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Play to Say: A Speech Therapy Activities Website

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Play to Say: A Speech Therapy Activities Website Lauren Stover

Department of Speech-Language Pathology & Audiology

Honors Research Project

Submitted to

The Honors College

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Abstract

Play to Say.com was initially designed in conjunction with the Articulation & Phonological Disorders class at The University of Akron, taught by Dr. Scott Palasik. This class involved collegiate students working together to create therapy activities for various speech disorders in children. Throughout the semester we became concerned for how we would remember our newly created games and felt other people should have access to them as well. This website was created in effort to provide aspiring and current licensed speech-language pathologists with new ideas for therapy with children. In addition, the website addresses the much-needed push for continued therapy and practice at home. Parent-friendly activities are provided for each letter of the alphabet to encourage parent engagement and understanding. Speech pathologists will find activities organized by the phonetic alphabet.

Introduction

In Spring 2017, the Articulation & Phonological Disorders class at The University of Akron worked to create appropriate therapy activities for children with varying difficulties. As a result, many new ideas were created and shared. As the semester went on, the class realized it was hard to remember the approaches they had created months earlier. The class also had a few questions, which this senior honor projects attempted to answer. These questions include: How will the class remember these activities in years to come when they are practicing clinicians? How should these students share their ideas with others? That is when the idea for Play to Say was created To solve the issue of remembering and sharing each other's ideas, all the therapy approaches were added, along with others, to compile a website.

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According to the American Speech Language Hearing Association, the majority of children should be able to say all English sounds by eight years of age¹ (ASHA 2018). Children who are unable to do so may have a communication or speech sound disorder. These children are likely to receive speech therapy services through a private practice or their school system. According to ASHA's 2016 School Survey, the average caseload for a school speech-language pathologist was 48 students² (ASHA, 2016). These student's needs for intervention included language disorders, speech sound disorders, autism spectrum, and many other sources. Lastly, this article showed the average school speech-language pathologist engaged in 19 hours a week of traditional pull-out services. This may seem like an adequate amount of time, but to fit 48 children with varying needs into less than 20 hours a week may be strenuous. For maximum success, continued practice at home is a vital part of a child's success with speech therapy. Children spend much more time at home than in the therapy room. Opportunities for growth and learning increase greatly with involvement at home³ (Stoeckel 2018). It is important for parents to realize their role to continue practice at home with their child. The speech therapy process may seem intimidating, but active involvement will provide benefits for both the parents and child (Stoeckel 2018). It is not their role to diagnose or treat the problem. Play to Say aims to give both parents and speech therapists new options to help their children with speech should disorders

Materials & Methods

Utilizing the wix.com website templates, Play to Say was created. In doing so, it was realized not only how much goes into designing a website, but also the endless possibilities for

¹ Speech Sound Disorders. (n.d.). Retrieved March 31, 2018, from

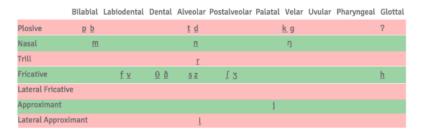
² http://www.asha.org/uploadedFiles/2016-Schools-Survey-SLP-Caseload-Characteristics.pdf

³ Stoeckel R. (2018) The Importance of Parent Involvement in the Speech Therapy Process. *Apraxia Kids,* from https://www.apraxia-kids.org/library/the-importance-of-parent-involvement-in-the-speech-therapy-process/

speech therapy. Starting with basic pages for therapists and parents, one can see the expanded the website to include both the English alphabet letters and the phonetic alphabet. This way, it is easy to read and understand from either side of use.



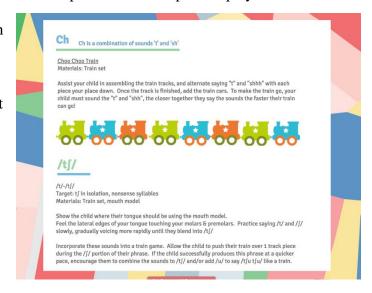
To address the issue of classmates and other speech pathologists having future access to the activities, the website has a phonetic alphabet table. Each phoneme is linked to a corresponding page. Activities provided include a designated target, list of required materials, and therapeutic description of the game/activity.



The parent page depicts a list of the alphabet, and additional English sounds such as "sh" and "ch". This ensures the parents understand what they are reading, and it is not written in technical speech therapy terms. Each English alphabet letter links to a page shared with the phonetic alphabet sound. Activities designed for at-home practice are listed in the top half of

each page. This website is designed to stress the important role that parents play in their child's

progress. Parents are self-guided through
the website to pages designed
specifically for them. Directions are kept
simple: a materials list, target goal, and
instructions for facilitation. The website
is intended for quick reference and use,
not complete diagnostics or lesson plans.
It is easy to get lost in terminology and

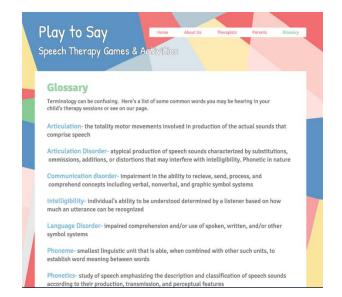


techniques, which this site avoids. In the instance that confusion does occur, a glossary page is easily accessible. Other sections of the website are also accessible to parents who are looking to further their understanding of speech-language pathology. The accessibility of the website for parents is extremely important to encourage parent participation. The goal is to keep parents informed, educated, and engaged in their child's therapy journey.

