language, literacy, articulation, comprehension, pre-literacy skills and story telling.**

**We offer treatment and assessment to suit your child's needs. Please contact us for more details.**



## New Catalogue: Chatterbug Books and Resources

Chatterbug Books and Resources is the product side of Ask A Speechie. If you wish to ask about any of the products you can contact us on 9438 1969 or by e-mail on [mail@askaspeechie.com.au](mailto:mail@askaspeechie.com.au).

A catalogue of current products available for sale is in the process of being developed. If anyone would like a copy of this, please contact us at [mail@askaspeechie.com.au](mailto:mail@askaspeechie.com.au) and we will get a copy out to you as soon as they become available.

