

TLC



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THINK – LISTEN – COMMUNICATE
A SPEECH & LANGUAGE NEWSLETTER

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Pacifiers ... To use or not to use?

JUST *ask* LIZ!

by **Liz Dotson, M.S.,
Speech/Language Pathologist**

Yes, that is one (of many) questions many new parents struggle with, especially when dealing with a fussy baby. There are many opinions surrounding this question. Let me start with this statement taken from *The Pacifier... Making the Decision* by Charlotte A. Boshart: "It is believed, and substantiated in anthropological research, that an infant whose needs are met – who is talked to, played with, well fed and cared for – is less likely to use a pacifier or

establish a prolonged sucking habit as he/she grows older". That being said, I realize life can seem overwhelming with a new baby, so I want to provide you with some pacifier "do's and don'ts".

PACIFIER "DO'S": *(Boshart, 2001)*

1. Do understand that an infant's non-nutritive sucking need is healthy and normal through the first **6 to 10 months** of life. In other words, stop pacifier use before 12 months of age.
2. Do reconsider before introducing a pacifier to your breastfeeding infant until he/she is at least 3-4 weeks of age.
3. Use a pacifier for your baby's



benefit but not as a substitute for nurturing.

4. Consider an orthodontically correct pacifier over a cherry-shaped pacifier.

5. Use other means for

comforting and calming your newborn (e.g., music, humming and rocking, etc.).

6. Remove the pacifier **as soon as your baby falls to sleep.**

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Identifying children struggling with reading

by **Aisha Al-Majed,
M.A, CCC-SLP
Speech/Language Pathologist**

Do you know a child who has difficulty with one or more of the following reading and writing skills:

- ❖ Recognizing common sight words

- ❖ Decoding or "sounding out" words
- ❖ Reading Fluency-very slow oral reading (reading out loud) and significant number of mistakes during oral reading
- ❖ Comprehending written passages
- ❖ Spelling

If you know a child who is experiencing difficulty with his/her reading and writing skills, please contact Aisha Al-Majed, a therapist at Asheville Speech Associates. We can help! We offer comprehensive reading evaluations and specialized reading therapy to children of all ages.

**Asheville Speech Associates
(828) 285-8814 or
office@ashevillespeech.com**

Asheville Speech Associates offers a full reading program with both assessment and treatment.

PACIFIERS continued from page 1

PACIFIER “DON”TS”:

(Boshart, 2001)

1. Do not use a pacifier to postpone feeding your baby.
2. If a pacifier is introduced and your baby rejects it – **do not insist upon it.**
3. Please, do not use a pacifier excessively as a convenience or to **stop vital communication** (i.e., talking, playing, interacting with you).
4. Do not constantly give an infant a pacifier at the first sign of fussiness (crying may be irritating but is okay for a while).

5. At the first sign of a cold, stop pacifier use! Continued use may exacerbate the condition, generate an ear infection or prevent necessary breathing through the mouth.

6. Do not give your baby (under one year of age) a pacifier dipped in honey (honey is a known source of bacterial spores that produces a toxin which can cause infant botulism).

As a speech-language pathologist, it is important that I convey the ramifications of overusing a pacifier. If it is used excessively, the jaw,

lips and tongue are unable to move and mutually interact in order to develop into mature functions. Basically, a pacifier forces the tongue to the floor of the mouth and perpetuates a repetitive horizontal movement (i.e., forward and back) when it is crucial for the tongue to also experience vertical movement for intelligible speech production and a mature swallowing pattern. Chronic pacifier use may result in what

we call a “tongue-thrust” that will require the services of a speech therapist in order to correct. It may also hurt or interfere with normal tooth development.

Next time: What if my child is not talking?

Liz Dotson has over 25 years of experience (as a preschool teacher and licensed speech/language pathologist) working with children from birth to five years of age. Contact her at ldotson@ashevillespeech.com.

¿Usted Sabía?

Asheville Speech Associates proporciona terapia del discurso en español ahora.

Testimonials

“My daughter has made tremendous improvement with her reading skills since receiving services from Aisha Al-Majed at Asheville Speech Associates. Her schoolteacher has been so impressed with her progress, attributing it to the reading therapy. The whole staff is always extremely friendly and inviting.” – **Mother of a child with a literacy delay after one year of reading therapy**

“It was a truly pleasant experience for my son and family. It was very successful! Yes! I would highly recommend Asheville Speech Associates to anyone. Liz Dotson was great. You definitely can see good results.”

– **Mother of a child with apraxia**

“My son has come a long way since last June and we attribute a great deal of that to Kristen Kershaw. Everyone in the office was friendly and welcoming. Not only did Kristen teach my son but she also taught me how to work with him to help develop his speech to its fullest potential.”

– **Mother of a child who was not speaking**

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**Call us today for an appointment.
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