



PEDIATRIC SPEECH THERAPY NEWSLETTER

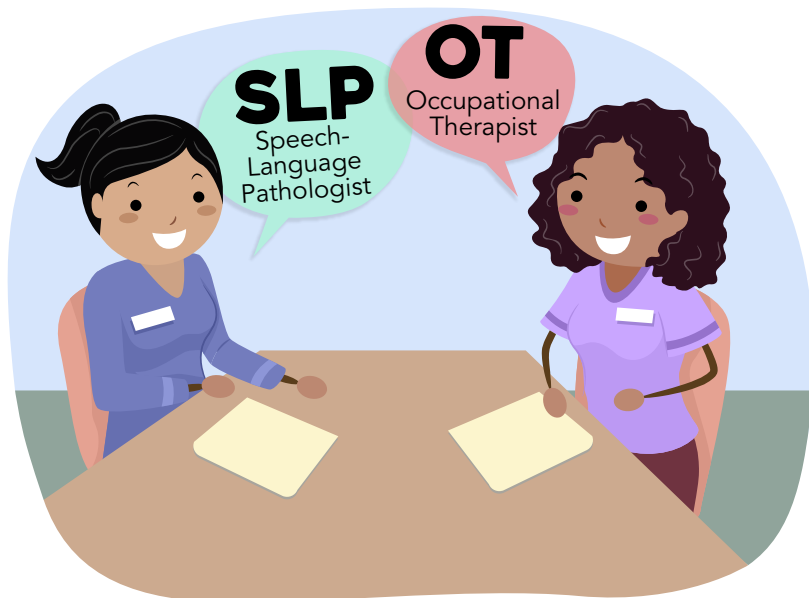
WHO CAN BENEFIT FROM FEEDING THERAPY WITH AN SLP?

Many parents face the challenge of picky eating: some foods are too green, others too squishy, and some just plain 'yucky.' As parents navigate these challenges during mealtime, they might wonder when picky eating becomes an issue that should be addressed by a professional. In addition to speech and language concerns, speech-language pathologists (SLPs) also work with individuals on feeding and swallowing. Occupational therapists (OTs) can also treat feeding concerns, offering a sensory perspective. During an evaluation, the clinician can determine whether they feel ongoing therapy would be beneficial.



Feeding therapy can be beneficial for children who, for example, are not only picky but eat fewer than 20 different foods, cry or tantrum when new foods are introduced, or refuse to eat whole texture groups (e.g., all crunchy foods, all squishy foods). Parents may also seek out feeding therapy if they have concerns about their child's weight and nutrition. During regular checkups, parents can also discuss their concerns with the pediatrician to determine whether they think a feeding evaluation would be beneficial.

During feeding therapy, the clinician will assess possible causes of the feeding concerns in order to create an individualized treatment plan and goals. The goal of the therapeutic process is to make the experience of feeding more positive for children. There are a wide range of strategies that therapists might use during feeding therapy, such as the Sequential Oral Sensory (S.O.S.) Approach. Many clinicians receive the S.O.S. certification, as this approach is comprehensive and focuses on many components of feeding.



THE IMPORTANCE OF MULTIDISCIPLINARY COLLABORATION BETWEEN PEDIATRIC SLPs & OTs

Speech therapy is often just one piece of a child's treatment plan. If children receive other therapy services, speech-language pathologists (SLPs) frequently collaborate with the professionals who provide these services, such as occupational therapists (OTs), Board Certified Behavior Analysts (BCBAs), physical therapists (PTs), or more.

Pediatric OTs are highly trained professionals who specialize in areas such as fine and gross motor skills, sensory processing, visual motor skills, self-care and daily living, visual perceptual skills, and more. Each of these skill areas is essential for completing daily occupations and tasks. Some of the treatment areas of pediatric OTs include handwriting, regulation of sensory processing, upper extremity strength, hand-eye coordination, trunk coordination, midline coordination (i.e., crossing from the left side to the right side of the body and vice versa), hand strength for activities such as cutting or buttoning clothing, dressing, feeding, and more.

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ASK A THERAPIST



HOW CAN COMMUNICATIVE TEMPTATIONS BOOST MY CHILD'S SPEECH AND LANGUAGE?

Communicative temptations are an excellent way for parents to promote early speech and language skills. This strategy involves moving a desired item (e.g., toy, stuffed animal) out of reach to prompt a response. For example, if you are playing with your child's favorite toy dog, you could place the item just out of reach on a shelf or in a clear plastic container where they can still see the item. Playing with a toy that requires adult assistance, such as opening bubbles or winding up a toy car, can also create communicative temptations.

The goal of using communicative temptations is to motivate the child to produce language to request the item. After placing the item out of reach, parents can wait a few seconds to give the child an opportunity to produce communication independently (before receiving help from their parents or receiving prompting). While these few seconds can feel like a long time, this is an important step when using this strategy.

