



ASHA /

May Is Better Hearing & Speech Month!



**COMMUNICATION
THE KEY TO CONNECTION
BETTER HEARING & SPEECH MONTH**



How to play BHSM Family Feud:

- **Divide into families. Determine the spokesperson and scorekeeper for your family.**
- **Emcee reads question.**
- **Emcee moves from team to team for responses. Each team gets only 1 response opportunity before the emcee moves on to the next team.**
- **If a team is correct, they receive 5 points. If they are incorrect, they receive no points.**
- **Play continues on a given question until all answers are provided or 3 strikes have occurred.**



Question #1. Name 10 conditions that can cause acquired hearing loss in children.



Question #1. Name 10 conditions that can cause acquired hearing loss in children.

- **Ear infections**
- **Medications that are toxic to the ear**
- **Meningitis**
- **Measles**
- **Encephalitis**
- **Chicken pox**
- **Flu**
- **Mumps**
- **Head injury**
- **Noise exposure**



Children and Hearing Loss

Children can exhibit varying degrees of difficulty hearing and understanding environmental and speech sounds and can experience significant problems listening and understanding in noisy and reverberant environments.

The effective use of what's left of the child's hearing is a primary consideration in intervention because it can affect the child's success or failure in other areas.

The following two factors contribute most to successful use of residual hearing are:

- Appropriate amplification and/or assistive technology (hearing aids, cochlear implants, and/or FM systems)**
- A favorable acoustic environment where noise is eliminated or reduced**

Please contact an ASHA-certified audiologist for more information.



Question #2. Name 4 ways you can tell that you are listening to dangerous noise levels.



Question #2. Name 4 ways you can tell that you are listening to dangerous noise levels.

- **You must raise your voice to be heard.**
- **You can't hear someone 3 feet away from you.**
- **Speech around you sounds muffled or dull after you leave the noisy area.**
- **You have pain or ringing in your ears (tinnitus) after listening to loud noise.**



What can you do to protect yourself in a noisy environment?

- **Wear earplugs.**
- **Limit your listening time in the noisy area.**
- **Listen at no more than half volume when listening through ear buds or headphones.**
- **Become a model for good listening behavior to educate your children.**
- **Have your hearing tested by an ASHA-certified audiologist if you think you may have lost some hearing.**



Question #3. Name 6 early gestures that babies learn to use.



Question #3. Name 6 early gestures that babies learn to use.

- **Shake head "no"**
- **Point**
- **Wave**
- **Clap**
- **Blow kisses**
- **Raise arms (to be picked up)**



Early Gestures

Children should be using 2 new gestures a month, resulting in 16 gestures by 16 months of age.

You can help by teaching your baby to imitate actions, such as playing peekaboo, clapping, blowing kisses, waving bye-bye, and playing pat-a-cake. These games teach turn-taking that is needed for conversation.

If your 7- to 12-month-old makes only a few sounds or does not use gestures or your 12- to 18-month-old says only a few words, they could have a language disorder.

Please contact an ASHA-certified speech-language pathologist (SLP) for more information.



Question #4. Name 6 signs of a swallowing problem.



Question #4. Name 6 signs of a swallowing problem.

- **Coughing during or right after eating or drinking**
- **Wet or gurgly sounding voice during or after eating or drinking**
- **Extra effort or time needed to chew or swallow**
- **Food or liquid leaking from the mouth or getting stuck in the mouth**
- **Recurring pneumonia or chest congestion after eating**
- **Weight loss or dehydration from not being able to eat enough**



Treatment for Swallowing Problems (Dysphagia)

Treatment depends on the cause, symptoms, and type of swallowing problem. An SLP may recommend:

- Specific swallowing treatment (e.g., exercises to improve muscle movement)
- Positions or strategies to help the individual swallow more effectively
- Specific food and liquid textures that are easier and safer to swallow



Question #5. Name 5 common warning signs of a stroke:



Question #5. Name 5 common warning signs of a stroke:

- Sudden numbness or weakness of the face, arm, and/or leg
- Sudden confusion, trouble speaking, or difficulty understanding speech
- Sudden difficulty seeing in one or both eyes
- Sudden trouble with the following: walking, dizziness, balance, or coordination
- Sudden severe headache with no known cause



Important Facts About Stroke

A stroke is when a clogged or burst artery interrupts blood flow to the brain. This interruption of blood flow deprives the brain of needed oxygen and causes the affected brain cells to die. When brain cells die, the functioning of the body parts that they control is impaired or lost.

Each year, strokes affect more than 795,000 Americans, almost 130,000 of whom die as a result.

As part of a team, the SLP diagnoses and treats cognitive-communication and swallowing deficits after a stroke.



Question #6. Name 6 tips to make communicating with older people easier.



Question #6. Name 6 tips to make communicating with older people easier.

- Reduce background noises that may be distracting.
- Talk about subjects that are familiar to them.
- Keep sentences and questions short.
- Give older persons a moment to reminisce; memories are important.
- Allow extra time for responding; don't hurry them.
- Give the older person choices to ease decision making (e.g., "Do you want tea or coffee?" rather than "What do you want to drink?").



Communicating With Older People

Communicating with older people often requires extra time and patience because of physical, psychological, and social changes of normal aging.

Even more effort is needed in nursing homes, where 60% to 90% of residents may actually have communication disabilities.

Please contact an ASHA-certified SLP for more information.



Question #7. Name 6 language tips to help a preschool child develop their language skills.



Question #7. Name 6 language tips to help a preschool child develop their language skills.

- **Read to your child every day.**
- **Point out words you see. Point to signs in the grocery store, at school, and outside.**
- **Speak to your child in the language you know best.**
- **Listen and respond when your child talks.**
- **Give your child time to answer questions.**
- **Set limits for watching TV and using electronic media. Use that time for talking and reading together.**



Preschool Language Disorders

Types of preschool language disorders may include problems with the following:

- Understanding basic concepts, questions, and directions
- Learning new words
- Saying words in the right order
- Having conversations and telling stories

SLPs help preschool children learn to follow directions, talk about and ask for things, form short sentences, ask and answer questions, tell stories, and describe pictures and events.

SLPs also help children with beginning reading and writing skills.

You can always find out more from an ASHA-certified SLP.



ASHA /

You can learn more about *May Is Better Hearing & Speech Month* at www.asha.org!



COMMUNICATION
THE KEY TO CONNECTION
BETTER HEARING & SPEECH MONTH