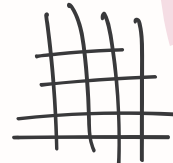




Understanding Speech and Language Therapy: A Guide for Parents



Helping Your Child Thrive at Home

Objectives of session



01.

What is Speech and Language Therapy?



02.

How the SLT service works in Harrow



03.

How you can support your child at home



What is Speech and Language Therapy?

What is Speech and Language Therapy [SLT]

Definition:

Speech and language therapy (SLT) focuses on assessing and treating speech, language, and communication challenges in children.

Who it helps:

Children who have difficulty with:

- Speech clarity (articulation / phonological)
- Understanding or using language
- Social communication (connection & interaction with others)
- Fluency (e.g. stammering)
- Voice issues

What is SLCN?

The term speech, language and communication needs (SLCN) describes difficulties across one or many aspects of communication including:



Why early support is important

The benefits:

- ✓ Builds confidence and reduces frustration.
- ✓ Supports academic achievement and social skills.
- ✓ Promotes independence and self-expression.

Key Point: Early support can prevent long-term challenges.

How SLT helps your child

Assessment:

A detailed evaluation of your child's speech and language abilities.

Tailored Therapy:

Individualized strategies and activities to improve speech, language, and communication skills.

Collaboration:

SLTs work with parents, teachers, and other professionals to support your child.



How the SLT service works in Harrow

How does the SLT schools' service work?

- We go into primary and secondary schools in Harrow:
 - Harrow GP
 - Harrow EHCP
- We work closely with school staff, other professionals and invite parents to be involved
- Ongoing support and home practice are key to success. Please contact your SLT to help guide you in using effective strategies at home.

SLT input in school may involve...

SLT input is tailored to meet individual needs of students

Sessions may be face to face or indirect
- Face to face: 1:1, paired, small group, whole class

Fun, interactive activities designed to engage children and improve their skills.

Assessment and review sessions to set/review targets with support from staff

Observation of the student in class and feedback to staff, suggesting strategies

SLT input in school may involve...



Referrals, liaison and discussion with outside agencies e.g. paediatricians, CAMHS

Writing target sheets to share with parents and school staff

Attending IEP/planning meetings with school staff

Attending annual reviews

Staff training

Informal liaison, advice and training with support staff





**How you can support your child at
home**

Role of Parents in Speech and Language Development

You are the primary model:

Children learn language by hearing it spoken around them. Your role is crucial in their language journey.

Speak your home language with your child.

Everyday opportunities:

Daily routines like mealtime, playtime, and bedtime offer great chances to practice communication.

Basic Strategies to Support Speech at Home

1. Encourage Communication:

- Provide choices (e.g. "Do you want an apple or a banana?").
- Ask for more information (e.g. "Tell me more about X" / repeat what they have said).

2. Model Clear Speech:

- Speak slowly and clearly.
- Emphasize new or tricky sounds.

Basic Strategies to Support Speech at Home

3. Give Time to Respond:

- Be patient and wait for your child to finish, without interrupting.
- Avoid completing sentences for them.

4. Expand on What They Say:

If your child says "dog," respond with "Yes, a big brown dog!"

Basic Strategies to Support Speech at Home

5. Read Together:

- Talk about the pictures in the book
- Encourage your child to retell the story in their own words.

6. Use Everyday Situations:

- Talk about what you're doing (e.g., cooking, shopping) and label objects and actions.

Activities to Boost Speech and Language Development

Play-based learning:

- Engage in play (e.g. pretend play with dolls, toy cars; exploratory play; active play) and narrate the actions.

Songs and Rhymes:

- Sing songs, do finger plays, and practice rhymes that encourage repetition and rhythm.

Visual Supports:

- Use pictures, books, or objects to introduce new vocabulary and concepts.

When to Seek Professional Help

Signs to watch for:

- Difficulty being understood by others.
- Limited vocabulary for their age.
- Frustration with communication.
- Trouble following instructions or understanding language.

Discuss any concerns with your school SENCo in the first instance

If your child is known to SLT

Stay Informed:

- Regularly communicate with your child's therapist to understand their progress.

