

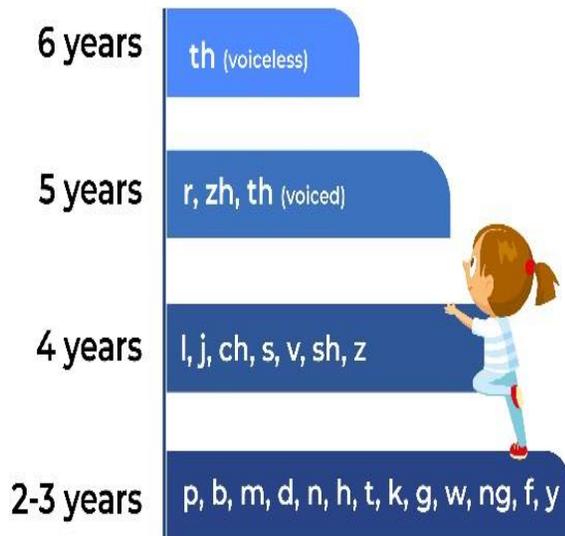
Comments from Comprehensive Services ~ July 2021



FAQs About Speech Sound Development

- 1) *Sometimes I can't understand what my child/student is saying? Is there a speech problem?*
- 2) *When should I request an evaluation and get speech therapy?*

New studies have determined the average age that children learn to pronounce English consonants correctly. This chart illustrates the findings. *(Based on 15 English speech acquisition studies compiled by McLeod and Crowe, 2018)*



Average age children learn to pronounce English consonants correctly
(Based on 15 English speech acquisition studies compiled by McLeod and Crowe, 2018)

McLeod, S. & Crowe, K. (2018). Children's consonant acquisition in 27 languages: A cross-linguistic review. *American Journal of Speech-Language Pathology*. doi:10.1044/2018_AJSLP-17-0100. Available from: <https://aiselink.asha.org/article.aspx?articleid=2701897>

Parents and teachers should also consider the child's ability to be understood by strangers, when questioning a need for further assessment and possible professional support from a speech pathologist. This chart provides information regarding "average" intelligibility at each age.



Speech Intelligibility

Age	Understood by Strangers
18 months	25% of the time
2 years	50% of the time
3 years	75% of the time
4 years	90-100% of the time

Graham
Speech Therapy LLC

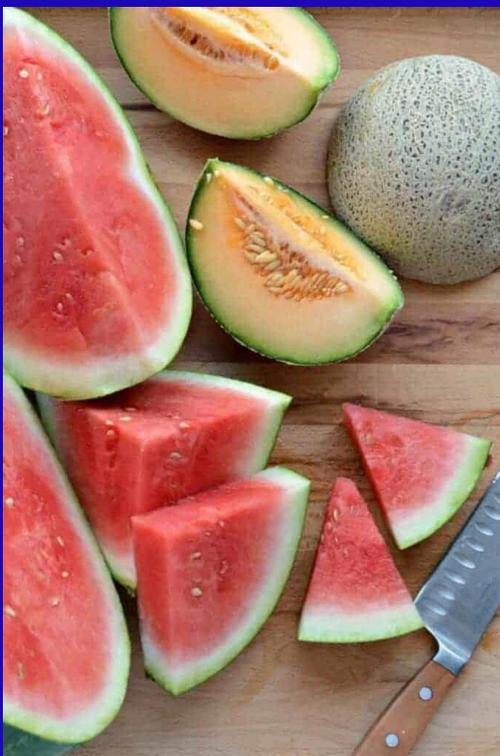


If you have any concerns about a child's speech development, you can always contact the Special needs Coordinator at your Children First Site, for an observation and screening.

What to Eat to Beat the Summer Heat

The summertime heat is in full gear, and we must remember to hydrate to prevent dehydration. **Did you know that besides a cold glass of water, there are foods that aid in hydration and help add electrolytes?** Below is a list of these food items to incorporate into your summer menu.

- **Watermelon:** Provides the amino acid citrulline, which increases the body's ability to deliver oxygenated blood to muscles during physical activity.
- **Oranges:** Wonderful source of water and packed with potassium that helps regulate muscle contractions.
- **Cantaloupe:** Another great source of potassium as well as magnesium that are essential for electrolyte balance.
- **Cucumbers:** Ninety seven percent water, these crunchy vegetables have the highest water content of any food. They also are high in magnesium and potassium.
- **Strawberries:** Highest water content of a berry and rich in vitamin C.
- **Tomatoes:** Packed with Vitamin C, water, and potassium.



Hearing Loss in Children

Most children hear and listen from the moment they are born. They learn to talk by imitating the sounds around them and the voices of their parents and caregivers. Hearing is a critical part of kids' social, emotional, and cognitive development. Even a mild or partial hearing loss can affect a child's ability to develop speech and language properly. That's because children start learning speech and language long before they talk. About 2 or 3 out of every 1,000 children in the US are born deaf or hard-of-hearing. More lose their hearing later during childhood. The good news is that hearing problems can be overcome if they're caught early — ideally by the time a baby is 3 months old. So get your child's hearing screened early and checked regularly. Hearing problems can be temporary or permanent. Sometimes, ear infections, injuries or diseases affect hearing. If your child does not hear well, get help.