Additionally, a glossary page was created for the instance of a term being used that parents are not familiar with. This is easily accessed through a button at the bottom of every

page, in addition to its own tab listed at the top task bar. The glossary also aids parents in understanding their child's diagnosis and goals.

Lastly, this page contains links to for additional information through other websites. If parents are looking for further information, or therapists in need of different in-depth activities, some



common sources are available. Some of these sources include Judy Kuster's website through Minnesota State University. This site contains links for information on an immense range of disorders, syndromes, and other differences⁴ (Kuster, 2006). Another source, Peachie Speechie, was included for further quick and easy therapy activities. Speech pathologists may purchase and print worksheets that coordinate with up-to-date trends that will keep children excited and participating. Additional resources were included due to the importance of expanding therapy resources throughout practice. Speech pathologists should never limit their activities, skills, or knowledge simply due to finding one or two activities that work well for their clients. It is important to include new approaches along with old ones to promote carry-over into everyday speech.

Results/Discussion

As a result of creating this website the possibilities for speech therapy are endless. Common favorite games such as I Spy and Candy Land can be used in various ways throughout therapy. Although the website is organized to group activities by target sound, speech therapy games and activities can be categorized in various ways. Grouping by target level, therapy type, or disorder would also be beneficial to speech pathologists. Due to the emphasis placed on continued practice at home, the website groups activities in the way that would best promote parent use and understanding. As stated in *Apps: An Emerging Tool for SLP's*; "Speech-production apps should not be used in place of speech-language treatment with a certified SLP, nor should use of apps for clinical purposes proceed without training and guidance Speech-production apps should not be used in place of speech-language treatment with a certified SLP,

⁴ Kuster, J. (2006, February 6). Specific speech-language disorder areas and syndromes. Retrieved April 01, 2018, from https://www.mnsu.edu/comdis/kuster2/newdisorders.html#childlang

nor should use of apps for clinical purposes proceed without training and guidance" ⁵(Gosnell 2011). In coordination with this statement, this website aims to enhance formal speech therapy sessions, not replace them.

A study published by the U.S. National Institutes of Health's National Library of Medicine focused on the influence of a home practice program using an iPad⁶ (Kurland, Wilkins, Stokes, 2014). Although this study was done on patients with aphasia, their results provide information and support for home programming. The iPad practice allowed users to maintain words they had learned and even explore new words and phrases. With daily practice, their progress did not decline outside of the therapy room. This can be applied to children as well. Following a formal speech therapy session, the clinician can inform the parent or guardian of some at-home activities. Daily practice at home will continue to stimulate the child's brain for speech learning.

Speech therapy, specifically in schools, is limited to a short amount of time once or twice a week. Not due to an individual's needs, but rather due to high demand and need for various interventions. While these short sessions can be extremely helpful, a problem cannot be fully overcome in these short times alone. For optimal results, it is important for speech practice to continue at home. Speech pathologist should train and properly educate parents and guardians to stimulate their child's skills at home as well. Having resources for both parties readily available on the website will be a great asset. This archive of activities will be helpful for speech

⁵ Gosnell J. (2011, October 11). Apps: An Emerging Tool for SLP's. *The ASHA Leader* from http://citeseerx.ist.psu.edu/viewdoc/download?doi=10.1.1.366.7755&rep=rep1&type=pdf

⁶ Kurland J., Wilkins A. R., Stokes P., (2014, January 21,) iPractice: Piloting the effectiveness of a tablet-based home practice program in aphasia treatment. Retrieved from https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3931518/

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pathologist so children to not get bored or accustomed to the same games. Parents will also benefit from the speech-centered activities their children can engage in at home. Activities may also be altered to address the individual's interests and strengths.

Included in the website is a survey to judge how the website will be used in the future. Responses will help decide which sounds or disorders need more activity options. Additionally, the website is set up to receiving feedback from an array of users- speech pathologists, parents, and peers. This will provide positive and negative feedback to improve the website and instruction moving forward. The website is not intended to stay in its current state, but to change based upon needs and ideas provided through user feedback.

