



THE  
**HOUSSON CENTER**  
PSYCHOLOGICAL AND EDUCATIONAL SERVICES

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## Speech Disorders In Children

A child with a **speech disorder** may have difficulty with speech and sound production, voice, resonance, or fluency (the flow of speech).

### Statistics

- About 5% of children ages 3-17 in the US have a speech impediment that lasts for a week or longer
- More than 3 million people in the US have had or still have a stutter (about 10% of the total U.S. population)
- Without treatment, children might have a hard time learning how to read and write
- Children with speech impediments often develop anxiety and depression

### Symptoms/ Reasons for Concern

- The child doesn't babble using consonant sounds (spec. b, d, m, and n) by age 8 or 9 months
- The child uses mostly vowel sounds or gestures to communicate after 18 months
- It is still hard to understand the child's speech by the age of 3
- Frequent loss of voice
- The voice is hoarse, harsh, or breathy
- Can't control muscles used to speak
- Repeat sounds or syllables
- The child holds out certain sounds or syllables

### Types of Disorders

<b>Fluency disorders</b>	affects the flow of a person's speech <ul style="list-style-type: none"> <li>Includes: stuttering and cluttering (speaking quickly but merging words or cutting off parts of words)</li> </ul>
<b>Orofacial myofunctional disorders (OMD)</b>	when something affects how one moves their face, tongue, and mouth muscles (ex: difficulty saying sounds like "s" or "sh")
<b>Speech sound disorders</b>	affects child's ability to say sounds clearly
<b>Voice disorders</b>	may affect one's ability to speak (ex: hoarseness, laryngitis, spasmodic dysphonia)
<b>Articulation disorders</b>	a wide range of errors people can make when talking (ex: substituting "w" for "r" or having a lisp)

## Risk Factors and Causes of Speech Disorders

- Neurodevelopmental conditions (i.e. Autism Spectrum Disorder (ASD), Attention Deficit Hyperactivity Disorder (ADHD), or epilepsy)
- Traumatic brain injury (TBI)
- Medical conditions like stroke, dementia, or brain tumor
- Cognitive delay
- Hearing loss
- Oral-motor or feeding problems

## Treatment

- **Speech therapy**
- **Voice therapy**

## Resources:

- [Speech Impediments \(Speech Disorders\) \(clevelandclinic.org\)](http://clevelandclinic.org)
- [Child Speech and Language \(asha.org\)](http://asha.org)
- [Early Identification of Speech-Language Delays and Disorders | LD OnLine](#)
- [Speech Sound Disorder | Psychology Today](#)
- [Speech & Language Disorders in Children \(cincinnatichildrens.org\)](http://cincinnatichildrens.org)
- [Speech Problems \(for Teens\) | Nemours KidsHealth](#)
- [Speech and Language Impairments | Center for Parent Information and Resources \(parentcenterhub.org\)](http://parentcenterhub.org)
- [Childhood Speech Impediments: How to Identify a Problem and Help a Kid Out \(fatherly.com\)](http://fatherly.com)

## Extra Helpful Resources (Books)

- *The Whole Brain Child* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *How to Talk so Little Kids Will Listen* by Joanna Faber and Julie King
- *How to Talk so Kids Will Listen and Listen so Kids Will Talk* by Adele Faber and Elaine Mazlish
- *No-Drama Discipline; the Whole-Brain Way to Calm the Chaos and Nurture your Child's Developing Mind* by Daniel J. Siegel, M.D. and Tina Payne Bryson, Ph.D.
- *Breaking Free of Child Anxiety and OCD* by Eli R. Lebowitz, Ph.D.
- *Freeing your Child from Anxiety* by Tamar E. Chansky, Ph.D.