

Speech Language & Hearing Services



What can I do at home?

For my child:

- 1) Protect your child's hearing**
Keep toy and TV volumes down to comfortable levels.
- 2) Talk to your child about everything.**
Children need to hear language from infancy onwards. Play games with sounds and words. Children learn most of their words from you.
- 3) Read to your child frequently.**
Talk about the pictures and situations in books. Your child learns new words, concepts and the patterns of language. Read cereal boxes, signs, everything you see.
- 4) Play games with your child.**
A child will learn coordination, concepts, rules and how to communicate with others.
- 5) Guard your child's speech attempts.**
Don't allow other family members to tease, imitate or label a child.
- 6) Listen to your child expand the language.**
Respond in full sentences, making them a little longer than your child's.
Child: "Truck broke."
Parent: "The truck is broken."
- 7) Provide new experiences.**
Take field trips, make crafts, cook, sing songs, do science experiments. Involve your child in daily activities.
- 8) Limit TV viewing and video game use.**
Limit TV to watching educational programs together and discuss the shows.

For anyone 18 years and older

Contact the Medicine Hat Regional Hospital Speech, Language & Hearing Services adult Speech-language pathologists to discuss a referral for speech, language or swallowing needs.

Services we provide

- Speech & language assessments, therapy and consultation
- Hearing evaluations for all ages
- Newborn hearing screening
- Hanen Training
- Home programming
- Speech or language therapy groups
- Swallowing & feeding assessments
- Voice therapy & vocal hygiene
- Post-stroke language therapy (aphasia)
- In-services for professionals, support staff or family
- Basic sign language
- Low, medium and high-tech speech generating communication device assessment.



Medicine Hat Regional Hospital

403-528-8175 Fax: 403-528-8190

Brooks Community Health Services

403-501-3308 Fax: 403-501-3323

Bow Island Community Health Services

403-545-5125 Fax: 403-545-6357

Oyen Community Health Services

403-664-3651 Fax: 403-664-2934

www.albertahealthservices.ca

Our services are free of charge from birth to adulthood, funded through Alberta Health and Wellness

Articulation

Articulation delays or disorders are difficulties making speech sounds correctly.

Generally children should make the following sounds correctly in the year noted:

AGE	SOUNDS
3-6 months	vowel sounds
4-7 months	“baba, mama”
1 year	p, b, m
18 months	h, d, w
2 years	t, n
3 years	k, g, f, s
4 years	y, l, z, ing
by 6 years	sh, ch
by 7 years	r
by 8 years	th

Aids to identify a concern

- Does your child substitute one sound for another? (tat = cat)
- Does he omit sounds in words? (poon = spoon)
- Does she distort sounds?

Voice

Voice disorders are problems with loudness, quality and pitch in both adults and children.

Aids to identify a concern

- Does the child talk using a voice pitch that sounds right for age, gender and size?
- Does the voice crack, sound hoarse or breathy?
- Does the child “talk through the nose” or sound like he or she has a stuffy nose?

Language

Language delays or disorders are problems planning, sending or understanding spoken messages.

Generally, children should have vocabulary and sentence development by the ages indicated:

AGE	SOUNDS
12-18 months	first words
2+ years	2 word sentences and a 300 word vocabulary
3+ years	3-4 word sentences, 400-900 word vocabulary
5+ years	5-6 word sentences, 1500-2500 vocabulary

Aids to identify a concern

- How long are the child’s sentences?
Does he use correct grammar?
- Does she usually talk like others her age?
- Does he forget short instructions easily?
- Does she confuse sounds?
- Does he appear confused and copy classmates?

Hearing

Hearing loss can be due to:

- build up of ear wax
- fluid in middle ear
- ear infection
- broken ear drum
- injury
- aging
- genetic conditions

Aids to identify a concern

- sounds seem quieter than before
- you favour listening with one ear
- sound may be distorted or unclear
- you ask others to “speak up”

Fluency

Fluency (stuttering) disorders result in disruptions in the even, smooth flow of speech.

- Continue to take time to listen to your child without interrupting. Encourage her and praise her.
- Don’t correct him or appear anxious about his speech. Don’t make him speak or recite in front of strangers or visitors.
- Try to keep your speech clear and unhurried.
- If you are concerned, consult a Speech Language Pathologist for help.

Aids to identify a concern

- Does she talk too fast to be understood?
- Does he repeat words or parts of a word?
- Does he seem too anxious when speaking?
- Is anyone at home or school concerned? If so, to what extent?

Referrals

Requests for speech, language, feeding, swallowing or hearing services can be made by anyone.

Other Disorders

A variety of other problems can be treated by a Speech Language Pathologist.

Aids to identify a concern

- Is there a throat pain when they are talking?
- Are they out of breath when they eat or drink?
- Is there frequent coughing when they are eating or drinking?
- After a stroke, does speech or language change?