

Speech and Language Therapy – What to expect during your child's initial assessment?

## **Overview of the Evaluation**

- **Purpose:** The evaluation will assess your child's speech and language development to identify any delays or disorders that may need intervention. It's a relaxed, play-based approach to understand how your child communicates.
- **Duration:** Typically, the evaluation lasts about 60-90 minutes, depending on your child's needs and attention span.

## What the Evaluation Will Include

- 1. **Parent Interview:** I'll start with a conversation to gather background information. We'll discuss your child's developmental history, medical history, language exposure, and any concerns you may have.
- 2. **Play-Based Observation:** I'll interact with your child using toys, books, and other age-appropriate materials to observe their speech, language, and communication skills. This helps in assessing their ability to understand and use language.
- 3. **Formal Testing (If Needed):** Depending on your child's age and abilities, I may use standardized tests to evaluate specific skills, like vocabulary, articulation, and language comprehension.
- 4. **Social Communication Assessment:** I'll also look at how your child uses language in social situations, such as making eye contact, taking turns, and using gestures.

## How to Prepare Your Child

- **Explain Who I Am:** Let your child know that a friend (Hilary) will be coming to play and talk with them. Keep it simple and reassuring.
- Make Sure They Are Well-Rested and Fed: Schedule the evaluation at a time when your child is usually alert and in a good mood, such as after a meal or snack but not too close to nap time. This helps them stay focused and comfortable.
- **Minimize Distractions:** Choose a quiet, familiar space with minimal distractions. Turn off the TV, put away electronic devices, and keep other toys out of sight. If siblings are home, it is best if they are occupied in a different room or supervised by another adult to avoid interrupting the evaluation.



• Set Up a Comfortable Environment: Use a spot where your child feels at ease, such as their favorite play area. I prefer sitting on the floor or at a low table because it allows me to engage with your child at eye level, creating a more relaxed and inviting atmosphere that encourages natural interaction.

## What Happens After the Evaluation

- **Results Discussion:** I'll provide initial feedback on what I observed and answer any immediate questions. A detailed report will follow within a few weeks, summarizing the findings and recommendations.
- **Next Steps:** If therapy is recommended, I'll explain the options and work with you to create a plan that fits your child's needs and your family's schedule.

The goal is to make the experience as natural and stress-free as possible for your child while gathering valuable information about their communication skills.

I look forward to meeting you and your child! Please reach out if you have any questions.