**(The Speechie Show Ep.11)**

Welcome to the Speechie Show! Being a speech language pathologist often means having too much work and not enough planning time. To beat the overwhelm, we’re bringing you the tricks and tools that will make your job a little bit easier.

**Carrie:** Hey everybody welcome to The Speechie show. I am your host Carrie Clark from speechandlanguagekids.com and today I am answering your questions about speech and language therapy and all things related. So, I am on today live on Facebook. You may also be watching the recording or listening to the recording of this after the fact. And if so, thank you for watching. I'm going to answer some questions today on the call and we're just going to hit whatever topics people have questions with.

So, if you are on here with me live right now, go ahead and type in your speech language question and I will start answering them as they come in. I will answer questions about whatever you have. So, go ahead and type your questions in now.

If you are new to the Speechie Show, this is a show that I do every week. I do it Monday afternoons on Facebook Live and usually I have a co-host, which is in the form of my computer monitor. Usually I'm talking to my monitor, but I've got another fabulous speech language pathologist on with me and we usually give out about 5 tips on whatever the topic the other speech language pathologist happens to be an expert on. But today, we're doing a solo show. You just get me and I'm answering your questions.

So, go ahead and type your questions in now and I will be answering those as they come in. And also, if you’re on here with us live, make sure you stick around. I am going to do a giveaway at the end of the show. I'm going to give away 2 free months in the speech therapy solution, which is my premium membership site for speech language pathologists. I answer questions in there too. So, if you have more questions, that's definitely where you want to be. So, [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/) will get you more information about the membership. But I will be giving away 2 free months here in just a little bit after we answer the questions.

So, let's jump right in.

**First questions: Do you have advice about treating stuttering in a 5-year-old girl who has some morphosyntax and sentence structure difficulty? What method do you like to use for stuttering?**

Ok, so I'm going to take this in two parts. So, the first question I'm hearing is, we've got stuttering and morphosyntax and sentence structure problems. Which one do you work on? So, I think it's really important to try to get clear on, is there a language disorder, or are the sentence structure difficulties a function of the stuttering. And if that is the case, you maybe want to look and see if there is some cluttering. So, I would do some deep digging and try to figure out, do we have stuttering and a language problem? Or do we have more of a language formulation dysfluency, where they're having trouble putting the sentences together fluently as a function of stuttering. If it’s two separate problems and you have some language problems in addition to stuttering I would...this is very dependent on the child. Sometimes I would do it at the same time, where we do half of our session on stuttering and half on language. If it’s a child who really can't multi task like that, you may want to focus on one or the other. And if that's the case, I would focus on the one that is impacting their intelligibility the most. So, if they have really significant disfluencies, I'd start there. Or if the disfluencies are pretty mild and the language piece seems to be the problem, I'd start there. Now I mentioned cluttering. That's another thing that you can look at. Children who have cluttering speak with a very rapid rate. They have a high number of "normal" disfluencies, such as repetitions and revisions. They also drop sounds out so it's really hard to understand their speech. And those children often have some language formulation problems, as well. So, you may want to look at cluttering plus stuttering, if that seems to be something that’s going on. So anyway, the overall there is you're definitely going to need to do some digging to try to figure out what exactly is going on with that. Now, as for a method that I like for treating stuttering, I have done the response contingency before. I've done that with younger children. Not necessarily a 5-year-old. That is, has been shown to be a good method based on some bigger studies that compare to other studies, where they were looking at which were the most effective treatment methods. The response contingency definitely came up for preschoolers for younger children. So, that may be something you could look into. If you want more information about that you can go to [speechandlanguagekids.com](https://www.speechandlanguagekids.com/) and there is a search bar up at the top and just type in response contingency and it will pop up that article I wrote on that. Also, I just like in general teaching them some fluency shaping and some stuttering modification and just kind of helping them learn how to use those. I know I have stuff like that in my membership area. I'm not positive if I have that on the main website or not. If you need, if you're looking on the main website at [speechandlanguagekids.com](https://www.speechandlanguagekids.com/) and you don't see anything for that let me know and I'll try and point you in the right direction. You can always email me at Carrie@speechandlanguagekids.com.

