



Getting ready for kindergarten

Speech-Language Pathology presentation

Agenda

1. Understanding speech and language services – who does what
2. Review communication and speech skills
3. Tips for speech, literacy and stuttering
4. Where to go for more help

Speech and Language Services At School

There are two* Speech and Language programs to support your child at school:

- 1. Grandview Kids School-Based Rehab Program (SBR)**
- 2. School Board Speech Program**

**Each program supports different needs.*

Preschool Speech and Language

All communication needs before starting school



School Board

Social communication and language

Durham District, Durham Catholic, Peterborough
Victoria Northumberland Clarington Catholic, Kawartha
Pine Ridge Peterborough, French Language boards

Grandview Kids

Articulation, motor speech,
fluency and voice





Grandview Kids School-Based Rehabilitation Program

- Speech Language Pathologists and Communication Disorder Assistants work with students, staff and families to help students successfully and safely attend school, access the curriculum, and participate in school activities.
- Services can happen at school, virtually, or at a Grandview Kids site.
- Parents are a key part of any therapy

What is communication?

- **Play**
- **Social communication** (interaction)
- **Receptive language** (understanding)
- **Expressive language** (using words, eye gaze, hand gestures, hand signs, and pictures to send messages to others)
- **Speech** (pronunciation, fluency)
- **Literacy** (reading and writing)



Speech development



By age 3, your child should be understood by family members 75% of the time.

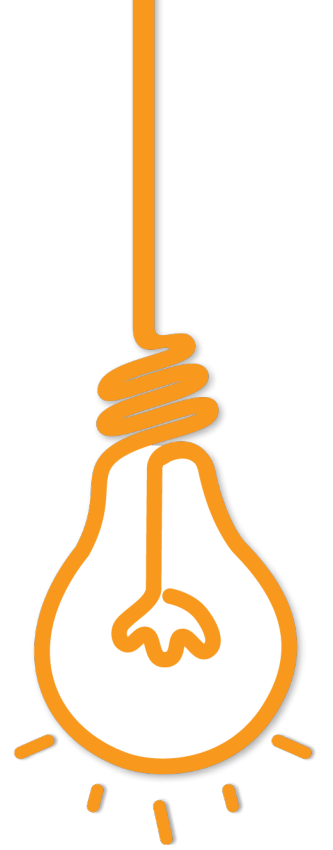
By age 4, your child should be understood most of the time by everyone.

Expressive language

Expressive language is how a child uses sounds, gestures, word approximations, spoken words, phrases and sentences (or even pictures) to send messages to others.

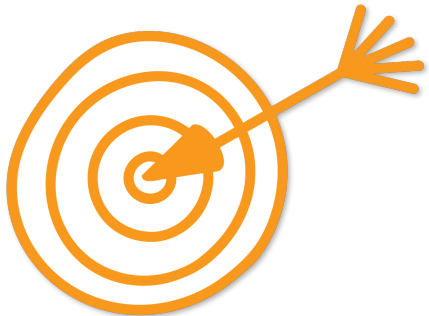
By age 4, your child should be able to:

- use sentences of 4 to 6 words
- ask many questions using words like “who”, “what”, “where”, “when”, “why” and “how”
- Connect ideas using the words “because” and “and”
- Tell a story or details about a past event
- Take many back-and-forth turns in conversation



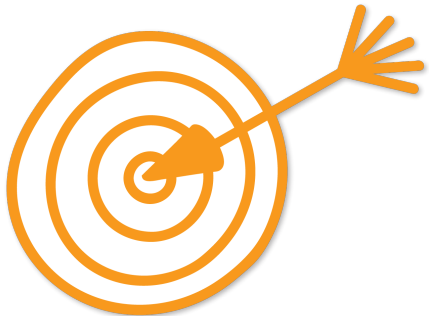
Strategies for Expressive Language

- Model a variety of words (nouns, actions, locations, descriptions etc.) in different contexts.
- Always honour the messages they send, regardless of the clarity or the way they send it.
- Interpret what you think they said.
- Expand their phrases to add a little more information.