Acknowledgements

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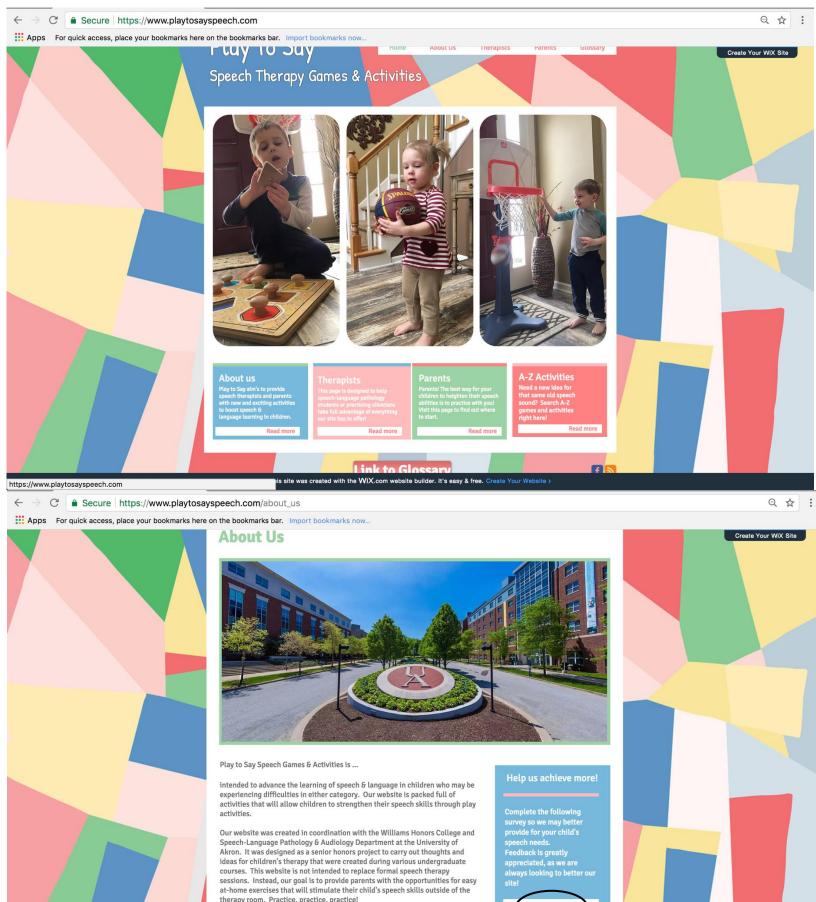
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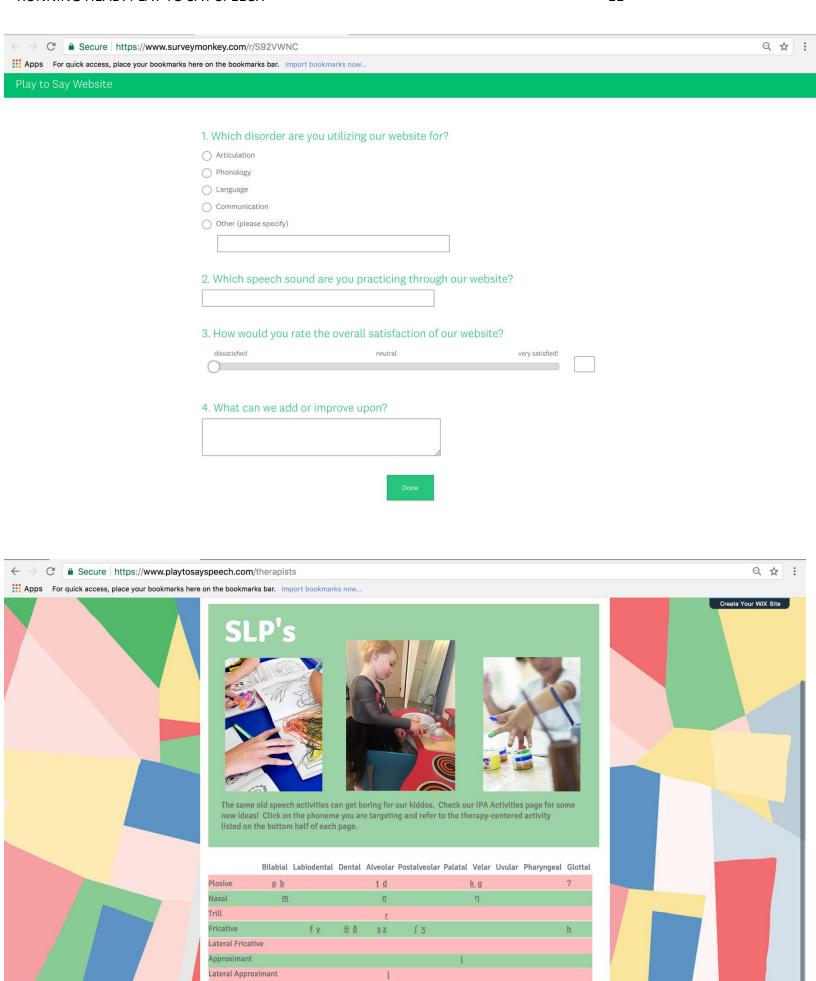
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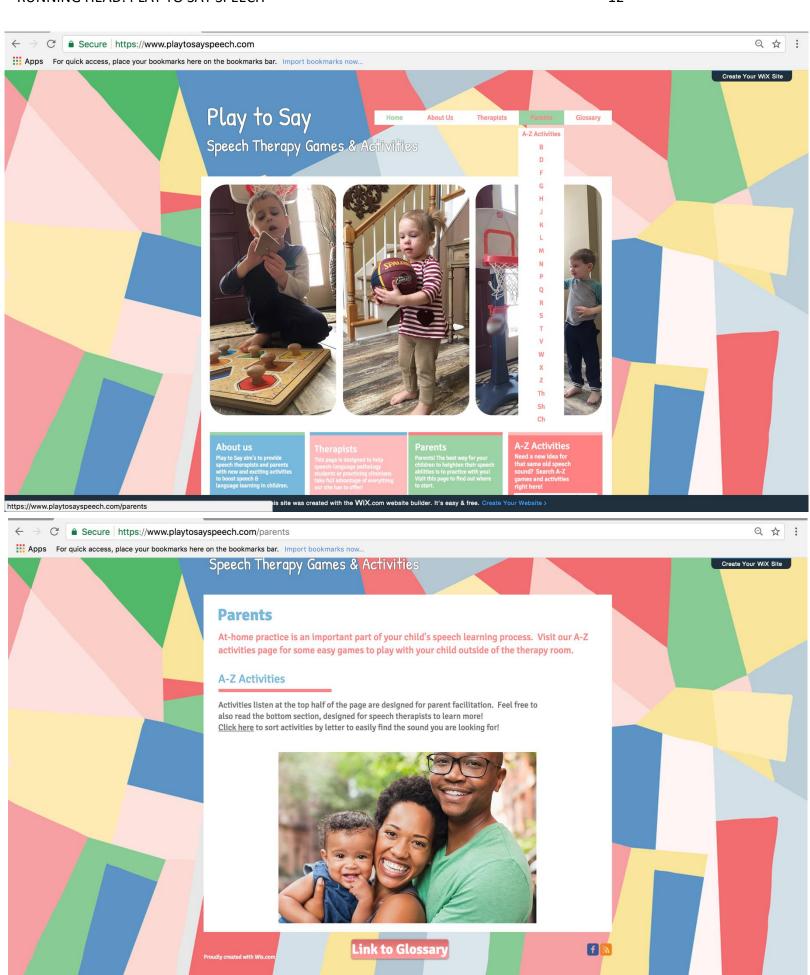