Ok that was our first question. I'm going to answer questions, probably, well try to shoot for 20 minutes. So, I'll answer some more questions here as they come in. If you are watching with me live, you can type your question in now and I will answer those as they come in. And don't forget to stay tuned for the giveaway at the end. We're going to give away two free months in my membership.

**Ok the next question: How can I help my 7-year-old son who gasps several times in a sentence?**

﻿Ooh that is an interesting one. That is not one that I have encountered before. I would talk to a speech language pathologist. I'm sorry Heidi, I know that’s what you're doing right now, and you’re asking me. Here's the thing, I cannot treat over the internet. So, my licensing organization has a code of ethics and it says I cannot treat via the internet. So, I can point you to general strategies. Talk about what I've done in the past. But I can't say, "Your kid needs this", unfortunately. So, you're saying he's gasping several times in a sentence. If a child came into my office and was having difficulties with breathing during speech, I would probably look at fluency. So, that would be, fluency is another word for stuttering, I would look to see so we have some stuttering like behaviors. Does it seem to be related to fluency? I would assume you would have said something if he has muscle problems. Like if he has really low tone or if he's in a wheel chair, that might be an indication that there might be something muscular going on. So, I'm assuming you would have said something if your child was in a wheel chair or had a lot of muscle problems. You would already know about that. So, I would probably look up fluency. So, what I would recommend to you Heidi, is find a speech language pathologist in your area who could evaluate. And just describe what's going on and say, "We’re wondering if maybe there’s fluency going on or something else", and let them tease it out. Because obviously, I can't you know...crystal ball, hey your son has this problem. But that's definitely an odd one. I would definitely seek out some help for that and just get an evaluation and see what’s going on.

Alright, sorry I keep putting my hand in front of the camera. Ha-ha. Ok so that was the second question. We're going to answer a few more here. If you have a question and you are on here watching live, go ahead and type that in now. If you are watching this after the fact and you need help with questions in tough cases that you have, you are welcome to join us in the speech therapy solution. The speech therapy solution is my membership site for speech language pathologists. It is basically a place where I answer your questions and give you additional training. All of the things you need to boost your confidence and increase your skills in treating children with various disorders. So, go on over to [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/) and you can find more information about that program and how you can get to be a part of that.

Ok I'm not seeing any more questions on the Facebook Live so I'm going to go ahead and take a question from the membership area from the speech therapy solution. I answer questions in there every week. I answer them in the Facebook group, as well as, on the website. So, I'm just going to take more of the popular questions and answer those on here for you guys live. And if you have a question that you want answered, go ahead and type that in and I will get to that one next. So here is one that I had come in just this last week.

**The question is: I am working with a very shy 12-year-old girl with a moderate intellectual disability who stutters. She has a long history of therapy and in her mind, she does not stutter. She is stuttering, but seems totally unaware that it is happening. Even if I question her on it, in the moment. Is there a gentle way to make her more aware?**

