



## What is **Speech Therapy**?

Speech Therapy improves individuals' quality of life by optimizing their abilities to communicate and swallow. Our speech therapists use evidenced-based practice, which is an approach in which current, high-quality research evidence is integrated with practitioner expertise, along with the client's values and preferences (ASHA, 2005).

### **Areas of Concern:**

- **Speech sounds**

- **Articulation** refers to how we say sounds. Common articulation errors are substitutions (e.g., “wabbit” for “rabbit”) and distortions
- **Phonology** refers to how we use individual sounds in the context of language. Examples of phonological disorders are fronting (e.g., “tar” for “car), stopping (e.g., “tee” for “see”), and final consonant deletion (e.g., “bu” for “bus”).
- **Childhood Apraxia of Speech (CAS)** is a rare motor speech disorder. Children with CAS have difficulty saying sounds, syllables, and words because the brain has difficulty coordinating and planning the muscle movements necessary to say those words.
- **Dysarthria** is a motor speech disorder caused by muscle weakness. It may cause slurred speech, breathy vocal quality, and imprecise sound production.

- **Language**

- Children may have difficulty with **receptive language**, or the understanding of language, such as:
  - Understanding what people mean when they use gestures, like shrugging or nodding

- Following directions
  - Answering questions
  - Pointing to objects and pictures
  - Knowing how to take turns when talking with other
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- Children may have difficulty with **expressive language**, or talking, such as:
    - Asking questions
    - Naming objects
    - Using gesture
    - Putting words together into phrases and sentences
    - Learning songs and rhymes
    - Using correct pronouns (e.g., “he” or “they”)
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- Orofacial Myofunctional Disorders
    - Habitual open-mouth posture
    - Tongue Thrust – when the tongue protrudes out of the mouth or against the teeth when talking or swallowing