



Speech Sound Delay/Disorder: A Parent's Guide



Copyright © 2024 Inspire Allied Health and Education Group PTY LTD.

All rights reserved.

The content of this information, including but not limited to all text, graphics, images, and other materials, is owned by Inspire Allied Health and Education Group PTY LTD and is protected by Australian copyright laws and international treaty provisions. This information is licensed for use, not sold. Unauthorised reproduction or distribution of this program, or any portion of it, may result in severe civil and criminal penalties, and will be prosecuted to the maximum extent possible under the law.

For permissions requests, please contact

Rebecca Garnsey @ rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

Camden NSW 2570

Australia

Disclaimer:

The information provided by Inspire Allied Health and Education Group PTY LTD has been designed by allied health professionals and is intended for general purposes only and is not tailored to the specific circumstances of any individual. It is not a substitute for professional medical advice, diagnosis, or individual treatment.

Furthermore, Inspire Allied Health and Education Group PTY LTD cannot be held responsible for any misuse, misinterpretation or adverse effects that may arise from the use of this information. While every effort has been made to ensure the accuracy and reliability of the information provided, Inspire Allied Health and Education Group assumes no responsibility for errors or omissions.

By using this information, you agree to release and hold harmless Inspire Allied Health and Education Group PTY LTD and its employees, agents, and representatives from any and all claims, demands, and damages (actual and consequential) of every kind and nature, known and unknown, suspected and unsuspected, disclosed and undisclosed, arising out of or in any way connected with your use of this program.

If you have any questions, please contact Inspire Allied Health and Education Group's CEO at rebecca.garnsey@inspireaheg.com.au

Inspire Allied Health and Education Group PTY LTD

PO Box 275,

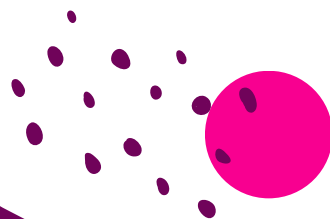
Camden NSW 2570

Australia



What is Speech Sound Delay/Disorder?

Speech Sound Delay/Disorder, often referred to as Speech Sound Disorder (SSD), is a communication disorder that affects a child's ability to accurately produce speech sounds. Children with SSD may have difficulty pronouncing sounds, syllables, or words, which can impact their ability to communicate effectively.





What is the difference between a Speech Sound Disorder and Speech Sound Delay?

Speech Sound Disorder (SSD) and Speech Sound Delay (SSD) are similar but have distinct differences:

Speech Sound Disorder (SSD):

Children with SSD have ongoing difficulty with speech sound production that is not consistent with their age-level peers. It is a persistent and lasting condition.

Speech Sound Delay (SSD):

SSD is a temporary delay in speech sound development. Children with SSD will eventually catch up to their peers as they grow and develop.



Different Types of Speech Sound Delay/Disorder

There are several types of Speech Sound Delay/Disorder:

Articulation Disorder: Difficulty with the physical production of speech sounds.

Phonological Disorder: Difficulty understanding and using sound patterns in language.

Apraxia of Speech: A motor speech disorder that affects the ability to plan and execute speech movements.

Dysarthria: A condition affecting the muscles used for speech, resulting in slurred or unclear speech.



Speech Sound Acquisition by Age

2-3 years	p, b, m, d, n, h, t, k, g, w, ng, f, y
4 years	l, j, ch, s, v, sh, z
5 years	r, zh, th (voiced)
6 years	th (voiceless)

Average age children learn to pronounce English consonants correctly. (Based on 15 English speech acquisition studies compiled by McLead and Crowe, 2018)

McLead, S. & Crowe, K. (2018). Children's consonant acquisition in 27 languages: A cross-linguistic review. *American Journal of. Speech-Language Pathology*.



Checklist for Parents: Characteristics of Speech Sound Delay/Disorder

If you suspect your child has Speech Sound Delay/Disorder, consider these characteristics:

- ✓ Frequent mispronunciations of sounds, words and phrases
- ✓ Difficulty with age-appropriate speech sounds
- ✓ Frequent substitutions, omissions, or distortions of sounds
- ✓ Struggles with understanding and using speech sounds in words
- ✓ Difficulty being understood by family and friends
- ✓ Frustration or avoidance of speaking situations



Diagnosing Speech Sound Delay/Disorder

A Speech Pathologist is qualified to diagnose Speech Sound Delay/Disorder through a thorough evaluation of your child's speech and language skills. The evaluation may include assessments, observations, and analysis of speech sound patterns.

Hearing Screening: To rule out hearing problems.



Steps to Take If You Suspect Speech Sound Delay/Disorder

1. Consult a Speech Pathologist: Schedule an evaluation with a Speech Pathologist to assess your child's speech and language development.

2. Seek Early Intervention: Early intervention can make a significant difference in improving speech sound skills.

3. Work with Professionals: Collaborate with Speech Pathologists, Paediatricians, and Educators to create a comprehensive plan for support.

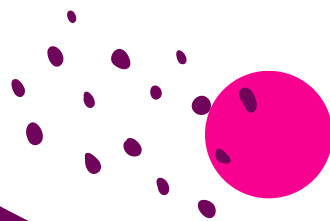


Supporting a Child with Speech Sound Delay/Disorder

- Attend speech therapy sessions consistently.
- Practice speech sounds at home.
- Use visual aids and cues for correct sound production.
- Encourage your child to repeat words and sentences.
- Play speech sound games and puzzles.
- Read aloud together.
- Encourage your child to speak slowly and clearly.
- Provide positive reinforcement for effort.
- Create a supportive and patient environment.
- Use technology and speech apps.
- Encourage social interaction with peers.
- Be a good speech model.
- Practice breathing exercises for clear speech.
- Use mirrors to visualise tongue and lip movements.
- Reduce background noise during conversations.
- Offer praise for clear speech.
- Use rhymes and songs to reinforce sounds.
- Encourage storytelling and creative expression.
- Build vocabulary and language skills.



Remember that every child is unique, and progress may vary. Be patient and celebrate each milestone in your child's speech development journey. Your support and involvement are crucial to their success. Please reach out to Inspire Allied Health and Education Group to find out how we can support your child and family.





Contact

Phone Number: (02) 4666 4255 / (02) 4648 0837

Email: hr@inspireaheg.com.au

Website: www.inspireaheg.com.au

 www.inspireaheg.com.au

 [@inspireahegrp](https://www.instagram.com/inspireahegrp)

 [inspireahegrp](https://www.facebook.com/inspireahegrp)

Interested in our services? Click the link below to register:

[https://macarthurchildrensdevelopmentalclinic.snapforms.com
.au/form/participant-intake-form](https://macarthurchildrensdevelopmentalclinic.snapforms.com.au/form/participant-intake-form)