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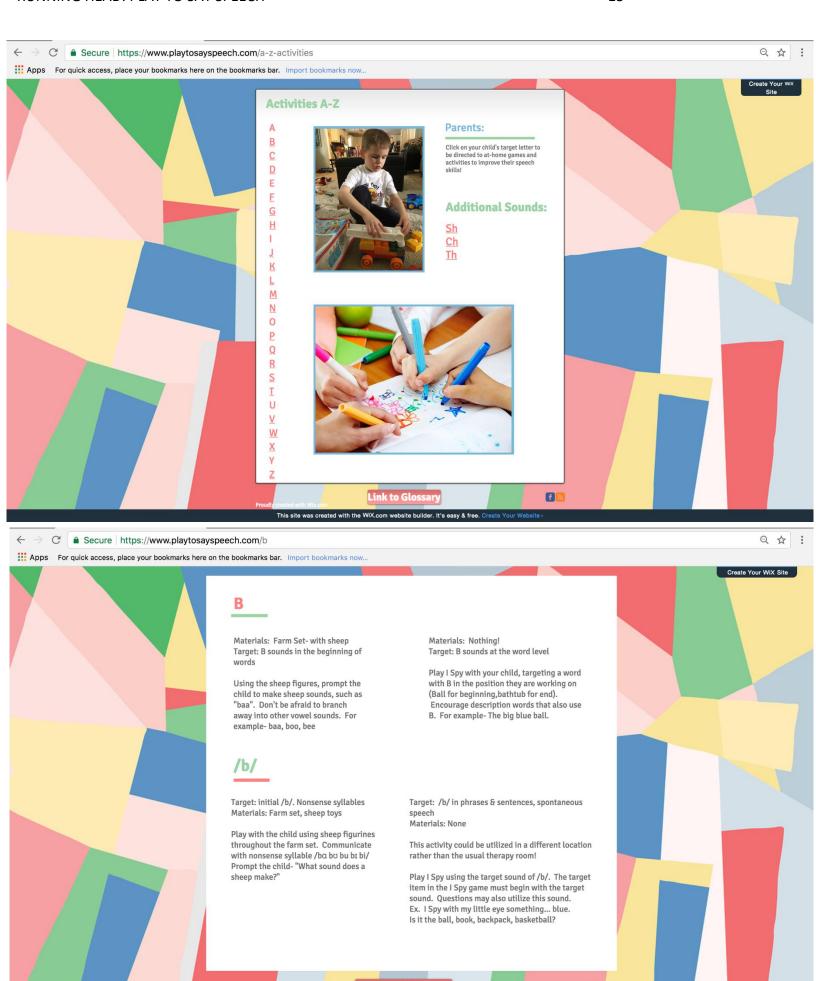
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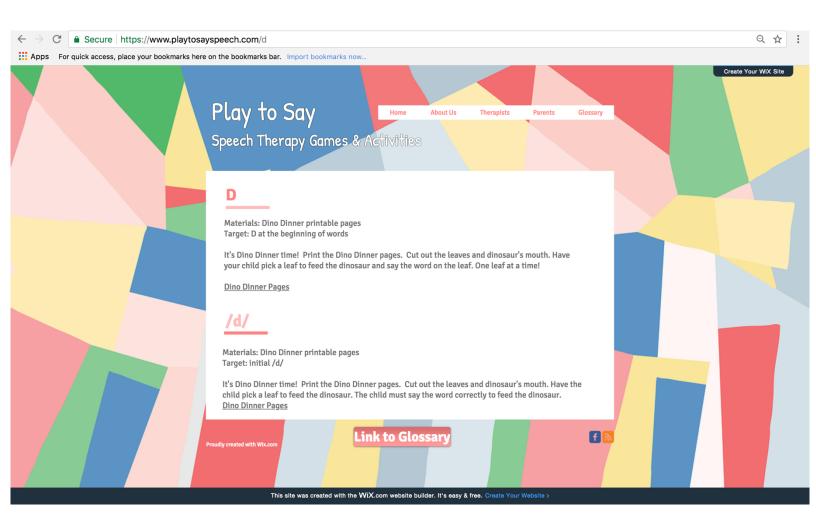
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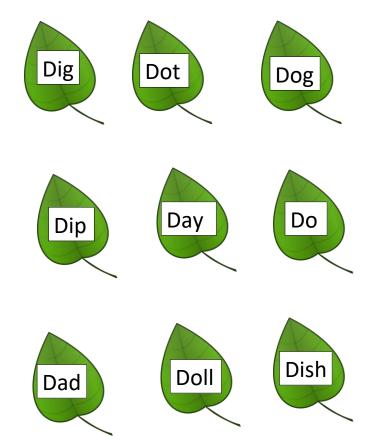




