

The Whistle Stop



About Language Express

Language Express provides communication assessment and therapy services for young children in Lanark, Leeds, and Grenville counties. Services are free and are available from birth until the end of Junior Kindergarten. Don't wait and see! We can help your child and provide helpful ideas for you and your child's caregivers or teachers.

When To Get Help:

- If your child is not meeting all of the communication milestones for his or her age. Check the milestones at www.language-express.ca.
- If your child is stuttering.
- If your child's play or social interaction seems different from other children his or her age.
- If your child's voice doesn't sound right.
- If your child has a diagnosis such as hearing loss, Autism Spectrum Disorder, or developmental delay.

Language Express is currently accepting referrals for children born in 2014 or later. **Children born in 2014 must be referred by January 31, 2019.**

Call us for more information
or to make a referral

1-888-503-8885

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MAY IS SPEECH AND HEARING MONTH

- One out of ten Canadians lives with a serious communication disorder – a speech, language or hearing problem. Many of them are children. Often these problems go undiagnosed and untreated, and this leads to problems in school and in life.
- Imagine going through life unable to understand what people are saying to you, or unable to express your thoughts and feelings. Imagine having to constantly ask people to repeat themselves, or not understanding what's expected of you or how to behave. Imagine the sense of isolation, frustration, fear and anger.
- For many children, those kinds of feelings are an everyday fact of life. It is important for parents and caregivers to pay close attention to the way a child responds to and uses language. Early detection of speech, hearing and language problems is often the key to successful treatment.

Remember that it is never too early to get help for your child!

My child talks a lot but I can't understand her. Should I be worried?



Learning to speak clearly takes time, and many very young children can be hard to understand, especially for people who don't know them well. Most children learn to say speech sounds in the same order and use almost all sounds correctly by age 5. Call us if your child doesn't use the sounds in the chart below.



Good hearing is essential for good speech development



Children learn speech from listening to others. The first few years are particularly critical to development. If a hearing loss in a child goes unnoticed, delays in speech and language learning can occur.

If you think that your child may have a hearing problem, you should see your Family Physician or Nurse Practitioner as soon as possible and ask for a referral for hearing testing.

Age	Your child should use these sounds correctly
By 18 months	At least 4 of these sounds: p, b, m, n, d, t, w, h
By age 2	Most of these sounds: p, b, m, n, d, t, w, h
By age 3	p, b, m, n, d, t, w, h
By age 4	All of the above plus k, g, f, y, ng
By age 5	All of the above plus s, z, l

Things you can do to help	Example
Get face-to-face so your child can see your mouth.	Turn her on your lap so she can see your face. She might watch your mouth and imitate your movements.
Sing, say rhymes, and play with fun sounds.	Try Hickory Dickory Dock, The Wheels on the Bus, or animal and vehicle sounds. Your child might join in and try to say some of the words, or imitate the fun sounds.
Repeat what your child says clearly and correctly. Don't tell her to say it again.	Your child says, "Tan I have a tootie?" → You say, "Yes, you can have a cookie." Your child might try saying it again. If not, your good model will bring the sounds to her attention for next time.



Are you interested in helping Language Express to plan for the future?

Language Express is looking for family representatives for our System Committee. The Language Express System Committee plans and coordinates speech and language services for children from birth to the end of Junior Kindergarten in Lanark, Leeds, and Grenville counties. If you are interested and are a parent or other adult family member of a child who is currently receiving Language Express services or who received services in the past, please contact us at 1-888-503-8885 for more information.

Language Express is looking for a volunteer to help out occasionally in our Smiths Falls office. Please call 1-888-503-8885 for information.