

# The Whistle Stop



## *Don't Wait and See!*

The sooner we see a child with delayed speech and language, the more we can help.

The early years of a child's life are important for the development of language and communication. Long before a child starts to talk he/she is learning about communication.

Early Detection of difficulties is crucial for later success in school and in life.

If you are concerned please contact us at:  
**1-888-503-8885**

## **Caring about Communication**

One in 10 Canadians has a speech, language or hearing problem. Many are children. An estimated 4% of the preschool population has a **significant** speech or language disorder.

Often these problems go undiagnosed and untreated. In other cases children are misdiagnosed as having a learning disorder or a behavioural problem. Either way, the results can be unfortunate.

The first few years of a child's life are particularly critical for speech and language development. You can help your child by following some simple talking tips at home.

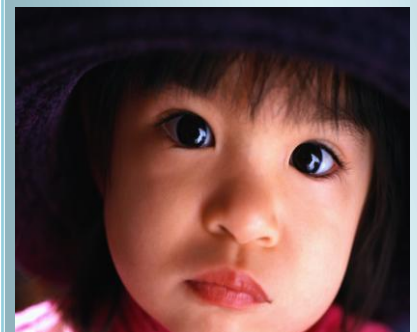
### **Talking Tips:**

- Ensure face-to-face communication when your child is talking
- Praise your child's efforts to communicate
- Describe what your child is doing, feeling and learning
- Read colourful picture books
- Recite nursery rhymes
- Sing songs, use short words
- Talk to you baby while dressing him/her
- Talk simply and clearly

If you think your child may be experiencing a Speech or Language problem don't wait and see! Contact Language Express at 1-888-503-8885 or visit our website for more information

[www.language-express.ca](http://www.language-express.ca).

Language express sees children from birth until the beginning of their Senior Kindergarten year. Remember it is never too early to get help for your child.



## Hearing Health in Children

If you are concerned about your child's speech/language/hearing development or would like more information please contact Language Express at:

**1-888-503-8885**

For more information about milestones, activities to try at home and literacy tips please visit our website at:

**[www.language-express.ca](http://www.language-express.ca)**



Children learn speech and language from listening to others. The first few years are particularly critical to development. When a hearing loss exists a child does not get the full benefit of language learning experiences. If a hearing loss goes unnoticed, delays in speech and language learning can occur. If you think that your child, (at any age) may have a hearing problem, you should see your family physician or an Audiologist as soon as possible.

### Warning Signs for Hearing Loss:

- Stops early babbling
- Experiences fluid drain from ears
- Frequently pulls at his/her ears (with fever or crankiness)
- Frequently gets colds and ear infections
- Does not understand someone unless he/she is facing them
- Speaks loudly or turns up the volume of the television or radio, disturbing other listeners.
- Does not say single words by 12 months
- Does not respond when called
- Needs things to be repeated

### Join In!

**Join in your child's play and talk about what your child is interested in.**



## Reading Activities!

It is important to read with children of all ages every day. Finding the time can often be a challenge. Here are some simple reading activities that can be fit into even the most hectic day.

- **Better than TV.** Swap evening TV for a good action story or tale of adventure.
- **Look and listen.** Too tired to read aloud? Listen to a book on tape and turn the book's pages with your children. Try this CD: **Murmel Murmel Munsch!** By Robert Munsch
- **Pack a snack, pack a book.** Going someplace where there might be a long wait? Bring along a snack and a bag of favourite books.
- **A reading pocket.** Slip fun things to read into your pocket to bring home: a comic strip, a greeting card, or even a fortune cookie from lunch. Create a special, shared moment your child can look forward to every day.
- **A little longer?** When your child asks to stay up a little longer, say yes and make it a 15-minute family reading opportunity.

From: [www.familyeducation.com](http://www.familyeducation.com)



### Try These Books:

**Sweet Dreams, Maisy**  
By Lucy Cousins

**The Cat on the Mat is Flat**  
By Andy Griffiths

**Splish, Splash, Spring**  
By Jan Carr