Symptoms of a Hearing Loss

Even if your newborn passes the hearing screening, continue to watch for signs that hearing is normal. Some hearing milestones your child should reach in the first year of life:

- Most newborns startle or "jump" to sudden loud noises.
- By 3 mos., a baby usually recognizes a parent's voice.
- By 6 mos., a baby can usually turn his or her eyes or head toward a sound.
- By 12 mos., a baby can usually imitate some sounds and produce a few words, like "Mama" or "bye-bye."

As your baby grows into a toddler, signs of a hearing loss may include:

- limited, poor, or no speech
- frequently inattentive
- difficulty learning
- seems to need higher TV volume
- fails to respond to conversation-level speech or answers inappropriately to speech
- fails to respond to his or her name or easily frustrated when there's a lot of background noise

Get Help!

- If a parent or anyone else who knows a child well thinks the child might have hearing loss, ask the doctor for a hearing screening as soon as possible. Don't wait!
- If the child does not pass a hearing screening, ask the doctor for a full hearing test.
- If the child is diagnosed with a hearing loss, talk to the doctor or audiologist about treatment and intervention services. Hearing loss can affect a child's ability to develop communication, language, and social skills. The earlier children with hearing loss start getting services, the more likely they are to reach their full potential. If you are a parent and you suspect your child has hearing loss, trust your instincts and speak with your doctor.

Teaching Your Child Body Safety

While it's not your child's responsibility to protect themselves from sexual abuse, he or she should be taught important boundaries about their body. The guidelines below are adapted from the non-profit organization, The Mama Bear Effect. By talking to your kids about personal safety, they will be more prepared to stay safe and get help when needed.

1. Use actual names of body parts

Just as you teach your child eyes, nose, ears, and feet, it's important to also teach your children the correct names for their private parts.

2. Appropriate and inappropriate touch

While you are teaching your child the names of body parts, also tell them that no one should touch or show private parts (the ones covered by a swimsuit). Talk about a couple of exceptions. (caregiver helping with toileting, doctor ensuring you are healthy)

3. Discuss with your child what a safe touch is, like hugs and high fives

Find out what kind of touch they're comfortable sharing with people they care about. Create family rules to identify appropriate people to share affection with such as hugging, kissing, cuddling, etc. Teach your child that unsafe touches happen when someone touches your private parts, or even hugs too long, touches somewhere near a private part, or an inappropriate kiss. It's important to tell an adult if someone touches a private part or does something to make you feel uncomfortable. Practice using the terms safe and unsafe touch; you can touch your child on the shoulder and ask, is this a safe touch or unsafe touch? Or you could ask them, what would be an unsafe touch?

4. Consent

Now that you have helped your child identify safe and unsafe touches they feel comfortable sharing with others, help them enforce the boundaries. If they don't like to kiss people on the cheek as a farewell, don't force them to kiss anyone, even a family member. Encourage them to share a high five instead, an appropriate touch they've identified as okay. Never force anyone to give or receive affection they don't want. Consider having a family rule that you ask (and receive) permission before giving affection. Within the walls of your own home, it's easy to practice consent by saying, "Do you want a hug?" or "Do you want to come cuddle during the movie?"

Set a rule in your home that No Means No and Stop Means Stop. If siblings are wrestling or tickling each other, and someone says, "Please stop!" – make sure everyone stops immediately. Conversations about consent should evolve as your child gets older. What do you do if someone taps your bum while walking down the hallway at school? Discuss this and other issues, like your family standards around affection between a boyfriend and girlfriend.

5. No secrets – surprises instead

Help your child understand what secrets are and discourage "secrets". Help your child understand, "A secret is something that is kept unknown from certain people. If someone tells you to keep a secret from me, it might be because they are trying to hurt you. We don't keep secrets in our family so that everyone is safe. If anyone tells you to keep a secret, you will not be in trouble for telling me. In fact, I will be so happy you told me so that I can make sure everyone we love is safe, including you. Instead of secrets, we keep surprises in our family. Do you know what's great about a surprise? Everyone finds out what's going on! So you and I might buy your dad a surprise chocolate candy bar for his birthday. He will be so surprised when we give it to him!"

Bonus rule! Build a body safety network

Help your child choose 3-5 adults they could go to if someone breaks a body safety rule. Help them identify people both within and outside your family. Make it clear that children do not get in trouble if someone else breaks a body safety rule; it's important that they tell someone in their body safety network. Make sure you tell the adults who have been selected as part of your child's safety network. Tell these adults what you would like them to do if your child comes to them for help. Explain how important it is that they believe your child, should they tell them something.

Resources: Beveridge, Ashley. "5 Body Safety Rules Every 5-Year-Old Should Know." Protect Young Minds, Glen Cove Press LLC, 21 May 2021, www.protectyoungminds.org/2019/03/12/5-body-safety-rules-every-5-year-old-should-know/.