

Useful websites

<https://www.clch.nhs.uk/services/speech-and-language-therapy-children>

Local Offer website: (search "SEND local offer with the name of your borough). This website has lots of useful information for parents about local help for children with additional education and/or health needs

Parent forums: Contact for support if your child has additional education/health need

Parents Active (Hammersmith and Fulham)
www.parentsactive.org.uk

Full of Life (RBKC)
www.fulloflifekc.com

Make it Happen (Westminster)
www.wppg.org.uk

The Communication Trust:
www.thecommunicationtrust.org.uk

ICAN: www.ican.org.uk

About CLCH NHS Trust

The Speech and Language Therapy Service is provided by Central London Community Healthcare NHS Trust.

For more information visit www.clch.nhs.uk

Please contact us for more information on: 0207 266 8777

Complaints and compliments: If you would like to comment on the services we provide you can contact the CLCH NHS Trust's Patient Advice Liaison team on 0800 368 0412 or clchpals@nhs.net

If you are unable to attend...

- **Contact us on 0207 266 8777** to let us know if you are unable to attend a session as soon as possible. **It is not possible to re-schedule cancelled appointments.**
- Be on time. We will be unable to see your child if you arrive more than 10 minutes late.
- If you do not attend your child will be discharged from our service
- Nurseries are usually happy for your child to be taken out of nursery to attend speech and language therapy appointments. We are able to send a copy of your child's appointment letter to nursery

⇒ Please arrange childcare for siblings

⇒ No mobile phones

⇒ No food or drink, except water



Early Years Speech and Language Therapy



Working Together

May 2020

Research shows that young children learn new words, and language skills when they interact and have conversations with their parents during everyday meaningful activities & routines (such as bath time, brushing teeth, mealtimes, shopping, playing, looking at a book etc.)

Your role: As parents you know your child best. You spend the most time with your child, during everyday routines and activities. In therapy the Speech and Language Therapist will only spend around 30 minutes with your child at any therapy session. What makes the difference in supporting your child's development is what happens with you, at home, during meaningful functional routines and activities.

Our role: To support you to develop knowledge, skills & confidence in how to help your child during meaningful activities and routines. What you do everyday with your child is much more important to effectively support your child's speech and language development than the number of therapy sessions they come to, or the time spent with professionals.

The SLT service helps you to support your child to **communicate** when their skills are not developing as expected.

Learning to talk involves a number of areas and we break these areas down to identify where & at what level your child is having difficulty, so we can help you.

Many parents expect the therapist to carry out the therapy directly with children and feel anxious or uncertain about carrying out the therapy themselves.

Our role is to help you to learn skills and strategies to help your child's development. Parents are the most significant facilitators of learning in young children in their natural home environment, during meaningful activities

Myth: Learning more than one language causes language delay.

Truth: Speak to your child in your strongest language. It's ok to mix languages if this feels natural.



What does Speech and Language Therapy look like?

- Individual or group sessions
- Begin by setting goals with parents
- Typically up to 4 sessions ,with the same therapist
- Often take place at one of our clinics across Kensington & Chelsea, Westminster and Hammersmith & Fulham
- Sessions last around 30 minutes

During therapy you may play with your child, try different strategies with them after observing the therapist modelling and then practise together.

After the session it is essential you put the skills into practise at home. You can let the therapist know each week how the therapy is going . At the last session the therapist will discuss progress with you and what you need to do next to help your child.

Goal setting: Goals need to be meaningful and achievable to make a difference. You will set goals with the therapist . Goals will be achieved through everyday practice of skills & strategies by you at home with your child. We will jointly review progress.