Parents can try repeating this strategy a few times to give the child practice with communication attempts. Try using this strategy during playtime. Parents can also use this strategy during snack time by placing the child's snack or juice just out of reach to encourage communication.

If parents have concerns about the speech and language development of their children, speaking with their pediatrician about an evaluation with a pediatric speech-language pathologist is an excellent first step.

APP OF THE MONTH:

Speech Tutor

Ages 4+

Target Skills
Speech

About The App

This app provides excellent visual representation of speech production for various speech sounds and more!



The importance of multidisciplinary collaboration between pediatric SLPs & OTs Continued...

OTs have a wide scope of practice, so they may work with children with a variety of challenges and diagnoses. Consequently, OT sessions will look different for every child based on their specific areas of strength and areas of concern. These areas of concern may also impact a child's ability to participate in speech therapy sessions, so it is important for the SLP and OT to be on the same page and be aware of the goals each team is targeting.



If a child has challenges with sensory processing, for example, they may become dysregulated during speech therapy sessions and have trouble staying focused during tasks. Dysregulation can occur if a child has a heightened sensitivity to sensory input (e.g., avoiding loud sounds, light). Children may also have a decreased sensitivity to sensory input and seek out additional input (e.g., crashing into objects, spinning).

If this child is receiving OT, their therapist may collaborate with the SLP to provide strategies for helping the child regulate during speech sessions in order to improve their success and engagement in activities. For example, an OT may recommend having the child wear a weighted vest during sessions or incorporating yoga poses into the schedule of activities. The recommendations will be highly individualized for every child, as everyone processes sensory input differently.

Collaboration between SLPs and OTs is essential to ensure consistency of care across all disciplines. This multidisciplinary approach ensures therapists are tailoring sessions to how a child learns best. OTs may also incorporate speech and language goals into their sessions to promote the generalization of communication skills in multiple settings. For example, if an OT is collaborating with their client's SLP and knows they are working on the /s/ and /r/ sounds, they might create opportunities for the child to demonstrate these skills in the OT sessions.

Feeding therapy is another area where SLPs and OTs often collaborate, as both disciplines can address feeding challenges. Feeding difficulties can be related to behavioral, environmental, oral motor, or sensory factors, so SLPs and OTs approach feeding differently based on their respective scopes of practice. For example, an SLP receives extensive training in the oral motor component of feeding while OTs focus more on the sensory component.

SPEECH THERAPY SPOTLIGHT

Debbie S. Lombardi, AuD, CCC-A/SLP

Debbie Lombardi is the owner and provider at Premiere Speech and Hearing with offices in Collegeville and Lancaster. Debbie has a license and certification to practice audiology and speech language pathology. She has worked in a variety of settings but loves private practice and the attention and care she can provide to the patients. Debbie provides services to both children and adults. She has expertise in the area of childhood speech and language development including articulation, language, auditory processing and aural rehabilitation. Audiologic areas of expertise include diagnostic evaluations, hearing aid fitting and service and assistive listening technology. Debbie is a member of the American Speech-Language-Hearing Association. In 2019 she will serve as the VP of Publications for the Pennsylvania Academy of Audiology.



Kristin Park, MS, CCC-SLP

Kristin Park is a certified and licensed clinical Speech-Language Pathologist. Kristin has had clinical experience in a variety of settings, but has extensive experience with childhood expressive and receptive language, fluency, and articulation disorders. In addition, she has expertise in the areas of cognitive rehabilitation, verbal apraxia, oral motor planning, and voice assessment and treatment. Kristin works with infants, school-age children and adults. Recently, Kristin completed a certification in the LSVT Loud program that is designed to treat patients with Parkinson's disease and other neurologic conditions. She is a member of the following organizations: American Speech-Language-Hearing Association and Pennsylvania Speech-Language-Hearing Association.



Testimonials

"My experience for years has been nothing but excellent. Very knowledgeable and efficient." – Joe

"I have had a great experience with the people at this office. They are a great bunch of people. Love it here." – Cathy

"My son has been a client here for 2 year and we have seen an incredible improvement in his speech. Sue Levy makes therapy fun and exciting, and my son loves coming here!" – Jen

Would You Like Additional Copies of this Newsletter to give as a **FREE** Resource?



If so, email Debbie at:

dlombardi@PremiereSpeechHearing.com
Please include the address of your office & how many additional copies you would like.



Concerned About Your Speech or Hearing?

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for a free consultation
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About Premiere Speech & Hearing: *Hear. Communicate. Live.*

Premiere Speech and Hearing provides superior services in a personalized, convenient, and caring environment. Our educated and experienced Doctors of Audiology and Speech-Language Pathologists are dedicated to the evaluation and treatment of hearing loss, tinnitus, speech, language, voice, fluency and cognitive disorders. Our efforts are designed to provide patients and their loved ones with advocacy, education, prevention, and rehabilitation services.

As we say, the goal is to *"Hear. Communicate. Live."*

Contact Premiere Speech & Hearing at www.PremiereSpeechHearing.com or call (610) 454-1177

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