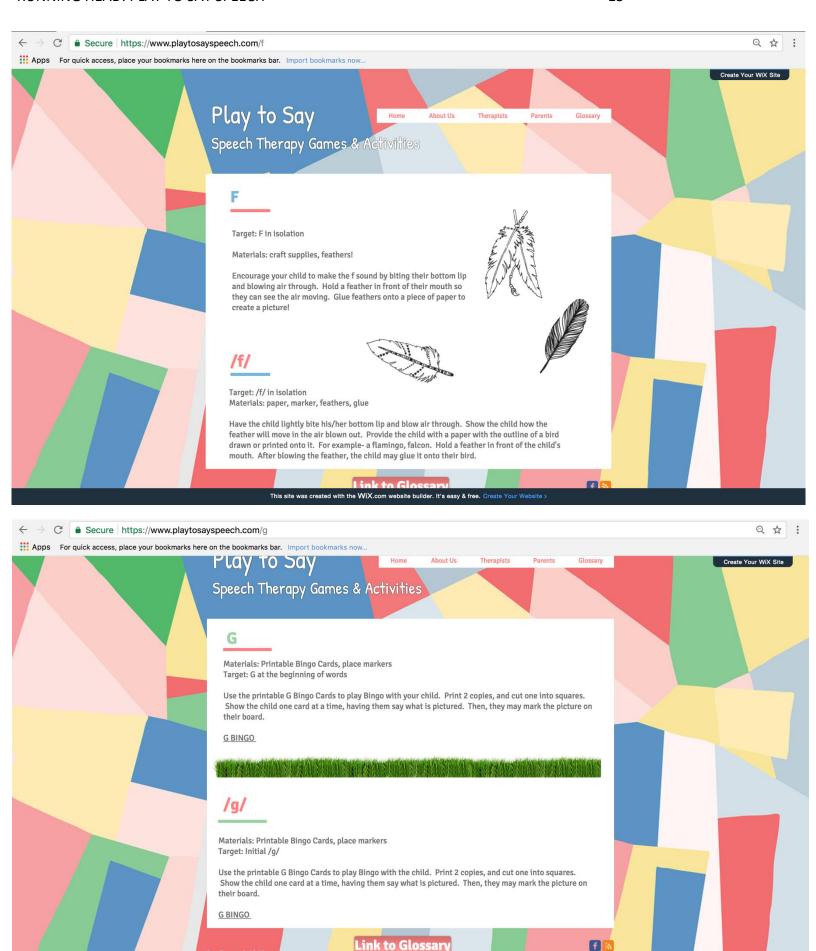






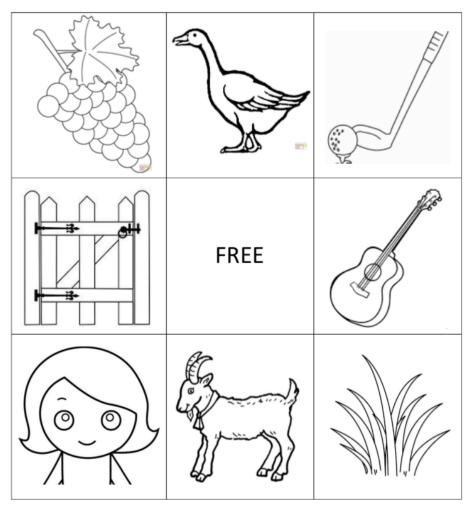




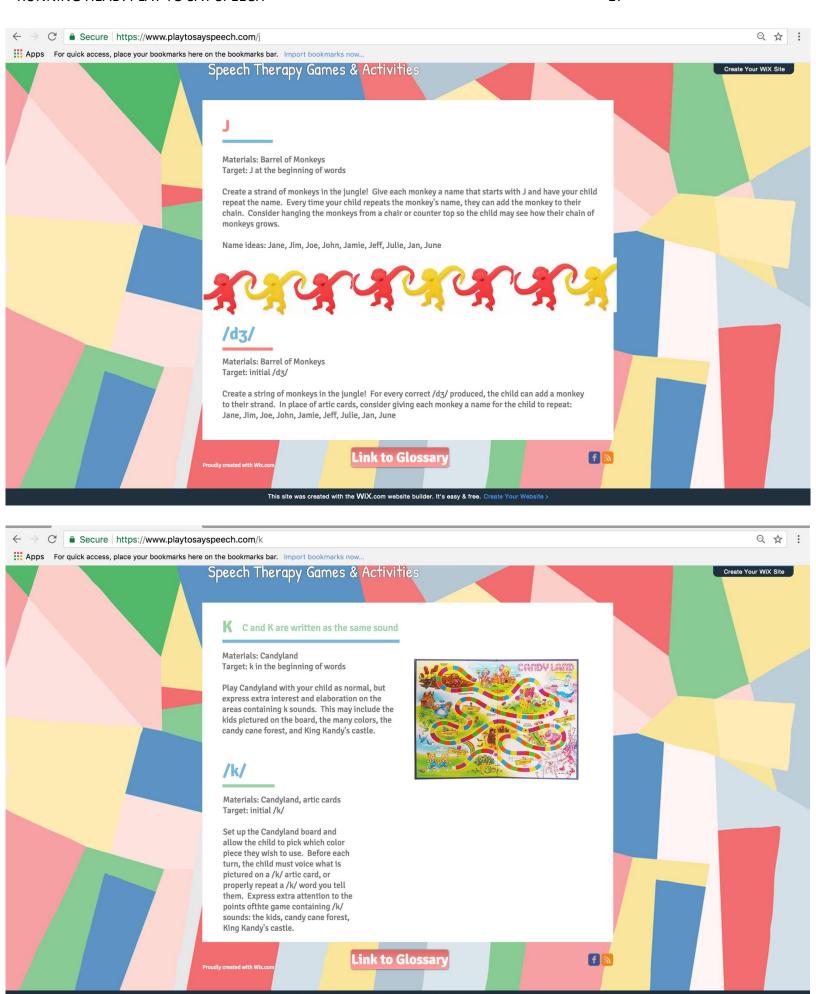


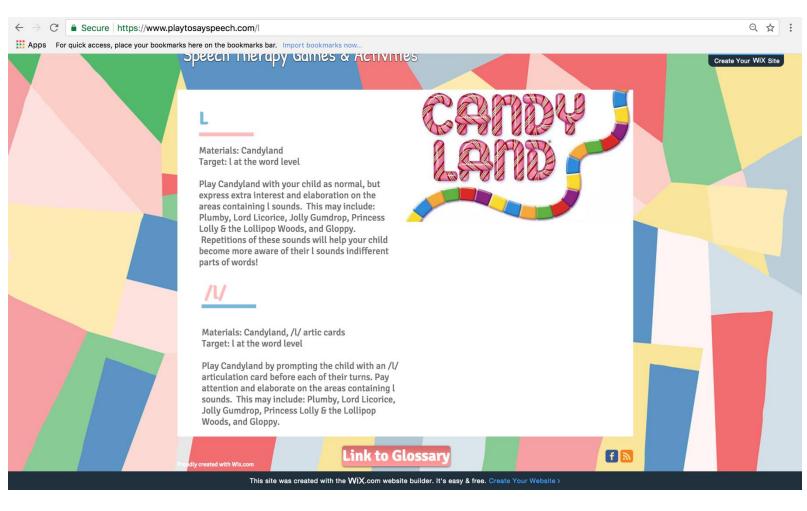