Practice Daily:

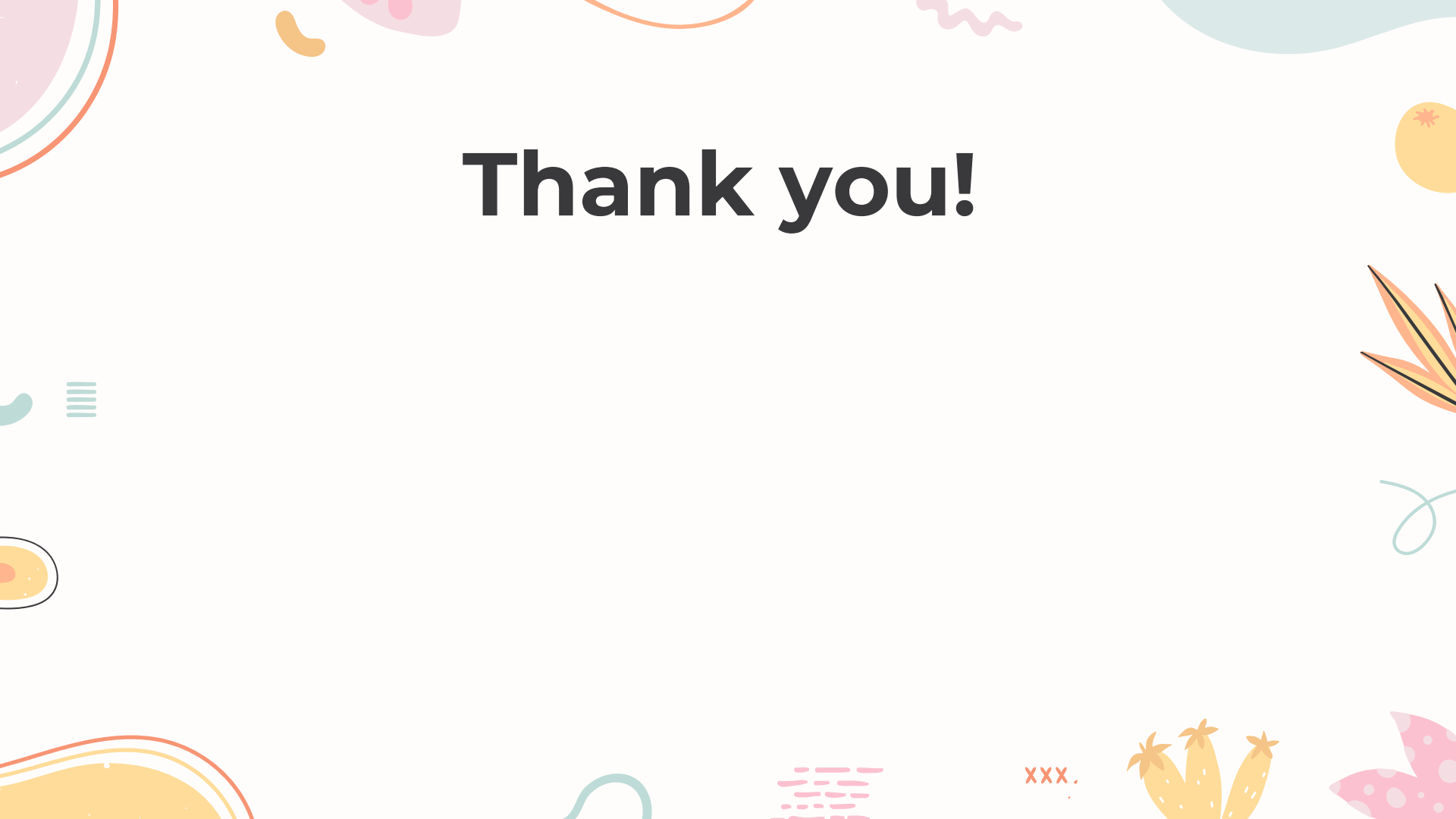
- Incorporate speech and language activities into everyday routines.

Be Patient and Positive:

- Celebrate small victories and create a positive, encouraging environment for your child to practice.

Parent feedback



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Thank you!