



## Speech and Hearing Professionals Can Help

Problems speaking after a stroke, stuttering, tinnitus, balance issues, delayed language acquisition. Millions of Canadians have a speech, language or hearing disorder. If you suspect a problem, don't wait -get professional help. Speech-language pathologists, audiologists, and supportive personnel are important partners in the primary health care system whose goal it is to help clients achieve an enhanced quality of life. Find a speech-language pathologist or audiologist near you using the online database at [www.speechandhearing.ca](http://www.speechandhearing.ca). Keep up to date on related issues, interesting articles, and resources on social networks. With Twitter follow @CASLPA at [www.twitter.com/CASLPA](http://www.twitter.com/CASLPA). With Facebook, fan CASLPA at <http://tinyurl.com/caslpaonfacebook>.

[www.speechandhearing.ca](http://www.speechandhearing.ca)

## Know for certain if your child has communication difficulties

- At 7-12 months, your baby should babble and make different sounds.
- By 12-18 months, your toddler should use common words and start putting words together such as "more milk."
- Your two to three-year-old should use sentences of three or more words on a regular basis.
- Your four- to five-year-old should pronounce most speech sounds correctly and be able to carry on a conversation.

Worried that your child may have communication difficulties? Know for certain. A speech-language pathologist can assess your child and treat problems early.

You can find out more or find a professional near you online at [www.speechandhearing.ca](http://www.speechandhearing.ca).



## Speech and Hearing Facts

### Did You Know???

- Millions of Canadians have a speech, language or hearing problem.
- Hearing loss is the third most prevalent chronic disability among older adults.
- Adult hearing loss can start as early as the third or fourth decade of life.
- Children with behavioural issues are ten times more likely to actually have undetected language disorders.
- Communication disorders in school-aged children are often misdiagnosed as learning disabilities.
- An estimated 4% of pre-schoolers have a significant speech or language disorder.
- 1% of Canadians and 4% of pre-schoolers stutter.

You can find out more or find a professional near you online at:

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## Seniors, Hear This and Speak Up

Seniors represent the fastest growing segment of our population, expected to make up one quarter of the country's population. Many of these individuals are significantly affected by communication disorders and experience problems with their speech, language, swallowing and hearing. Hearing loss is the third most prevalent chronic disability among older adults and 6-12% of seniors experience speech, language or voice difficulties.

The services of speech-language pathologists and audiologists help seniors to improve their ability to communicate which allows them to optimize their health, independence, safety, socialization and overall quality of life. Early detection is vital! If you suspect a problem consult your yellow pages or visit the Find a Professional area of our Website to find a speech-language pathologist or audiologist near you.

The services of speech-language pathologists and audiologists help seniors to improve their ability to communicate which allows them to optimize their health, independence, safety, socialization, and overall quality of life. Speech-language pathologists provide assessment, treatment and follow-up for: difficulties speaking or understanding, voice problems, thinking and memory problems and swallowing difficulties. Audiologists provide assessment, treatment, and follow-up regarding: hearing loss, balance problems, tinnitus (noises or ringing in the ears) and related disorders.

Consumers should seek the services of a qualified professional. Speech-language pathologists and audiologists are important collaborative partners in the primary health care system, working to maximize communication and, in turn, participation in the community. Using the services of a speech-language pathologist or audiologist helps ensure seniors can continue to enjoy engaging, productive, and rewarding lives. Early detection is vital. If you suspect a problem, help is available online at: [www.speechandhearing.com](http://www.speechandhearing.com).

## When to Suspect Your Child has a Speech or Hearing Problem

The first few years of a child's life are particularly critical for speech and language development. Here's what to watch for:

**Speech:** Your 18 month should: use 10 or more words to communicate... follow simple commands... imitate words and sounds. Your two year old should use two or more word sentences to express himself.... understand concepts like up, down, big, little or try to say his own name. Your three year old should be easily understood by an adult friend outside the family... use "me or you" in speech... ask questions using "what"... pronounce the m, n, ng, p, f, or h sound in words and use three to four word sentences.

**Hearing:** Your newborn should: respond to noises at three months.... look towards a speaker or sound at three to six months... smile when spoken to at three to six months or vocalize and babble alone or with others at three to six months. Your 18 month old should point and gesture to call attention to objects or events... use words to get what he wants and not continuously pull at his ears. Be concerned if your three year old turns up the television or radio louder than other family members or does not hear you call from another room. If you suspect a problem, contact a professional. You can find one online at:

[www.speechandhearing.ca](http://www.speechandhearing.ca).

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## Prevent Hearing Damage in Children.. Turn off the Noisy Toys and MP3s...

The Canadian Association of Speech-Language Pathology and Audiology (CASLPA) advises parents and other consumers to be cautious when purchasing toys for their children. Products emitting loud sounds/noise have the potential to harm hearing if held too closely to the ears and face, and this can lead to serious communication and learning difficulties in the future. Personal listening devices such as MP3 players, popular with today's teens, are also cause for concern if utilized for extended periods of time at loud volume. These products have the potential to harm children's hearing if they are not used as

intended. Audiologists recommend parents and consumers follow these safety tips:

- Choose items with an on/off button and a volume control
- Limit exposure
- Try out the toy before making the purchase
- Teach children the proper way to play with their toys at arm's length.
- Opt for quiet items (books/games) that target language and literacy skills.

As a rule of thumb, if you have to raise your voice above the noise level of a toy to be heard, then the noise is too loud and could be causing damage

to your child's hearing. Being an informed consumer and making informed choices can help protect your child's hearing for life.



## May is Speech & Hearing Month

Many of us take our abilities to hear and speak for granted, but as Hosea Ballou said, "every word spoken within the hearsay of little children lends towards the formation of character." Communication skills are vital to our fundamental development and the function of our everyday lives, yet millions of Canadians and their families live with the challenges of speech, language and hearing disorders.

The Canadian Association of Speech-Language Pathologists and Audiologists (CASLPA), represents more than 5,500 communication professionals and dedicates the month of May to raising public awareness of the professions and many issues surrounding communications disorders.

Speech-language pathologists, audiologists, and supportive personnel are trained professionals who work with people of all ages dealing with issues related to speech, language, hearing, balance, swallowing and other related disorders.

Whether working with a child with autism, or a person recovering from a stroke, their goal is to help clients achieve an enhanced quality of life.

May month promotes and celebrates both the professions and the contributions made by speech-language pathologists, audiologists, and supportive personnel to the health of our country.

Watch for exciting events in your community such as hearing screenings, speech clinics and other activities listed on the calendar at [www.caslpa.ca/english/events/may.asp](http://www.caslpa.ca/english/events/may.asp). More information is available online at [www.speechandhearing.ca](http://www.speechandhearing.ca). You can also keep up to date on related issues, interesting articles and resources on social networks. With Twitter, follow CASLPA at [twitter.com/CASLPA](http://twitter.com/CASLPA). With Facebook, fan CASLPA at [tinyurl.com/caslpaonfacebook](http://tinyurl.com/caslpaonfacebook).

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