

What to expect from your first Speech and Language therapy session

We begin by going through a case history; this enables us to find out if there is any family history of speech and language issues. It may be a good idea to ask in the family if there have been any family members that have had any difficulties in the past. This also gives us a chance to fully explore what areas of your child's communication are concerning you; or your child. It can be useful for you to bring your Child's little red book (if you have filled in the milestones). There are usually toys/books out so your child can play and relax into the session.

Following the case history, the therapist may have a little play with the toys/chat with your child; it is great if the parent/s join in too for a little while, to help your child feel at ease.

Further items will then be introduced, in order to carry out some assessment of your child communication skills. The assessment may be done through informal means (just playing with the toys at hand) or using more formal assessment material. This will be dependent on your child's age, ability, confidence and/or willingness to take part in the more formal assessment. All the relevant information will be gathered so that the therapist is able to ascertain your child's communication levels.

The areas the therapist will be looking at will be their play, social interaction skills, their understanding of words, their use of words, their pronunciation and their Oro-motor skills.

The therapist should be able to give you an idea at the end of the session as to what areas of your child's communication may need some support, if any. I will be able to suggest some simple tips that you will be able to use to help develop your child's communication.

A course of action will then be discussed.

It may be felt your child does not need any input as they are developing within the norms for their age group; or they appear likely to progress well with you having a few tips and activity ideas. We can review your child after a specified time period if you would like another appointment at a later date.

It may be felt that your Child would benefit from a home programme. This will mean I will provide you with activities/resources/games that you can carry out at home and share with school/nursery. It is possible for me to come and model some of these activities for you so that you know how to carry them out, if preferable.

It may be suggested that a block of therapy would be appropriate, whereby the therapist may see your Child once a week or fortnightly; to help progress your child's speech and language skills. This enables you to have the activities modelled for you, so that that you can repeat and carry them out during the week, to help your child practice and progress.

Sometimes there are things, as parents, we can change in our own interaction style, which can greatly benefit a child who is finding communication difficult. If it is felt there are a few things that may benefit your child, you may be offered a block of Parent Child Interaction therapy.