



PEDIATRIC



SPEECH THERAPY NEWSLETTER



PACK YOUR BACKPACKS: IT'S BACK TO SCHOOL & BACK TO SPEECH THERAPY!

Parents often find themselves busy with summer schedules filled with various activities, camps, or family vacations. If a child is receiving speech therapy through a private practice, this might mean that the parents have a conversation with their child's speech-language pathologist (SLP) to discuss summer schedules and any necessary adjustments or reductions.



This conversation will look different for every family, as every child has different needs. For example, a child who is receiving speech therapy four times each week might experience a significant decline in skills going from four sessions to zero sessions. In this case, the SLP would likely recommend maintaining a consistent schedule.

If a child does have a "summer break" from speech therapy due to vacations or schedule conflicts, the SLP will likely provide home practice and strategies (e.g., worksheets, links to online activities) that parents can continue to work on with their child throughout the summer. This will encourage continuous progress and help ensure the child does not lose any skills during the break.

When the start of the school year approaches, the family may decide to resume speech therapy. Depending on the date of the last evaluation, the clinician might recommend a new evaluation (or re-evaluation). This will ensure an appropriate care plan and goals that are reflective of the child's current skill level, areas of strength, and areas of concern.

Following the evaluation, the SLP will provide updated recommendations for the number of sessions each week and goals (if ongoing therapy is still recommended). The process may look different depending on the setting, so parents should check in with the SLP to determine the appropriate steps.



MULTIDISCIPLINARY COLLABORATION BETWEEN PEDIATRIC SLPS, BCBAS, AND ABA THERAPISTS

If a child receives a diagnosis of autism or developmental delays, challenges in speech and language are often the first warning signs that parents notice. Other signs, such as challenges with motor skills or sensory processing may be less apparent at an early age (or less obvious to parents). For example, if a child is not babbling at the expected time or loses language that they previously used, parents often consult their child's pediatrician or seek a referral for an evaluation with a pediatric speech-language pathologist (SLP).

If the parents and pediatrician suspect the child shows signs of autism, the pediatrician may refer the parents to seek a diagnostic evaluation for autism and developmental delays. Upon receiving a diagnosis of autism, children often receive recommendations for various services, which may include speech therapy, occupational therapy, and applied behavior analysis (ABA) therapy.

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ASK A THERAPIST



Multidisciplinary Collaboration between pediatric SLPs, BCBA's, and ABA therapists Continued...

ABA is a discipline that focuses on building socially significant skills such as communication, play and social skills, and more. Children with a diagnosis of autism often receive referrals for ABA therapy, but ABA therapy is not strictly for individuals with autism. The clinicians who provide these services are Board Certified Behavior Analysts (BCBAs) and ABA therapists. The BCBA will serve as the lead clinician on the child's ABA caseload and supervise the ABA therapists who provide direct services.

HOW CAN WITHHOLDING STRATEGIES BOOST MY CHILD'S SPEECH & LANGUAGE?

There are many ways for parents to help improve their children's speech and language skills in everyday activities. One strategy that pediatric speech-language pathologists (SLPs) often recommend is withholding. When using this strategy, the adult will give their child time to request an action or item rather than giving it to them right away. (Note to parents: this action or item should be a word that is in the child's vocabulary.) By withholding a response, parents allow the child to practice using words they know and expressing their wants and needs independently.

To apply this in daily life, imagine a parent and child sitting at the kitchen table. The child points across the room at a banana sitting on the counter. Rather than the parent giving the banana to the child right away, the parent might say, "Use your words" or "Tell me."

Using the withholding strategy, the goal is for the child to say 'banana' (or a longer utterance). If the child does not produce a response, the parent might then say 'banana,' to try and prompt the child to imitate the response. If the child does not respond, the parent can respond, "Say 'banana.'"

Parents can naturally incorporate the withholding strategy during many daily routines including play or mealtimes. By encouraging the child to independently produce a response, they have the opportunity to use the vocabulary more consistently and build their repertoire and express their wants and needs.



Children who receive ABA therapy may receive up to 30-40 hours per week depending on the recommendation from the BCBA following the evaluation. The structure of these services depends on the unique needs of the child, so the recommendations and targeted skills can vary greatly from child to child.

For example, a child with autism who has limited verbal expressive language and is focusing on communicating basic wants and needs will have different goals than a child with autism with age-appropriate verbal expressive language who is focusing on challenging behaviors and social skills.

BCBAs and ABA therapists often work closely with the SLP on the child's care team to collaborate on strategies to build speech and language skills. This multidisciplinary approach to treatment ensures all clinicians are on the same page and providing the most comprehensive care.

The BCBA, ABA therapists, and SLP may all work on the same team if they are at a multidisciplinary practice, but this is not always the case. When the clinicians work at different facilities, clinicians should designate time to allow for professional collaboration and consistent communication. The care team may also include other professionals such as occupational therapists, psychologists, or teachers.

During team meetings, it is important for SLPs and BCBAs to communicate and establish a holistic understanding of the goals of each discipline to ensure the full team is aligned. Having this foundation and consistency will allow the child to make the most progress in therapy sessions across all disciplines.

The team will also participate in meetings with the child's parents and caregivers to communicate their goals in terms that make sense to the parents. This professional alignment is often beneficial for parents, as they see each of the therapists is working toward the common goal of helping their child succeed and make great gains.

APP OF THE MONTH:

Articulation Games

Ages 4+

Target Skills

Speech & Articulation

About The App

This app is an excellent way for children to improve articulation skills through fun activities!



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 Collegenille 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?

**Call us today
for a free consultation
(610) 454-1177**

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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