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METHODS OF SPEECH DEVELOPMENT IN STUTTERING CHILDREN

Abstract: One of the most common ways to develop speech in children who stutter is speech therapy. Speech therapists work with children to improve their fluency, reduce stuttering behaviors, and increase their confidence in speaking. It is suggested that therapists use a combination of techniques such as breathing exercises, relaxation techniques, and speech exercises to control children's stuttering and help them speak fluently.

Key words: Speech therapy, speech therapists, stuttering, speech.

Annotatsiya: Duduqlangan bolalarda nutqni rivojlantirishning eng keng tarqalgan usullaridan biri bu logopediyadir. Nutq terapevtlari bolalarning ravon nutqini yaxshilash, duduqlanish xatti-harakatlarini kamaytirish va gapirishga bo'lgan ishonchini oshirish uchun ular bilan ishlaydi. Terapevtlar bolalarning duduqlanishini nazorat qilish va ravon gapirishga yordam berish uchun nafas olish mashqlari, bo'shashtirish texnikasi va nutq mashqlari kabi usullarning kombinatsiyasidan foydalanishlari haqida fikr yuritiladi.

Kalit so'zlar: Logopediya, nutq terapevtlari, duduqlanish, nutq.

Speech development is an important aspect of a child's growth and development, and it can present unique challenges for children who stutter. Stuttering is a speech disorder characterized by disturbances in the normal flow of speech, which may manifest as repetition of sounds, syllables or words, lengthening of sounds, or blocks in which the child cannot make any sound. This can have a significant impact on a child's communication skills and self-confidence, but there are various methods and strategies that can help children who stutter improve their speech fluency. One of the ways to develop speech in children who stutter is speech therapy. Speech therapists are qualified professionals who help children who stutter to improve their speech fluency using various techniques and exercises. These may include breathing exercises that help regulate airflow during speech, slow the rate of speech, and use strategies such as easy starts and light contacts to reduce tension and improve fluency. Another method is the Lidcombe program, which is a behavioral treatment for children who stutter. In this program, the child and their parents work with a speech pathologist to monitor and provide feedback on the child's speech fluency. The program aims to strengthen fluent speech through positive reinforcement and feedback, while gently forming and reducing stuttered speech. [Ayupova.M.Y. —Society of speech therapy Tashkent - 2007]

Speech therapy is a structured and evidence-based approach that has been shown to be effective in improving the speech of children who stutter.

The Camperdown program is an intensive treatment program for adolescents and adults who stutter. This program aims to teach individuals who stutter to control their speech muscles through a technique called stretched speech. By learning to speak slowly and in a controlled manner, people can reduce the frequency and severity of stuttering. Another method of speech development in children who stutter is the use of electronic devices, such as Delayed Hearing Aid (DAF) or Frequency Altered Feedback (FAF). These devices help people who stutter by

providing real-time feedback on their speech, which helps improve fluency and reduce stuttering. By hearing their speech modified by the device, people can learn to adapt their speech and reduce stuttering. In addition, cognitive behavioral therapy (CBT) may also be beneficial for children who stutter. This therapeutic approach focuses on identifying and challenging negative thought patterns and beliefs related to stuttering and developing healthy coping strategies. By focusing on the psychological aspects of stuttering, children can improve their confidence and self-esteem, which in turn can improve their fluency. Group therapy can be an effective method of speech development for children who stutter. Group therapy allows children who stutter to connect with others who have similar experiences, providing a sense of support and understanding. By practicing speech in a group, children can learn from each other and develop stuttering management strategies.

Mindfulness and relaxation techniques can also help children who stutter improve their speech fluency. By learning to relax the speech muscles and reduce tension, children can improve their ability to produce fluent speech. Techniques such as deep breathing, progressive muscle relaxation, and visualization can help manage children's stuttering and improve overall communication skills. Another way to develop speech for children who stutter is speech modification techniques, such as the Fluency Shaping approach. This is the method focuses on teaching children specific techniques and strategies to improve speech fluency, such as smooth intonation, soft starts, and light connections. By practicing these techniques regularly, children can learn to speak more fluently and reduce the frequency of stuttering. Finally, parent education and involvement is essential for the speech development of children who stutter. Parents play a key role in supporting and encouraging their children and instilling good speech habits and techniques. Parents can help their children improve their speech fluency and confidence by working with speech therapists and using strategies and techniques learned in therapy.

The following methods are recommended for the development of speech in children who stutter:

1. Familiarization with the environment: Enriching speech by introducing children to the objects and events around them, expanding their interests.
2. Formation of the grammatical aspect of speech: development of the correct grammatical structure of speech through the study of grammatical constructions and exercises.
3. Cultivating sound culture: Practicing pronunciation of sounds clearly and fluently.
4. Forming conversational speech (dialogue): encouraging children to communicate with each other, strengthening conversational skills through questions and answers.
5. Teaching to tell stories (formation of monologue speech): To develop children's independent speech by telling stories and fairy tales.
6. Development of independent speech through games: elimination of speech defects with the help of special correction methods and logopedic games.

It is also important to conduct conversations with a speech therapist, educator and parents in the development of independent speech in stuttering children. In this process, individual approaches aimed at improving children's self-confidence and speech activity should be used. It is useful to consult with experts when choosing the most suitable methods for each child.

In summary, there are many ways to develop speech for children who stutter, ranging from speech therapy and behavioral approaches to electronic devices and mindfulness techniques. By

using a combination of these techniques and involving parents in the process, children who stutter can improve their fluency, confidence and communication skills. With the right help and guidance, children who stutter can learn to manage their stuttering and become confident communicators.

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