

Childhood Apraxia of Speech Challenged Communication between Mind and Mouth



Bonnie Hacker, MHS, OTR/L Founder / Director

A Child's Place

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Phone: (919) 928-0204

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Imagine that you are trying to speak to others. You know exactly what you want to say and what tone, inflection, and speed to use, but your mouth, throat, and tongue simply won't cooperate with you. Your muscles and joints seem otherwise healthy. You can chew and swallow. But you simply can't use speech the way you want. This could be apraxia of speech.

The American Speech-Language-Hearing Association defines childhood apraxia of speech (CAS) as a neurological childhood speech-sound disorder in which the precision and consistency of movements underlying speech are impaired in the absence of neuromuscular deficits.¹ However, neuromuscular deficits may or may not be present as a co-existing condition. Etiologies may be idiopathic, neurological, and neurobehavioral. CAS can result from infections, trauma, or heredity, or it can occur with no apparent cause.

CAS is characterized by delayed onset of speech, limited babbling as an infant, restricted sound inventory, atypical prosody, and inconsistent sound errors.² CAS is difficult to diagnose, but it is clinically recognizable in children as young as two. While children who do not receive therapy can achieve modest improvements over time, there are no recorded cases of children with confirmed CAS "growing out of it." CAS identified in the preschool years has been



documented to persist into school ages, and the expert consensus is that childhood apraxia of speech does not resolve independently.³ The good news is that, even in severe cases, techniques of pediatric speech therapy delivered intensively over time create strong improvements.^{4,5}

Part of the difficulty associated with diagnosing childhood apraxia of speech stems from the high prevalence of co-existing conditions. Children with CAS commonly present with other speech and language impairments and other differences in sensory processing, attention regulation, vestibular function, temperament, fine motor skills, and literacy.^{6,7} The high prevalence of important, co-existing conditions not only underscores the importance of a qualified pediatric speech/language evaluation, it also highlights the desirability of a combined speech/occupational therapy approach to achieve optimal outcomes for most children.



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