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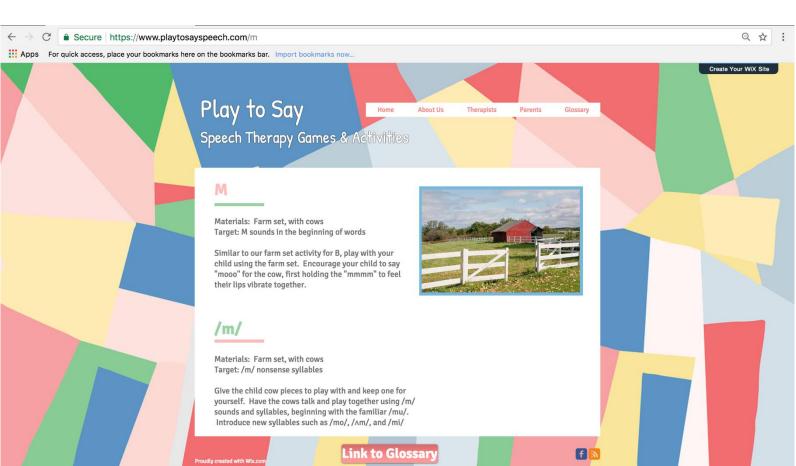
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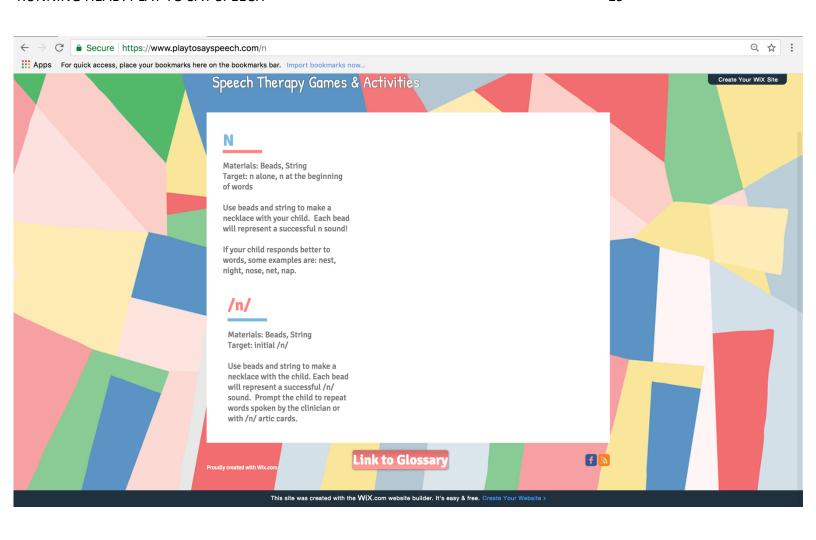


