



WHAT TO EXPECT FROM SPEECH LANGUAGE THERAPY

1. Initial Assessment

I will meet with you and your child. The assessment will usually consist of:

- A chat to get to know your child, their strengths and areas for development, your goals and concerns.
- Direct assessment of your child's speech and language. This may involve observing you playing with your child, playing and talking with your child myself, and formal assessments of speech and language.
- At the end of the assessment session I will let you know my initial impression of the results. I will fully analyse the results after the session. I will let you know whether I recommend therapy either at the end of the session or in a follow-up phone call.

2. Goal setting and therapy plan

Next we will set some goals for your child, I will present options for therapy and we will agree on a plan *together* including the type of therapy, length of sessions and planned number of sessions. Your child's therapy plan may include further assessment of specific areas identified in initial session.

3. Therapy sessions

Therapy will be completed in blocks of 6-10 sessions usually weekly or fortnightly. The length of session will depend on your child, the therapy goals, therapy techniques, and your preference. Therapy sessions are designed to be enjoyable for your child. Therapy sessions may involve me working directly with your child in activities to target their goals. Often with very young children therapy is "parent-led". This involves me teaching you the techniques to use with your child (through demonstration and feedback).

4. Home Practice

Home practice will be an essential part of your child's therapy plan. This will usually take around 10 minutes a day (longer with parent-led interventions). Children who practice their new and emerging skills daily tend to progress faster. Some childcare centres may be able to help with completing practice also.

5. Review

At the end of the block of therapy we will discuss progress so far, review goals and discuss the plan going forward. We may agree on a further block of therapy, a home programme which can be completed without/with less frequent Speech Therapist support or finishing therapy.