



Article published on April 23rd 2012 | [Article Marketing](#)

Just imagine one day in of your life wherein you will not be using words or you will not open your mouth in order to say something or give instruction? What do you think will happen to you?

According to a study speech is the most widely used form of communication and without such it will be difficult to understand others or for others to understand you. It is the most practiced act used and the easiest to do. But if there are problems with speech then such communication will be affected. What is being recommended is for such person to undergo speech therapy, which is the ability to understand words spoken to you, or the ability to use words to express yourself in order to correct the defect. Speech problems can occur at an early age or may also be caused by severe stroke for those sick patients. There are centers that offer speech therapy, physical therapy, occupational therapy etc. We have the specialistâ€™s that handles such cases as this, they are called speech-language pathologist, speech therapist or speech teacher. This doctorâ€™s will find ways on how to improve your speech through activities or games which will be easier for the patient. Such speech defectâ€™s does not just include not having to say something but also:

*Voice disorder like problems with the volume, rhythm, pitch, speed and quality of the voice.

*Fluency disorders as stuttering where they tend to repeat, prolong sounds, syllables and have abnormal stoppages.

*Articulation disorders include phonetic difficulties in producing sounds in syllables or saying words incorrectly. Like interchanging the letters and difficulty in saying words with letters S or R.

* And dysphagia or oral feeding disorders are eating and swallowing difficulties. Such as interchanging some letters in a word.

For kids as early as 9 months the baby should be able to say some words like mama or papa without understanding what it means or at around 1 year old they should be able to distinguished the sounds they hear if what it is. If they can do this then thereâ€™s nothing to worry about However, if you observed that thereâ€™s some problems it is important to do something about it as early as possible. Here are some activities you can do at home in order to improve their speech.

1. Observe your child for a day or two and check how he or she tries to communicate.
2. Try to let the child speak the words that you say like papa or mama.
3. Spend more time talking to your kidâ€™s and do not baby talk.
4. Observe if your child is trying to imitate the people around him and how he understands those gestures and movements.
5. If you hear your baby say something incorrectly check the pronunciation right away and keep on practicing until it is said correctly.

Like the other things in our everyday life, speech development is both because of nature and nurture. Though the parentâ€™s genes are a part to determine intelligence and speech and language development, a lot of it depends on the environment where the kid grows specially now a days where both parents are busy with their jobs.

Article Source:

<http://www.articleside.com/article-marketing-articles/speech-therapy-truly-a-necessity.htm> - [Article Side](#)

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Article Keywords:

physical therapy, speech therapy

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