Strategies for Expressive Language

- Balance the use of questions with **comments** so they don't feel pressured like a test.
- Model **temporal language** when sharing stories (e.g., first, then, next, last).
- Offer **choices** and give them **time to reply** or share a comment.





Strategies for Expressive Language

Conversation starters

- What was the **best part** of your day?
- Do you wish something **didn't happen** today?
- **Teach me** the songs you sang today.
- Who did you eat with? Were your lunches the **same or different**?
- What did you do **outside** today?



Strategies for Expressive Language

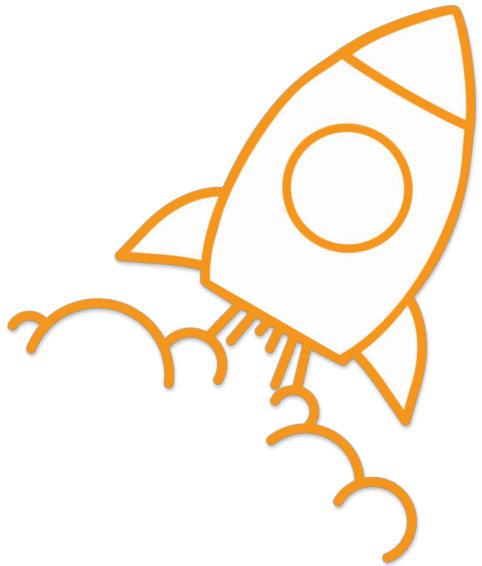
Conversations continue

- Talk about a past memory, use time and feeling words
- Talk about a future idea
- Offer details related to their interests
- Pretend, I wonder, what if...
- Talk about same and different
- Introduce new ideas



Fluency and stuttering

- **Fluency** is the smooth, uninterrupted flow of speech.
- **Dysfluency / Stuttering** is a disruption in the smooth flow of speech and may include:
 - Interjections (e.g., “I uh uh want a cookie”)
 - repetition of a phrase (e.g., “I want, I want, I want a cookie”)
 - repetition of a word (e.g., “I I I I want a cookie”)
 - repetition of part of a word (e.g., “I wa-wa-want a cookie”)
 - prolongation of a sound (e.g., “I wwwwwwant a cookie”)
 - blocks in airflow



Strategies to support smooth talking

- Be **Patient**. Avoid interrupting and suggesting. Give lots of time for them to formulate and respond.
- Go **slow**. Model a relaxed pace of speech, pausing in natural places. Avoid asking them to “slow down” or “take a breath”.
- **Pause** before talking. Relax the pace of turns. Decrease urgency to take talking turns. This helps reduce co-talking.
- Keep talking **simple**. One idea at a time.
- Make talking easy. Decrease questions. **Comment and wait**. Decrease corrections. Give lots of time for them to formulate and/or respond.