So here was how I answered. I have two different suggestions. So first let’s say you want to go ahead and try to bring her awareness to it. I would first try videotaping her and have her watch herself speaking and stuttering. And show her, say "see this, this is a stutter" do you see how you're stuttering? And try to get her to understand that way. And if that doesn't help I would try bringing in one of her friends and see if her friend could explain to her and say yes, I hear you stuttering too. Maybe bring in a teacher or a parent or a sibling. Somebody that she trusts and say yes, we hear you stuttering, too. And see if you can kind of trigger her to think that, well if all these people are saying that I'm stuttering, then maybe I am. Then go back to the video tape. "See this right here, that's what stuttering sounds like." And make sure she knows what it is. What is stuttering? There's a possibility that she just doesn't even know what you're talking about. So, I would definitely start there. However, there’s also the need to consider, is therapy the best choice for this child right now. The thing about that middle school age group is, especially with fluency, if they're not into it, and they don't want to fix it, then therapy isn't going to do any good. There's, you can kind of get away with it with some of the therapies, like speech sound therapy. You can get them to work on that even if they're not really into it. But with fluency, they have to try very very hard to use these strategies. So, if you have a student who doesn't want to try, you're not going to make any progress. And it's not a good use of the student’s time. So, at a certain point with students as they get older, you almost need to sit down with them and just say, look I know you have some disfluencies, I know you're stuttering, I hear it. But it doesn't seem to be bothering you right now. So, we're going to let you just do your thing and if you get to the point where you feel like it is bothering you, and you do want to fix your stuttering, you know that a speech language pathologist is able to help you. We can help you fix the stuttering. We can help you overcome it. However, you want to word it. And say, you let us know when you're ready for that and we're going to let you go for now. Now you're definitely going to have to make sure parents understand what’s going on. Make sure that the teachers understand what’s going on. And when I say what's going on, I mean why you are dismissing this child when they still have problems. Help them understand that if the child is not willing to work on fluency therapy, it won't do any good. So, talk about this with everybody. Make sure everyone is on the same page and just give the parents the resource. Hey when your child comes to you and says "I don't like that I'm stuttering", that's when you take them to the speech language pathologist. Or tell them what the next steps are. So, that when that child is ready, you're there. Or someone else is there. The reason I kind of go that direction is if she’s unaware of it, part of me wonders if she just doesn't care or if she's in denial. Or if she's just pretending that she doesn't stutter because she knows she doesn't want to keep doing the therapy. So, I would defiantly consider that as an option. Maybe it’s time to take a break and come back to it when she’s more ready to work on it.

Ok, so that's my questions from the speech therapy solution. Let’s see how we're doing on time. We've got a couple more minutes. So, if you guys watching live have any other questions, go ahead and type those in and I'll answer those as they come in. We are going to do a giveaway here in just a few minutes for a membership into the speech therapy solution. And while we're waiting for any other questions to come in live, I'm going to answer another on from the membership so you can kind of see the different types of answers and questions that we're getting in there. Ok so here's a question from the speech therapy solution membership.

**Someone says: Hi Carrie, I'm wondering if you have any thoughts on the following: I'm working with a 10-year-old, diagnosed with apraxia in preschool. Currently speech sound production is pretty good. Working in R and TH. But in sentences and conversation, and even in some words, he often sounds like he has a mouth full of cotton. I've assessed vowel production and isolation and it is good. There doesn't seem to be any other consistent errors. Just a continual muffled sound to his productions. She says she's stumped how to move forward.**

Ok so first of all, yes, this sounds difficult. The first thing that I thought of immediately is nasality. To check and see if the child is hyper nasal or hypo nasal. Meaning that too much or not enough air is coming through the nose. That can sometimes lead to a muffled resonance. So, I would definitely look at that and see if you can tease out if that's part of the problem, is the resonance. And if that's not it, then I would basically just try a lot of troubleshooting to try some different ques to see if you can get the muffled sound quality to improve. So, ok now we're...Ok so I'd give him a sentence so you can have him read it if it’s a child who reads. Or just say it to them if it's a younger child. And say ok we're going to say this sentence a whole bunch of times, but we're going to say it differently each time. So, you say ok, this time I want you to over articulate. So, you're going to say every sound as clear as possible. The boy is walking to the store. So, you have them over articulate it. See if that makes it sound less muffled. Ok that didn't work, let’s try something else. Ok now when you say your sentence, I want you to say it with your mouth open as wide as you can. The boy was walking to the store. It's going to sound ridiculous. But what you're listening for is your listening for that muffled quality. Does it ever sound better? We want to figure out what kinds of ques are going to make that muffled sound quality better. So, let’s see if I gave some other examples in here...Oh try posture. So, we're going to sit up nice and tall. Relax your shoulders. Deep belly breath. Show him how to do a belly breath. The boy is walking to the store. And then you have them say it again. Let’s see...different positions, different types of sentences. So, you could have him say different sentences. See if different sounds trigger it. Different volumes, different lengths of sentences. Just try a whole bunch of different things to see if you can figure out what’s going to change the quality and make it less muffled. You can even try shortening down the utterance. So, ok if we say a single word does it sound muffled, no? Ok so now we're going to build up to two words. Get them to the level where they can do it successfully and then start working on, ok that one sounded really clear but that one sounded muffled. Let’s see what we can do to make this one sound more clear. You can also start with a single word and build up sentences. So, you could say, store. The store. Going to the store. So, you can build them up from there and see if you can get them to continue that clear sound quality that they have in single words, building them up to sentences.

