



SPEECH AND LANGUAGE THERAPY DEPARTMENT

SPEECH AND LANGUAGE THERAPY GUIDELINES FOR PARENTS OF CHILDREN WITH CEREBRAL PALSY

Respected Parents,

Due to the Covid-19 pandemic and lockdown situation and schools being closed, we are sharing some guidelines to help you with your child and avail the opportunity to spend more time with him/her. Please also follow the speech and language therapy plans which have been given to you by the speech and language therapist of your child. Make sure the child is well rested and active during the activities.

Articulation disorders:

Children who have the inability to pronounce certain sounds correctly and replaces them with another sound e.g 'ka for ta' says 'tap' instead of 'cap', 'says dame instead of game', says one syllable in the word e.g 'ba' instead of 'Baby', deletes some sounds e.g 'coo' for 'school', adds another sound e.g 'buhlack' instead of 'black', have articulation errors.

Children with Cerebral Palsy usually have articulation errors due to poor oral-motor weakness of lips, tongue and jaw. It is difficult for them to pronounce certain sounds and control the muscles which are used for speech production. They also have difficulty in controlling the pitch and volume of their voice. Some children have delayed rate of speech and also mumbled speech. Most children have drooling issues too.

- Children with cerebral palsy needs, oral stimulation and facial massages to strengthen their oral motor mechanism.
- **Oral Motor Exercises:**
 - Oral motor exercises and massages help the child to strengthen his/her facial muscles and helps the child to coordinate the movement of lips, tongue, cheeks and jaw. You can make it a fun game with edible treats like ice-cream, lollipop,

jam etc. Practice the exercises at least twice a day whenever you have time to improve child's oral motor movement as it helps to improve speech and sound production.

- **Lip Exercises:**

Help the child round his/her lips in saying "Oo" by giving him tactile stimulation with your thumb and index finger and use a vibrating tool (brush). Also massage the upper lip and lower lip for tactile stimulation in front of the mirror.



- Oral stimulation through gentle brushing and gum messages also helps to control drool.



- Help the child to blow flute, horn, cotton balls, bubbles etc. Use straws to drink juice as it's a great exercise for cheeks, tongue and lips.



- Puff up the cheeks with air to strengthen the lips.



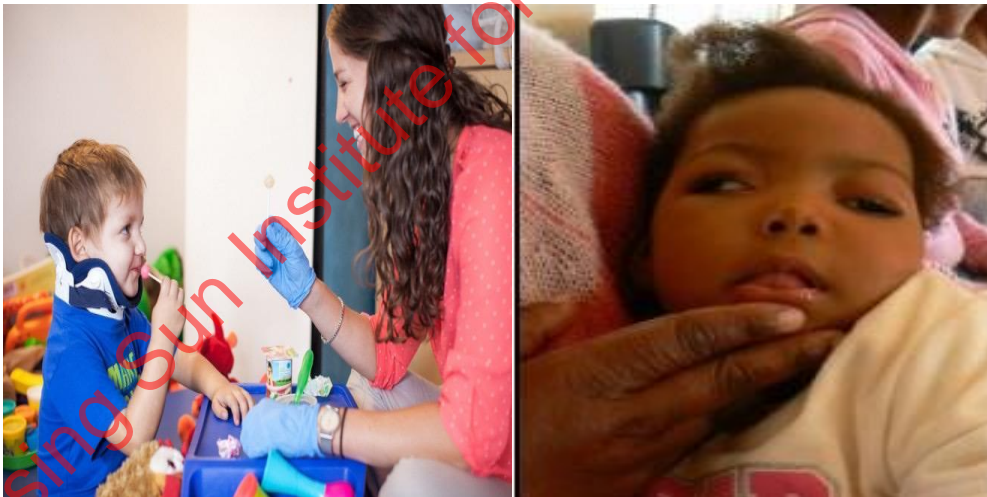
- **Tongue Exercises:**

Help the child to protrude,(stick tongue out) lateralize,(move the tongue to the right and left of the mouth) and elevate (move the tip of the tongue and touch the upper lip or behind the top front teeth) his/her tongue with the help of tongue depressor in front of the mirror. So the child can have visual input. Help the child to produce sounds that involve the tongue tip elevation e.g (la, na, ta, da),





- Licking ice-cream or lollipop, make the lips sticky with jam or lollipop, ask the child to lick his/her lips with the tip of his/her tongue.



- **Jaw Exercises:**

Help the child to open his/her mouth and close the mouth, repeat opening and closing the mouth for 4 to 5 times. Help the child to chew on teether or straw to strengthen his/her jaw. Use teether to bite on it to strengthen the jaw.



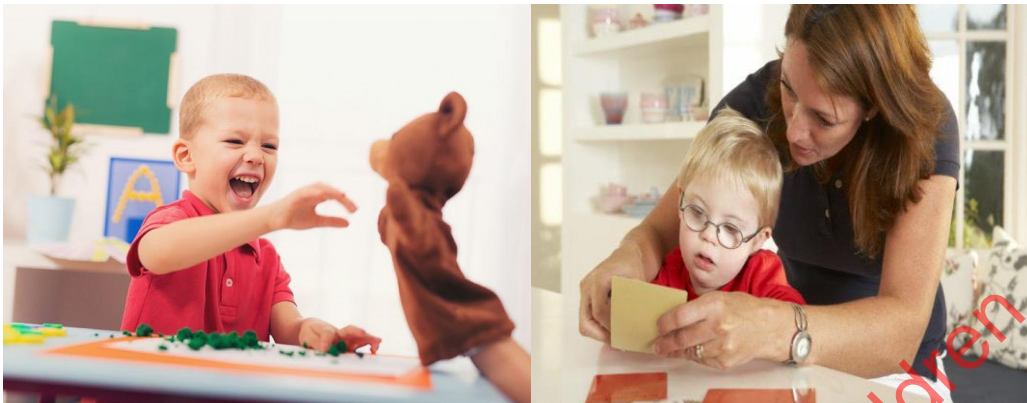
- **Receptive and Expressive Language:**

- Receptive language is the ability to understand and follow commands.
- Expressive Language is learning to speak and to use language appropriately.

- Improve child's vocabulary with the help of 3-dimensional objects.



- Help the child to point to the desired object or body parts to improve his receptive and expressive vocabulary.



- Use flash cards to help the child to focus on the sounds that he/she is having difficulty in pronouncing. Practice the target sounds in isolation first e.g 'la', 'th', 'o' etc. than in syllables and words.



- Develop vocabulary and short story telling with the help of action picture cards and story books.



- Help the child communicate daily activities with the help of pretend play so that he/she participates fully and learn new receptive and expressive vocabulary.



- Help the child to learn new concepts with his/her siblings during play and reading a book or playing etc.



- Build his/her expressive vocabulary by asking him /her questions like “what is this?” using 3-D objects, flash cards and books, verbal cues or prompts should be given along with immediate feedback.



Note for the parents:

Try to keep the activities as interactive and fun as possible and also try to do the massages and sound activities in front of the mirror so the child can see himself/herself and have a visual input.

Thank You