

May is Speech-Language and Hearing Month

Recognize children's problems

"He'll grow out of it" is the response parents hear when they express concern over a speech or language problem. Tammy McEachern Hughes, Speech-Language Pathologist at the Thunder Bay District Health Unit believes, however, that the earlier a program is professionally evaluated, the better the chances are for successful management.

May is Speech-Language and Hearing Month and Tammy states that some of the questions parents frequently ask are: "How do I

know when my child has a speech, language or hearing problem?", "How do I recognize problems early enough to seek help?" and "When am I being too anxious?"

Communication disorders have the potential to limit a child's ability in several areas including hearing, speech, understanding and expression of language. Until he learns to express his ideas and wants in words so that others understand him, a child has difficulty taking his place in the family,

among his peers, and in school. The emotional turmoil, the difficulty in communication, and the effect on school progress, caused by a language delay, articulation disorder, stuttering, or a non-fluency problem, is too great a price to pay for non-intervention.

Consider the following possibilities requiring the attention of a speech-language pathologist or audiologist:

- a child not talking by two years of age
- a child's speech difficult to

understand after three years of age
- at three still not using 2-3 word sentences

- after age five, word endings consistently missing
- improper word order at age five

- noticeably self-conscious about his/her speech or stuttering after age six

- speaking too high or low, too loud or soft

- speaking through the nose or with a hoarse voice

difficulty in hearing or understanding speech

These are some signs of disordered communication. If you are concerned about your child's speech-language development or hearing ability, you may contact the Thunder Bay District Health Unit Speech-Language Pathology Program for information on services in prevention, identification, assessment, and management of communication disorders at 625-5900 in Thunder Bay.

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you. With the right machine, you should be able to get your son's operator assistance.

Dear John: I'm on the horns of a dilemma. I enjoy the fresh vege-

tables from my own garden, but I hate weeding. How can I resolve this inner conflict?

Dear Weed-aphobic: The key to mental equilibrium is to control your fear of weeds. Sure, the soil in your seedbed is loaded with bil-

lions of sleeping weed seeds just waiting for the right conditions to sprout and make your life miserable. But, you can get back at weeds by depriving them of the right growing conditions.

One way to do this is by using a

black plastic mulch to prevent weeds from receiving sunlight. Another way to fight weeds is to plant vegetables in square or rectangle patches instead of long rows. A leafy crop that grows in a dense patch will shade weed seeds and prevent germination, or choke

out many of the weeds that do sprout.

Also, try to cultivate your garden once a week, so the chore doesn't get out of hand. Loosen only the top 1 cm of soil, slicing off weeds without damaging crop roots.

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for Information

LAKE SUPERIOR MENTAL HEALTH GROUP

A local support group for individuals affected by mental health problems, their families and friends.

Our next meeting: **Monday, May 16, 1988, 7:00 p.m.**
Mental Health office -
38 Kingsway.
Schreiber, ONTARIO


Guest Speaker: Jane Lam, Rehabilitation Worker
Ministry of Community and Social Services.

Refreshments will be served.

For more information, 824-2597 or 824-2867.

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