

# SPEECH & LANGUAGE

## Monthly Parent Newsletter

### WHAT TO KNOW?

The month of May focuses on bringing awareness to communication and hearing issues, and early treatment.

Speech and language difficulties are common concerns in young children. With early identification and support, children can grow their learning and communication skills.

### WHO CAN HELP WITH COMMUNICATION?

**Speech-language pathologists** are the primary professional who is taught and experienced in identify, assessing, diagnosing, and treat communication delays/disorders.

### WHO CAN HELP WITH HEARING?

**Primary Care Provider** can provide medical assistance or referrals for hearing issues.

**Audiologist** which specializes in testing hearing to help identify the type and degree of hearing loss. They are licensed to fit and dispense hearing aids.

**Otolaryngologist** (also known as an ENT) which is a physician who specializes in the treatment of the ears, nose, and throat. They can provide medical and surgical care.

### HOW CAN I HELP?

- Be mindful of your child's hearing and protect their hearing from loud noises
  - Limit exposure to loud environmental noise and music
  - Use appropriate ear protection
- Model, model, model
  - Model single words and small phrases (e.g., "ready set go", or "my turn")
  - Show & label different emotions
  - Label what they are doing
  - Show them different actions (e.g., waving, clapping, sneezing, lifting hands)
- Pause
  - Some children need more time. Allow your child a moment to process what you say and respond (Try to give 5-10 seconds pause!)
  - While singing, add pauses to see if you child will fill in the space with a vocalization or word
- Use visuals such as pictures or signs
- Sing songs, tell stories, and read books
  - It's okay to reread the same stories, and sing the same songs over and over again
- Play back & forth games (e.g., peek-a-boo, pushing a ball)

### COMMUNICATION MILESTONES



You can locate information on the American Speech-Language-Hearing Association website ([www.asha.org](http://www.asha.org)) by inputting "communication milestones" in the search bar. Note that every child is unique, and will meet milestones at their own pace. If you have any concerns regarding your child's communication development, please share them with your Primary Care Provider!

#### References:

- American Speech-Language-Hearing Association. Communication Milestones: Birth to 1 Year. <https://www.asha.org/public/developmental-milestones/communication-milestones-birth-to-1-year/>  
Children's Hospital of Philadelphia. Age-Appropriate Speech and Language Milestones. <https://www.chop.edu/health-resources/age-appropriate-speech-and-language-milestones>  
National Institute on Deafness and Other Communication Disorders. Who Can I Turn to for Help with My Hearing Loss? 24 Oct. 2024. <https://www.nidcd.nih.gov/health/who-can-i-turn-help-my-hearing-loss>

The Month of May is

**NATIONAL  
SPEECH-LANGUAGE-HEARING  
MONTH**