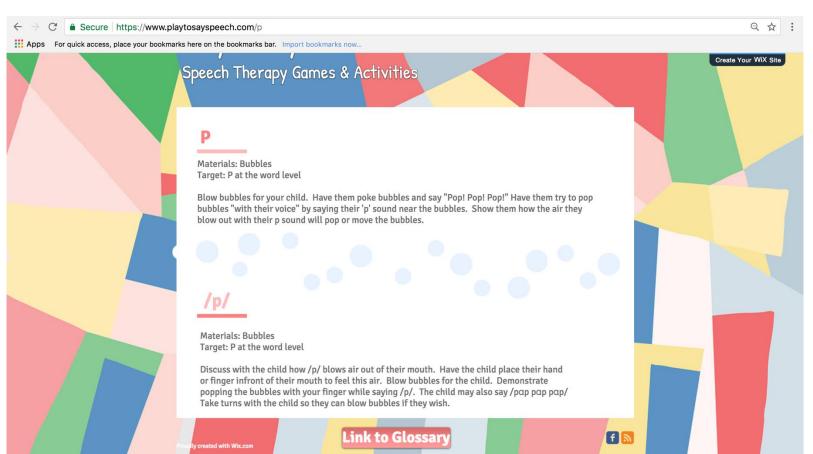


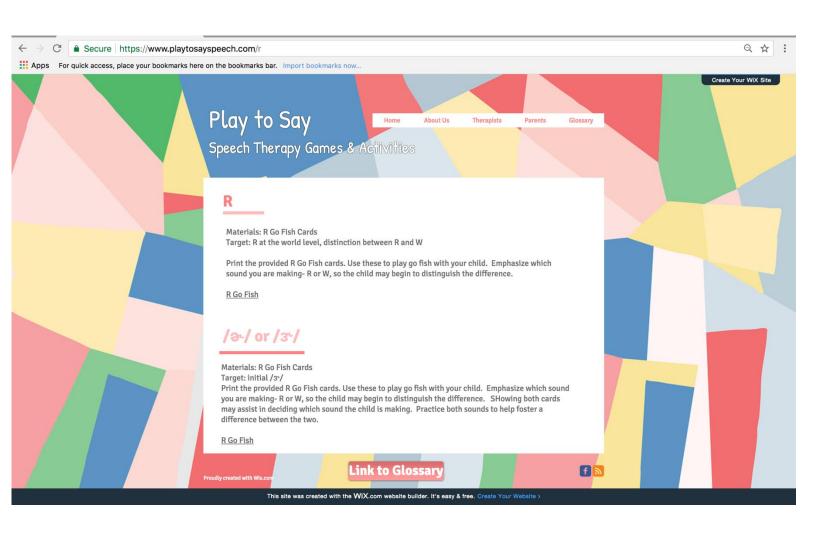






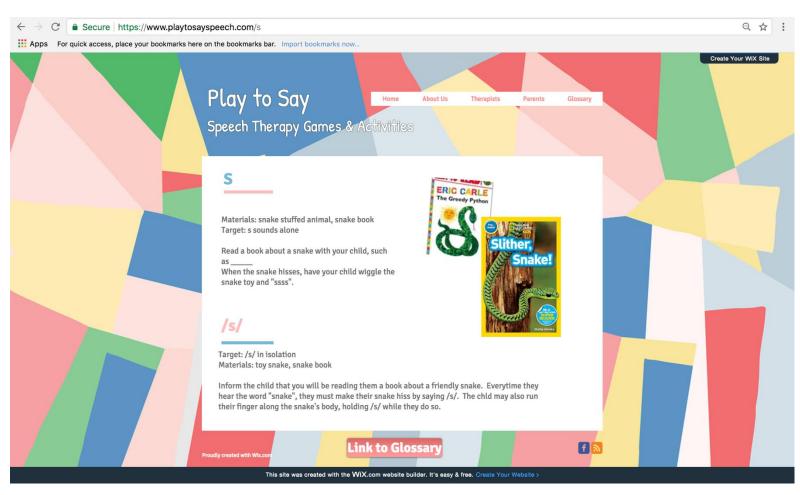


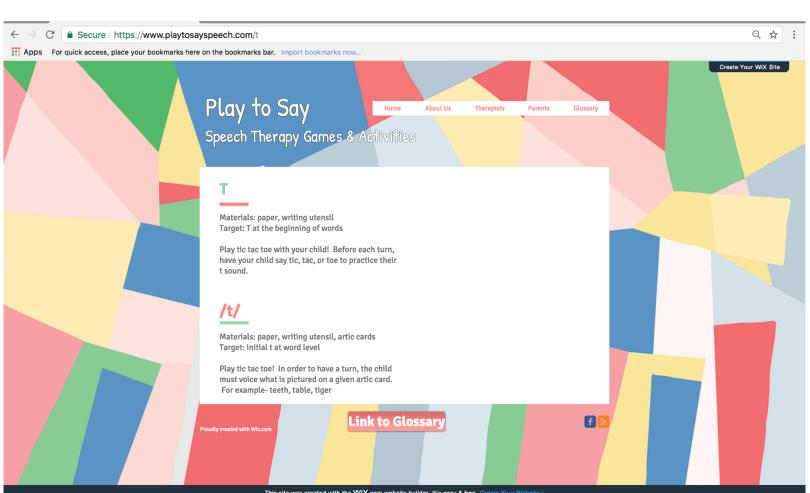


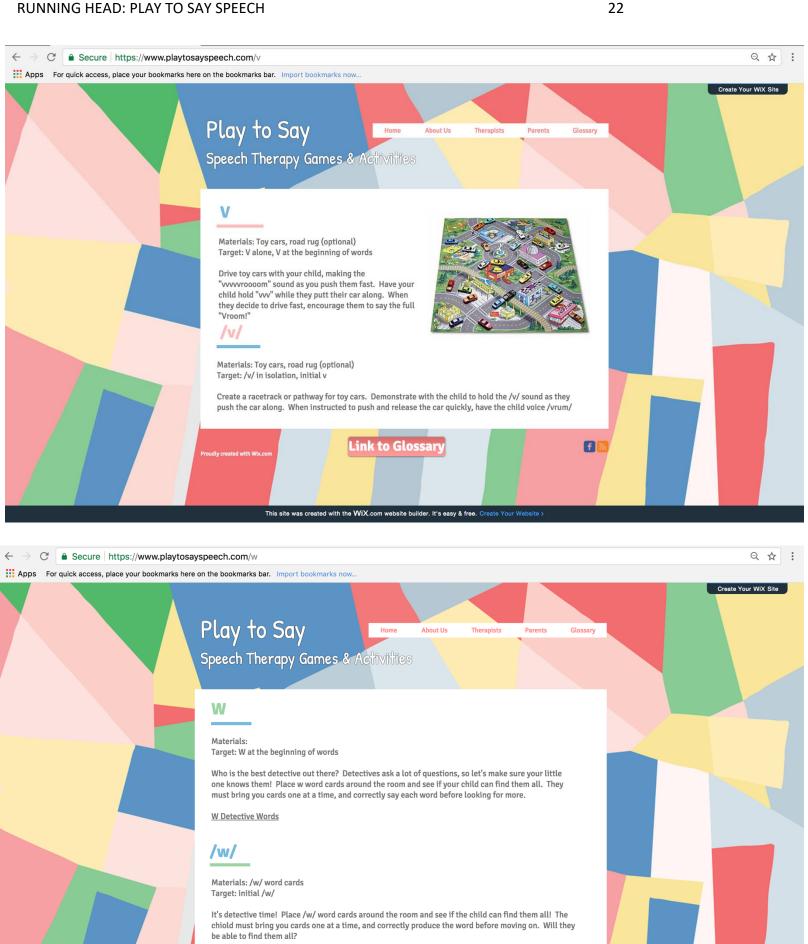


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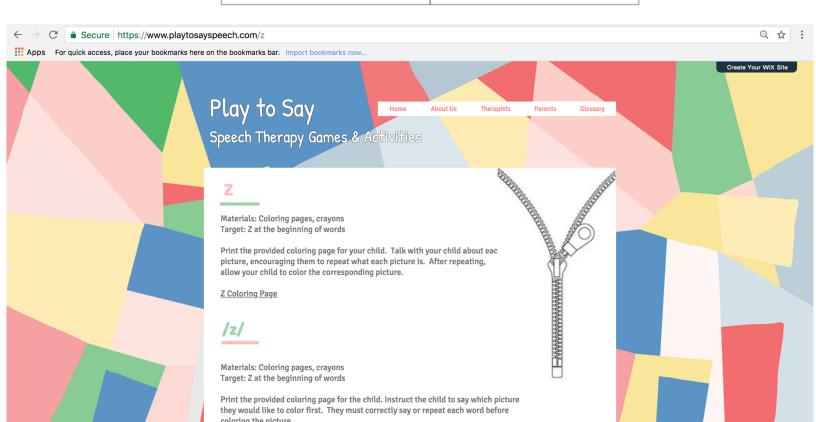
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W Detective Words

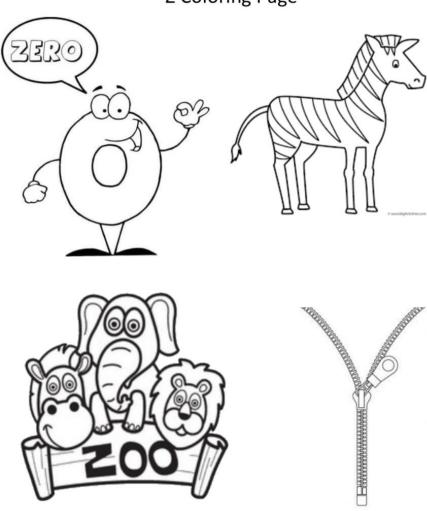
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What	When
Where	With
Why	While

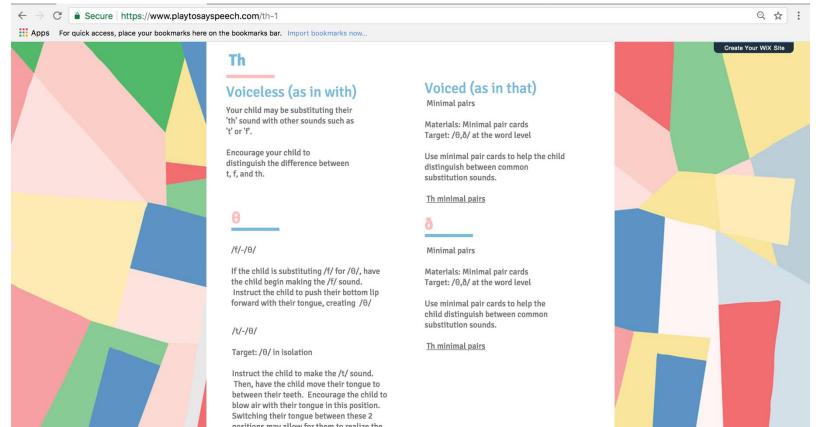
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Won	Will
Way	Worry
Win	We



Z Coloring Page





Ten	Then	Tin	Thin	Free	Three	Whiff	With		
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These	Trees	Toe	Thou	Freeze	These	Fat	That		
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Play to Say Home About Us Therapists Parents Glossary Speech Therapy Games & Activities									
Materials: Chutes & Ladders Target: Sh alone or at the beginning of words Play Chutes & Ladders with your child. Everytime one of your pieces moves up a ladder or down a chute, encourage your child to make the "Shhh" sound as they move the piece.									
		[/					,		
	Ta	Materials: Chutes & Ladders Target: /ʃ/ in isolation, initial /ʃ/							
Play Chutes & Ladders with the child. Instruct the child to repeat /ʃ/ for every space their piece moves. If they come to a ladder or chute, hold the /ʃ/ sound for the duration of the move.									
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