

[What if I am unsure if my child needs therapy services or an evaluation?](#)

If you would like to speak with a therapist about your concerns, you can [book a free consultation](#). A free consultation consists of a 15-20 minute phone call where you can talk with one of our therapists about your concerns without committing to a full evaluation. The therapist will ask questions about your child's development, address any concerns you may have, and provide recommendations for your child. We also offer our FREE online tool, the [Growth Ability Patterns \(GAP\) Assessment](#). In just a few minutes, you can learn whether your child is developmentally on track.

[What areas do speech therapists treat in children?](#)

Speech therapists, or speech-language pathologists (SLPs), work with children in four main areas: articulation (speech sounds, intelligibility), language (receptive and expressive), pragmatics (social language skills), stuttering/fluency, and feeding (oral motor, swallowing, some sensory).

[Do you involve parents in the treatment process?](#)

Yes. Parents are a very important part of treatment at Kid's Creek. Parents are often invited into the treatment rooms to observe therapy if the situation is appropriate, and parent education is an integral part of every therapy session. Each session is designed to allow time for the parent and therapist to discuss progress and what was done during the therapy session. Home programs are provided to the parent to increase carryover in all settings and help the child be more successful in reaching their goals.

[How much of my child's speech should I \(and others\) be able to understand at this age?](#)

Typically, a child should be 100% intelligible to unfamiliar listeners by age 4. For younger children, unfamiliar listeners should be able to understand roughly 25% age 1, 50% by age 2, and 75% by age 3.

Most children are known to be talkative. However, some children may find it more difficult than others to speak clearly and expand their vocabulary. In such cases, a [speech therapist](#) may be needed. **Here are a few frequently asked questions about speech therapists.**

What is speech and [language therapy](#)?

Speech and language therapy is aimed at helping individuals develop

better communication skills. These therapists can help a child enunciate properly, build a wider vocabulary, construct sentences and interact better with others. They can also help treat stutters and [swallowing](#) problems.

What does [speech therapy](#) involve?

Speech therapy can be practiced at home, in a clinic or at schools. The first step of this therapy is to set a clear goal. This goal should be measurable, realistic and be attached to a time frame. Therapy sessions may be in the form of group sessions or one-on-one sessions. This also includes parent education programs to help build an environment that fosters learning.

Can speech therapy benefit children with learning disabilities?

Speech therapy can be very beneficial for children with learning disabilities like [autism](#) or down syndrome. In such cases, a speech therapist can help the child develop better speech patterns and help them express themselves. By doing this, they can also make the child a better listener and help them follow simple instructions and answer questions.

When does a child need speech therapy?

If a child does not meet the general milestones for his or her age by the age of 2 years, he may need to see a speech therapist. This includes a limited vocabulary, using single words instead of phrases, answering questions by repeating the question etc. Not being able to pronounce vowels could also be a sign that speech therapy is needed.

How long will a child need speech therapy?

Each child learns at a different pace. Hence, there is no uniform duration of speech therapy. The duration of the therapy depends on the severity of the problem, the improvement shown in sessions and reinforcement available at home.

How can parents help with speech therapy?

A therapist has limited time available with the child. Hence, the responsibility of evaluating the child's progress falls largely on the parents. Parents are involved in the therapy right from the stage of setting goals. Later, they can also help by reinforcing the therapist's exercises at home. For this, the therapist may share instructional videos with the parents.

A large number of people in the world suffer or has suffered from speech disorders like stuttering or stammering at some point in their lives.

Stuttering or stammering is the involuntary disruption or interruption in speech where certain sounds are prolonged or words are repeated.

Speech disorder can cause a lot of problems in terms of personality build up and causes anxiety in people. Every activity of the body is dealt or controlled by the nervous system and the brain. Thus the proper functioning of the body is the sole responsibility of the brain and any glitch can affect the functions to a certain extent.

What are the symptoms of speech disorders?

1. Words are repeated
2. Prolongation of words or silent blocks
3. Hesitation while speaking
4. Difficulty while starting a word or a phrase

What causes speech disorders?

