

TLC

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THINK - LISTEN - COMMUNICATE A SPEECH & LANGUAGE NEWSLETTER

A PUBLICATION OF ASHEVILLE SPEECH ASSOCIATES - (828) 285-8814

My child has a speech problem. Where can I get help? Turn to Asheville Speech Associates' knowledgeable, friendly staff

Anyone can call Asheville Speech Associates and refer someone for a speech evaluation and/or speech therapy. Wilma Morris has recently returned from Atlanta to be our Practice Manager. She will ask you a few questions and then Janet Bennett will call you back. You may want to call just to talk about your child, who may have a speech problem.

**Welcome Back
Wilma!**

WHAT IS ASHEVILLE SPEECH ASSOCIATES?

We are a group of speech pathologists (our names are on the back) who enjoy helping people improve their communication skills. We work

with all ages and all speech problems involving listening, processing, and talking. Our office is conveniently located in Asheville. We have a new number and logo, but the same great service and personal touch are still on Clayton Street to serve you.

WHEN SHOULD I CALL FOR HELP?

You should call as soon as any problem is suspected.

• If your 2-year-old child is not saying many words, he or she should receive speech therapy as soon as possible.

• If your child, who stutters, becomes frustrated and upset when trying to

285-8814

communicate, you should call us for help.

• If your parent has a stroke, a speech evaluation would be appropriate.

• If your child's orthodontist says he or she has a tongue thrust, speech therapy



can correct the problem. Tongue thrust therapy is not recommended before the age of eight.

• If anyone, at any age, has difficulty swallowing or coughs while eating or drinking, a speech evaluation is needed.

• If your child is receiving speech therapy at school but does not receive 1 or

2 hours of individual therapy, call for additional help.

WHERE DO YOU PROVIDE SPEECH THERAPY?

Speech therapy can be received at our Asheville office at 49 Clayton Street. We can travel to your home, your child's day care center, school, or wherever is convenient. We provide speech therapy in the following counties:

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Does your child have a sleep disorder?

IS MY CHILD GETTING ENOUGH SLEEP?

Does your child appear to be very energetic? Does he or she postpone bedtime for other activities? He or she could be sleep deprived. Many children with chronic sleep deprivation do not appear tired and may even appear to be overactive. A tired child is an accident waiting to happen. If poor sleeping habits continue, the stakes get higher as the young child turns into the teenager who is drowsy and driving a car.

If your child is snoring, he or she is not getting enough rest. A major reason for sleep problems can be enlarged tonsils and adenoids. Consult your pediatrician about removing the tonsils. This surgery often

solves the problem and the snoring ends. If your child continues to snore after having the tonsils removed or if your pediatrician determines that the tonsils do not need to be removed, there is now a simple treatment available.

Children, age 8 and older, who have been treated with a new program for snoring called IJustWantToSleep® for Kids, have shown a 100% success rate to stop snoring and start waking up feeling great and have increased concentration to help them deal with their school work.

More affordable than therapy sessions, the IJustWantToSleep® program can be done at home in less than 10 minutes a



Sleep deprived children may benefit from the IJustWantTo SLEEP® for KIDS program.

“The IJustWantToSleep® program has a 100% success rate with stopping snoring in children”

day with parents. Bennett with Learn more Asheville Speech at <http://kids.Associates.com> at (828) IJustWantToSleep. 285-8814 for more information.

How do you know if your child is sleep deprived? Your child may:

- Fall asleep in school
- Have difficulty concentrating
- Exhibit behavioral problems
- Be difficult to wake up in the morning
- Appear to be hyperactive
- Wake up “grumpy”
- Wake up feeling tired

For more information:

<http://kids.IJustWantToSleep.com>

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Buncombe, Henderson, Transylvania, Haywood, and Madison. If we find we are needed in another county, we will entertain the idea of expanding even more.

HOW LONG DOES SOMEONE NEED SPEECH THERAPY?

If the problem were tongue thrust, the

answer would be: 12 visits. This is the only type of problem that we know, for sure, can be cured within a certain



number of visits. If a child has delayed speech and language skills, he or she may need speech therapy

two times per week for 6-12 months to catch up. Children with more problems, such as cleft palate or cerebral palsy, may need speech therapy for longer periods of time. Each individual is different and that's why each treatment plan for speech therapy is custom-made and fully discussed with the client/parents.

WILL INSURANCE COMPANIES PAY?
Asheville Speech Associates is a provider for Medicaid, Health Choice, Blue Cross Blue Shield, MedCost, and Children's Developmental Services Agency. As each insurance policy is different, we will investigate speech therapy coverage.

The 411 on Developmental Apraxia

Developmental apraxia of speech is a disorder of the nervous system that affects the ability to sequence and say sounds, syllables, and words. It is not due to muscular weakness or paralysis. The problem is in the brain's planning to move the body parts needed for speech (lips, jaw, tongue). The child knows what he or she wants to say, but the brain is not sending the correct instructions to move the body parts for speech the way they need to be moved. There is no known cause of the disorder.

SIGNS OF DEVELOPMENTAL APRAXIA OF SPEECH IN YOUNG CHILDREN:

- Does not coo or babble as an infant
- First words are delayed, with missing sounds
- Produces only a few different consonant sounds
- May have feeding problems

SIGNS OF DEVELOPMENTAL APRAXIA IN OLDER CHILDREN

- Makes inconsistent sound errors
- Understands language much better than he can produce it
- Has difficulty imitating speech
- May appear to be groping when attempting to produce sounds
- Appears to be worse when he is



anxious
• Is hard for listeners to understand

TREATMENT FOR APRAXIA

Treatment for apraxia focuses on improving the planning, sequencing, and coordination or motor movements for speech production. The child is taught exercises that strengthen the muscles of the lips, jaw and tongue. Tactile, visual and auditory feedback is used to help the brain tell the speech muscles

what to do.

WHAT CAN I DO, AS A PARENT?

The speech therapist will provide you with home assignments to speed progress and help with carryover of newly learned tasks outside of the treatment room. It is important to remember that treatment of developmental apraxia takes time, commitment, and a supportive environment that helps the child feel successful with communication.



Dear TLC,

My daughter is planning to teach my granddaughter both English and Spanish. I am afraid that this will cause speech and language problems. Should I be concerned?

Sincerely,
Grandma

Dear Grandma,

Speech-language problems are less likely to occur when both languages are introduced early and simultaneously. Less confusion will occur if the child learns to associate the two languages differently, for example, if one language is used while speaking to the mother and the other while speaking to the father. Have a speech therapist evaluate her speech and language by age three if you do not feel she is speaking appropriately.

All the best,
TLC

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**Call us today for an appointment.
(828) 285-8814**

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