

Delay Speech Problems in Toddlers and Children

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ABSTRACT

In today's world, a child or a toddler is lacking in social skills, physical growth and development, speech problems, emotional management, social relationship management and the list goes on. But the very first way to express by the child is his or her language. Language is the medium to express ourselves and to communicate with others. But the child of today's world is busy in using mobile phones and other electronic gadgets and have no time to do manual work and social interactions with others which leads to speech problems in the child. A child cannot express their words properly, cannot make a complete sentence by joining all the words. They are often confused with the sound of words. Parents at the end went to speech therapists and counsellor for their child's speaking problems.

KEY WORDS Gadgets, speech problem, speech therapists, Parents, counsellors

INTRODUCTION

During the period of conception of the child, it is important that a mother should be free from stress, taking medicines, followed a proper diet and nutrition plan, do yoga and meditation. At the period of conception it is believed that whatever a mother will do or whatever mental state she is that will directly impact the child. So, if a mother is facing stress it will also affect in the proper development of the child whether its physical, biological, mental, speech delayed problems. Delayed speech problems in toddler is due to negligence by parents, not conducive home environment, lack of social relationships, use of electronic gadgets by parents (Aulia et al., 2023). Parents play an important role in the early development of the child resulting into social incompetence and delayed speech problems in child (Gerodilova et al., 2023). Many toddlers with speech delays have oral-motor problems. These happen when there's a problem in the areas of brain responsible for speech. This makes it hard to coordinate the lips, tongue, and jaw to make speech sounds.

WAYS FOR PARENTS TO IDENTIFY SPEECH DELAYED CHILD

1. Focus on the receptive speech and learning of the child
2. Focus on expressive language of child.
3. Find out if the child can spot the difference between sounds
4. See how the child is interacting with other
5. How the child is perceiving and interpreting the things

REASONS FOR DELAY OF SPEECH IN CHILD

Any mishappening event- Any accident, brain injury, trauma in childhood may lead to speech impairment in child. May be the child is recalling or have some shades of that memory which still hampers or fear the child and also effects the speaking of proper words by the child.

Neurological Reasons- Some child experiences fits due to some brain or neuro conditions at the time of delivery which in turn lead to serious neurological problems in the child.

Neglect by the Parents- Parents play an important role in the language development of the child. A child learns his or her first language from parents. Now-a-days working parents are often busy with their work or jobs they hardly have the time to look after their child. They usually hire a house helper for the child and home. The working parents either communicate less with the child or not take interest in the activities of the child which left the child alone and the toddler also chooses to less communicate as there is no one to listen.

Lack of social relationships- Less interactive and less socialised child often delay in speech. They do not know how to greet others, socialise with others and respond to others. If a person in their family ask them something they never respond of if they respond they talk less which make the elders upset also. Social relationships are the key for language development of the child. A child who knows to respond to others, know the time where to show gestures will be frequent in speech or language.

Neutral families- Now-a-days in our modern society and culture newly married couples chooses to live alone from whole family and within time they get separate living. Children of neutral families remain alone and isolated throughout his or her childhood. Children of joint families know how to live with other members, how to respond, when to speak, how to behave and most importantly how to communicate their views. On the other hand children in neutral families hardly interacts with others which is also a factor to speech impairment in the early stages of the child.

Genetic factors- If the parent of the child has speech impairment or any other neurological impairment it may eventually hamper the speech problems in child also.

WAYS FOR PARENTS TO OVERCOME THE SPEECH DELAY PROBLEM OF CHILD

- 1. Interactive story telling-** Start a story telling and prompt the child to say what will come next? What is this? In this way parents can channelize their child to speak.
- 2. Imitation play-** Play an imitating game with your child. Imitate a cartoon character and then ask the child to imitate the same or another one. Children love to watch cartoon characters and imitating them is their favourite hobby.
- 3. Use of flashcards-** Show the flashcards of fruits, vegetables, animals, birds to your child and ask the child to name the picture shown in card.
- 4. Singing a song-** Sing a favourite song of your child makes the child more involve in speaking. Sing the starting two or three lines and ask the child to speak the next lines. Child will definitely respond to this as the children love to listen or sing a song. Sometimes they do dance on their favourite song.
- 5. Role playing-** Invite 2-3 child of your neighbourhood or a family member to your home. And create a situation or assigned some different roles to each child like visiting a zoo, organising a birthday party, preparing some small snacks. In these type of fun- loving activities children will speak to each other and work collaborately also.
- 6. Narrate the day-** Ask the child when he or she came back from any activity whether it is playing, after a school, after a visit to a place to narrate the whole activities which she or he performed there.

The child will try to combine his or her experiences and tell parents an original story by combining the words and when he or she stop somewhere, encourage the child or reward the child by saying very good, mind-blowing and ask the child then what happen next? Tell us! It will definitely encourage the child to speak more.

7. **Dialogue writing-** Parents can initiate a conversation or dialogue between them to spark the interest of the child. They can talk or converse on any topic like what to purchase for house-hold grocery items?. Where to go for outing on weekends?. This raise the interest of the child also then they deliberately shift towards their child and initiate a dialogue between the three which is also interest of the child. They can take a topic of conversation between the three cartoon characters, conversation between friends on subjects, play or any other. This will help in the speech development of the child.
8. **Patience with child's pace-** Sometimes parents get worried and lost hope that nothing is working. They stop trying to make any efforts. But parents must be patient with the child. They should work with the pace of their child. They shouldn't be angry with the child also as it will lead to negative growth of the child.

How do speech therapists work-

1. Use of Language intervention therapy through this the child pronounces the words properly. The child is encouraged to make the sentences slowly by slowly
2. Use of Recitation therapy will help the child to recite and speak the words again for better speech.
3. Public speaking also solve the speech problems of the child.
4. Certain exercises are there for speaking of proper sounds and words.
5. This therapy also helps the child in strengthening the muscles of the mouth.
6. Encouraging the child to converse more and more in different situations.
7. Focus on the use of vocabulary of the child.
8. Breathing exercises are there which will help the child to calm down during excessive pressure of speaking.

Conclusion

Speech problems must be identified at early stages of childhood. If not, it will lead to serious language impairment in the child at later stages. Delay in speech may be due to many factors like parental neglect, any trauma in childhood, lack of social interactions, stress during pregnancy period, hereditary. Early diagnosis and treatment of speech problems is required immediately. Parents must do the early diagnosis by absorbing all the activities of the child. Parents can take help from family members, house help, speech therapists, counsellors to help their child. If the speech problems in child are not treated early it will lead to some serious social problems, mental problems and adjustment problems in the future.

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