

## **Apraxia: A Summary**

Apraxia of Speech is a disorder that affects planning of movement in the tongue, lips, jaw and palate, all of which are key in spoken language. Causes of the disorder are not yet fully understood. What *is* known is that children with Apraxia have great difficulty planning the series of motor events need to produce words and connected speech.

Have you ever thought about all the steps it takes to form just a “single” sentence? It all starts with intention to communicate. Next, an idea forms outlining what you want to say. The words for the desired message are put in the correct order, using the correct grammar. Each of the words is comprised of a specific sequence of sounds (also called phonemes) and syllables that must be ordered together. All of this information is translated from an idea, and then information about the order of sounds is translated into a series of highly coordinated motor movements of the lips, tongue, jaw, and soft palate.

The brain than tells the muscles of these “articulators” the exact order and timing of movement so that the words in our message are properly expressed. At last we get to speak what has been on our minds. In order for that to happen successfully, all of the muscles and parts coordinate together to produce fluent speech.

As children we would make word attempts and get feedback from others and from our own internal systems regarding how “well” the words were spoken. We then took that knowledge and used it the next time we wanted to attempt the same words to essentially “learn from experience.” As syllables and words were spoken repeatedly, these motor patters become automatic.

Children with Apraxia have difficulty with this process. They may not have the ability to form or access speech motor plans. Apraxia therapy focuses on improving the motor planning and sequencing of speech and involves LOTS of practice. Apraxia is not easy to overcome, but gains made can be very rewarding.

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 “We are what we repeatedly do.  
 Excellence, therefore,  
 is not an act but a habit.”



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With summer fast upon us, you are most likely trying to figure out way to work on speech and language over the break. Why not get them in the kitchen with you to help you make something quick and easy? Cooking activities are loaded with speech and language concepts, such as sequencing, vocabulary, following directions, and making choices/requesting! Try it today!

## Fruit smoothie

### Ingredients

- 1/2 cup nonfat vanilla frozen yogurt
- 1/2 cup lemon nonfat yogurt
- 1 medium banana or 1/2 cup frozen strawberries
- 1 teaspoon sugar

### Directions

Place all the ingredients in a blender and process until smooth. It takes 5 minutes and yields one serving!



Cooking is fun  
for All!

## Children's Drawing Contest

Central Delaware Speech-Language, is hosting an Art Contest for children ages 2-21 years. Please have your child submit an original work of art by June 20<sup>th</sup>. Projects can feature coloring, drawing, pasting, scrapbooking, or any other related element.

The theme of the contest is FRIENDS. Please submit only 1 entry per child. Siblings of clients are also permitted to enter the contest.

All projects will be displayed around the facility, and winner's project will be featured on our bulletin board. The winner will also receive a gift certificate for ice cream form Friendly's! **Good Luck to All!**



## Testimonial Contest

Dear Clients: As with any new business, we strive to provide the very best service possible. We would be very happy to hear your feedback. Let us know if we are meeting your child's needs and yours as well. Also let us know if we are not...so we can correct it!

If you fill out a Testimonial sheet, it will be entered in to win a chance at a free session of 1/2hr. You may sign or remain anonymous. Drop your testimonial off at the front desk. The last date to enter is June 26, 2009. The winner will be announced in July.



Guess who also  
struggled with speech?  
James Earl Jones!

James Earl Jones is an American actor who has won countless awards for his performances. There is, perhaps, no better known voice. He stuttered as a child and used acting as a means to develop speaking skills.

**We look forward to helping your child  
improve his/her speech and language skills!**