My Role as a Parent or Carer in Speech and Language Therapy

Department of Speech and Language Therapy for South Tyneside and Gateshead

Gateshead Primary Care Trust
South Tyneside Primary Care Trust
Sunderland Teaching Primary Care Trust
Your child has been referred to Speech and Language Therapy because they are experiencing some problems with communication.

Being able to communicate with other people is really important to everyone.

We learn to communicate as we grow by learning from the important people around us, such as our parents, carers, siblings and teachers.
Many children find communication difficult, and need extra help.

The Speech and Language Therapist will provide guidance and support to help you to understand your child’s difficulties.

Following an initial assessment, a care plan will be developed to help your child. As part of this plan your Speech and Language Therapist will give you ideas and activities that you will need to carry out at home with your child.

You play a central role in making sure that your child’s therapy goes well. We will work in partnership with you and other relevant professionals to help meet your child’s needs.

**What do you need to do?**

- Bring your child to all of their appointments
- Join in with what the therapist is doing
- Listen to what is said, and watch what happens during the session - you may need to do something similar at home
- The therapist will provide activities for you to carry out with your child at home
Helpful tips for practising at home

• Practise every day, just for a little while

• You’ll need some peace and quiet, so turn off the TV

• Make sure you are not going to be interrupted

• Make sure you practise at a time when you both have plenty of energy

• If other members of the family are around, get them to join in too

• Make it fun! (try not to call it “work”)

• If you can think of ways of using the ideas in other ways, please do!
What do I do if we can’t come to an appointment?

It’s really important that you contact us as soon as possible:

- If you live in Gateshead telephone: (0191) 445 6667
- If you live in South Tyneside telephone: (0191) 283 2484

It’s up to you to organise another appointment, so if you leave a message and don’t hear from anyone within two weeks, please call again.

If this was your child’s first appointment, perhaps it means that you no longer need our help. We’ll write to check whether you still want to come, and if we don’t hear from you then, your child will be discharged.

If you do not attend twice within the same block of treatment, we will have to discharge you so that we can offer the time to someone else.

All of these things are really important. They help to make sure that your child benefits as much as possible from the therapy they receive.
What should I do if there is something I’m not happy with?

• Firstly, you need to talk to the therapist about your concerns

• If problem is not resolved you can phone the manager of Children’s Speech and Language Therapy Services:
  If you live in Gateshead telephone: (0191) 445 6667
  If you live in South Tyneside telephone: (0191) 283 2484

• If you prefer to talk to somebody from outside of the service, you can contact our Patient Advice & Liaison Service (PALS) on Freephone: 0800 7312 326

Where can I find more information about Speech and Language Therapy

Your Speech and Language Therapist may also be able to provide additional sources of information which are more relevant to your child’s difficulty.
For further information:

If you live in Gateshead contact:
Department of Speech and Language Therapy
Bensham Hospital
Saltwell Road
Gateshead
NE8 4YL
Telephone: (0191) 445 6667

If you live in South Tyneside contact:
Department of Speech and Language Therapy
Stanhope Parade Health Centre
Gordon Street
South Shields
NE33 4JP
Telephone: (0191) 283 2484

NHS South of Tyne and Wear (serving Gateshead Primary Care Trust, South Tyneside Primary Care Trust and Sunderland Teaching Primary Care Trust) is committed to raising the standard of written information for patients, their carers, people who use the NHS and the general public.

For further copies of this leaflet or if you require this information in another format or language please contact: Department of Speech and Language Therapy on the numbers above.

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