So, those are some tips if you have a student who is struggling with a muffled sound quality.

Ok we're going to go ahead and wrap it up here. I don't see any other questions coming in live. But we are going to do a giveaway. So, if you're on here right now live with me on Facebook, stick around. We're doing a giveaway.

Ok so I am going to ask a question and the first person to respond to my question is going to get two free months in my membership, the Speech Therapy Solution. Now if you're not familiar with this membership, it is just for speech language pathologists. And I answer your questions, just like I'm doing here today. I answer questions on the website and in an exclusive Facebook group. Plus, there is a library of training materials, training videos. A library of therapy materials that you can print off and use right away and we do a monthly webinar. And I'm working on getting CEU accreditation to offer CEU's for that. That should be coming around the bend soon.

So, the first person who responds is going to get two free months in the membership. If you don't win today though, you can head over to [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/).

Ok here’s the question, ready? Type in the age of children that you work with. So, you can say preschool. You can say elementary. You can say birth through three or a specific grade. Whatever you work with. Type in the age. First person to respond is going to get two free months in my membership for speech language pathologists, the Speech Therapy Solution.

Alright, Becca. Becca Obermeyer says K-5. Congratulations Becca, you're the Winner! I see some other ones coming in too, wonderful. Guys keep coming in with those answers. I want to see where everybody's working so I can make sure that I get good resources for all of you out there.

But Becca, you won. You can email me a Carrie@speechandlanguagekids.com. And my assistant, Kena, will get you hooked up with two free months in the Speech Therapy Solution.

Ok thank you everyone for joining us today. I'm so glad you were able to join with us. If you have any other questions, we'd love to see you in the Speech Therapy Solution and help you trouble shoot your tough cases. Head on over to [speechandlanguagekids.com/join](https://www.speechandlanguagekids.com/become-a-member/). And you can find all the information about the membership and we'll see you on the inside.

We will not be doing a Speechie Show next week because I am going to the Illinois Speech Language Hearing Association convention to present about push in therapy. So, if you're going to be in the Illinois conference in Chicago, come see me. Otherwise, I will see you guys in two weeks back in here. I can't remember who's going to be on, but we have another guest for the next show. So definitely come join us two Monday's from now on the Speechie Show over on my Facebook page.

Alright, thank you all so much for watching and we'll see you next time. Bye for now.

Thank you for joining us today on The Speech Show. We hope today’s tips have helped you feel a little less stressed and a little more confident about your work. If you’re looking for more stress busters and confidence boosters, we’d love to have you join us in The Speech Therapy Solution, where you’ll get access to a huge library of premium training videos and another library of print and go therapy materials. You can also get help with your tough cases by Carrie on the weekly Q&A calls, or by posting in the exclusive Facebook group. Plus, group members can join us for a monthly webinar that can be used for a continuing education credit. Head on over to [SpeechandLanguageKids.com/join](https://www.speechandlanguagekids.com/become-a-member/) to check out all the amazing benefits of the Speech Therapy Solution membership. Bye for now.