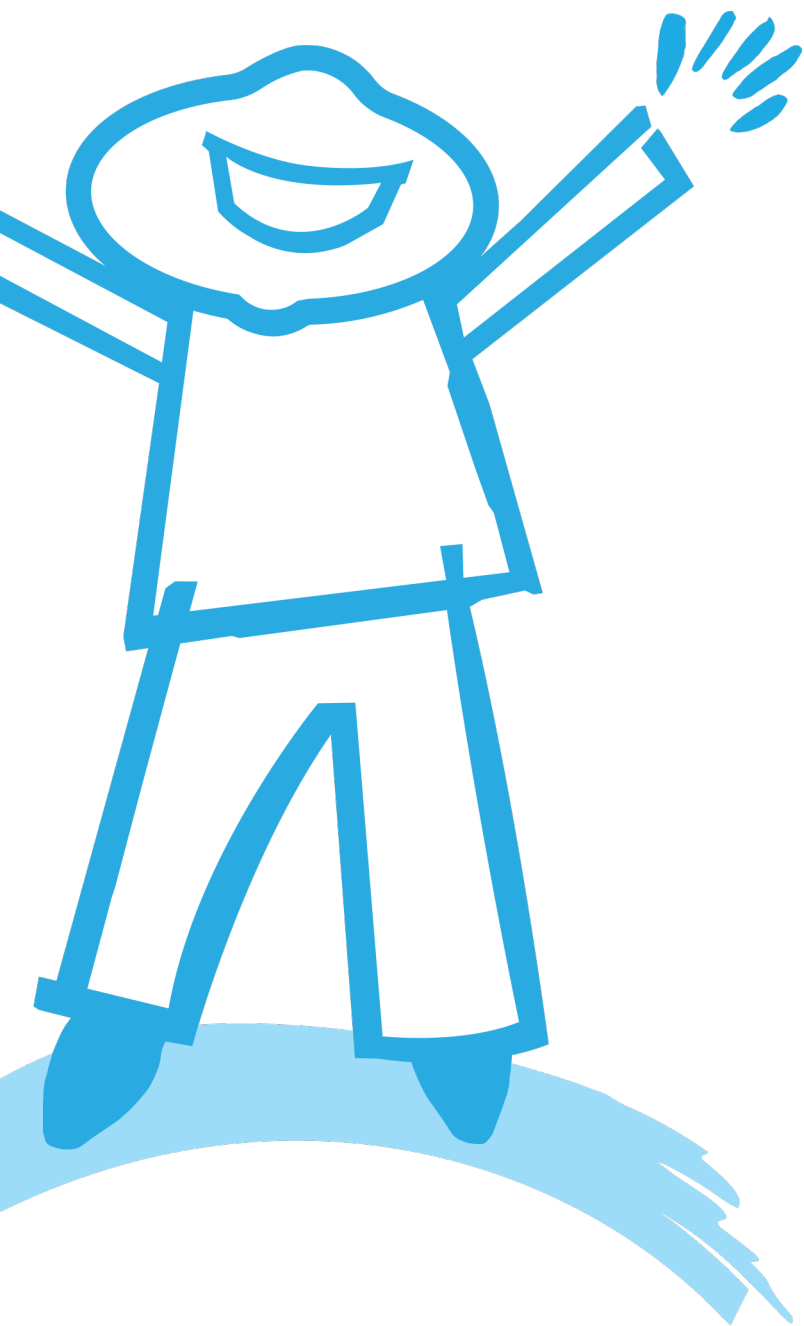
Top 6 General Strategies

1. **Encourage Talking Turns:** Referee talking turns in a calm manner. Consider using a talking stick/token.
2. **Reduce developmental pressures:** Decrease speech and grammar corrections. Put away the flash cards.
3. **Slow the pace of routines:** Use a calm, slower pace of speaking when signaling a transition in routine; Give a warning before a transition is happening.
4. **Protect sleep and health:** Have a regular meal and sleeping schedule.
5. **Build confidence:** Use specific praise.
6. **Be consistent:** Have clear expectations of children. Have equal consequences and responsibilities.

Early Literacy

- Early literacy activities such as book-sharing provide the building blocks for learning to read and write when they start school.
- Studies show that young children with stronger early literacy skills have greater academic success later on.






Strategies for Early Literacy

- Read books
- Read signs
- Reading games
- Point out words that look and sound the same
- Link words to the pictures





If you are concerned with your child's speech or language development:

- Talk to your teacher about a referral for a speech and language assessment
- Look into some of the resources on the following slides

Other resources

How to Find Additional Information on our Website:

- <https://grandviewkids.ca/> on the Resources tab
- EarlyON Child and Family Centres have free drop-in and registered programs for families with children from birth to age six.
 - You can find programs in sites across Durham Region.
 - Visit [EarlyON Child and Family Centres - Region of Durham](#)

Information about Private SLP Services

Speech-Language & Audiology Canada has a Find a Professional Directory where you can find a private Speech-Language Pathologist

- [Speech-Language & Audiology Canada \(sac-oac.ca\)](http://sac-oac.ca)