1. Genetic problems
2. Impatience
3. Stress, Shame and Anxiety
4. Embarrassment and nervousness
5. Loss of control while speaking

Ayurvedic remedies to overcome speech disorders:

1. Brahmi Oil: It is a stimulant that is known to calm your mind and boost the function of the brain. Take 10 ml of the oil and warm it.

Cool it down to a suitable temperature and apply to your head when it is lukewarm, half an hour before going for a shower. You can also apply it before going to bed and shampoo the morning after. This is more effective.

2. **Black pepper, almond and sugar candy**: Take black pepper, and make a paste out of it. To the paste, add 7 ground almonds and mix it with sugar candy. Consume this paste every day for at least a month.
3. **Amla**: It is an effective remedy, especially in children to stop stammering. Also known as Indian Gooseberry, it should be chewed on to slowly every day.
4. **Cow's Butter**: Also called as ghee, it is responsible for brain development and is known to increase memory. Add this ingredient to your food. In case you have a concern or query you can always consult an expert & get answers to your questions!

In case you have a concern or query you can always consult a specialist & get answers to your questions!

Speech disorders refer to the conditions that affect an individual's ability to form sounds that allow them to communicate with others. They are not the same as language disorders. Speech disorders stop people from producing correct speech sounds. A language disorder, on the other hand, affects one's ability to comprehend language and learn words. Nevertheless, both disorders make it difficult for a person to express feelings and thoughts in front of others.

Types of Speech Disorders

Speech disorders can affect anyone, at any age. Some common types of speech disorders are the following –

- Stuttering – This type of speech problem interrupts your normal speech flow. Frustration, excitement, or stress can cause stuttering to become more serious.
- Apraxia – This refers to brain damage resulting in impediment of an individual's motor skills. Speech Apraxia specifically refers to the damage of motor skills affecting a person's ability to create speech sounds correctly, even if they are aware of the right words.
- Dysarthria – This occurs when brain damage causes the face muscles – lips, tongue, or throat – to weaken. Muscle weakness in certain body parts can make it difficult for a person to speak correctly.

Symptoms of Speech Disorders

If you have a speech disorder, you are likely to experience symptoms such as –

- Prolonging or repeating sounds
- Distorting sounds
- Adding syllables or sounds to words
- Rearranging syllables
- Difficulty in pronouncing

Psychological Rehabilitation for Speech Problems

Psychological rehabilitation includes certain programs like speech therapy and physical exercises that help the disabled person cope with the physical as well as emotional aspects of the impairment.

The rehabilitation program provides support to the patient when performing routine activities, which might be challenging to cope with otherwise when you have a certain speech disorder. A team of professionals offer assistance with behaviours, emotions, and developing coping skills.

When should I be concerned about my child's communication skills and development?

While each child develops at a unique pace, listening and language milestones can be used to monitor spoken language development. Parents who are concerned about their child's development should discuss these concerns with their child's pediatrician.

Here are general guidelines for when a child should be using spoken language:

First words by 12-15 months of age

Frequent two-word combinations by 21-24 months of age

Frequent three-word combinations by 36 months of age

Intelligible speech in conversation 90% of the time by age 4

Complete sentences most of the time by kindergarten age

Is there anything I can do to help my child's speech-language development?

Here are some helpful tips:

Always be aware of the level at which your child is communicating.

To get your child to talk, make comments about events as they happen, and avoid asking too many questions.

Encourage taking turns in conversation, and avoid speaking rapidly or for too long when it is your turn.

Praise your child's efforts when they communicate with appropriate gestures, pointing, gazes, and verbal attempts.

How long will my child require speech therapy before catching up with their peers?

That will depend on factors such as the severity of the hearing loss and your child's cooperation, motivation, and readiness to learn. Children who find it difficult to understand language, or who have underlying neurocognitive impairment (such as autism) may require a longer course of treatment.

How often should my child attend speech therapy?

Typically, children receive speech therapy one to two times per week, based on the severity of their hearing loss and the recommended intervention program. More intensive schedules are implemented when necessary.

How long are therapy sessions?

Parent-centered speech therapy sessions typically last 45 minutes.