

MFUMO	DALILI
Usemina Sauti	Ni vigumu kumuelewa mtoto kwa sababu: ... hatamki maneno hayo vizuri. ... kuacha sauti Fulani anapo tamka maneno kwa mfano "Na-aka mpira." ... kugugumia kwa mfano "n-n-n-n nataka m-m-m-m mpira." ... kutumia sauti au vituo visivyo faa. Ni vigumu kumuelewa mtoto kwa sababu ya: ...sauti yenye ukali. ... kutokuwa na sauti. ... sauti ya juu. ... sauti ya chini.
Pragmatiki (kutumia lugha kutanga mana na watu)	Mtoto anaona ugumu kuwasiliana na watu: haachi nafasi kwa wengine kusema kitu au hazingatii mada anapozungumza. Mtoto anaonyesha hamu kidogo ya kutangamana na watu. Mtoto hawezi kuelewa kejeli wala ishara za uso.

Matatizo yaliyo tajwa hapo juu hutokea katika ukuaji wa kawaida wa lugha kuanzia mtoto akiwa mchanga hadi akiwa mtoto mkubwa. Matatizo haya yakiendelea kutokea kwa muda mrefu, basi tunayaita ulemavu wa mawasiliano.

Ulemavu wa Mawasiliano ni Nini?

Ulemavu huu unaweza kuwa wa ukuaji au wa kujipatia. Mtu anaweza kuzaliwa nayo au aupate baadaye maishani.

- Hali zinazo athiri **mwendo** au **ukuaji wa akili** kama vile udumavu(Down Syndrome), Autism, Kupooza kwa Ubongo (Cerebral Palsy).
- Kupoteza uwezo wa kusikia** au ulemavu wa kusikia kwa mfano kutokana na madhara kadhaa kwenye masikio.
- Matatizo ya kisaikolojia** au kihisia.

- Ulemavu** wa mdomo/ ulimi/kaakaa.
- Ukosefu** wa utangamano na watu ->Hakuna anayeongea na mtoto.
- Jeraha kwenye ubongo**, uvimbe au magonjwa mengine yasiyo eleweka kama vile ugonjwa wa malaria unaoathiri ubongo (cerebral malaria).
- Kuzaliwa **kabla ya wakati kufika**.
- KAMWE** hausababishwi na mapepo!
- "Kushikana kwa sehemu ya chini ya ulimi" ni **nadra** sana na mara nyingi si sababu ya Ulemavu wa Mawasiliano!

Matibabu ya Hospitalini

- HAKUNA** tiba ambayo inatibu ulemavu wa mawasiliano moja kwa moja.
- Kupima uwezo wa** kusikia kuna weza kusaidia katika kuondoa matatizo yakusikia.
- Mtaalamu wa mazoezi ya usemi na lugha** (speech and language therapist)anapewa mafunzo kutathmini, kubaini na kutibu ulemavu wa mawasiliano. Pia anashirikiana na walimu, familia na marafiki kusaidia katika kuwasiliana na mtoto wako.

Unawezaje Kumsaidia Mtoto Wako?

- Ongea** na mtoto wako. Huenda asijibu lakini anaelewa kupitia mawasiliano ya mwili na ishara za uso.
- Mpatie mtoto wako **muda** wa kujibu! **Subiri!** Mtoto wako ana hitaji kuhisi pengo lililoko baada ya wewe kuongea ili aseme kitu.
- Ongea na mtoto wako katika **shughuli za kila siku** kwa mfano kuvaa nguo: "Weka mikono yako kupitia mkono wa nguo."
- Unapo ongea na mtoto wako **mwangalie kwa macho**
- Ongea **polepole** na utumie **maneno mafupi**.
- Unapocheza au kuongea na mtoto wako, **zima** sauti zinazosumbua kama vile televisheni, radio, muziki.
- Kurudia ni sehemu muhimu katika kujifunza lugha. **Tafadhali rudia** maneno/sentensi mara kwa mara kwa mtoto wako.

Matibabu ya Mapema

Ulemavu wa mawasiliano unahusishwa na **ulemavu wa kujifunza**. Hivyo basi, matibabu ya mapema n kusaidiwa ni muhimu katika kuboresha maisha ya mtoto wako. Cha muhimu zaidi ni: Siku zote ongea na mtoto wako! Mshirikishe mtoto wako katika shughuli zako za kila siku! Cheza na mtoto wako! Mtoto wako anahitaji kuhisi amekubalika jinsi alivyo na ni wa muhimu katika familia kama wengine.

Majukumu yenu kama wazazi ni muhimu sana! Mnaweza kuleta tofauti kubwa katika kuboresha maisha ya mtoto wenu!

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COMMUNICATION
DISORDER



My child has a Communication Disorder

Your child does not turn to the direction of sound. Your child does not use words to express his/her feelings and desires. Your child does not play with other kids, and often shows signs of frustration or anxiety. Your child can express basic feelings, e.g. sad, happy, but cannot tell what he/she did yesterday. You understand what your child is saying but others do not understand him or her. Your child does not follow instructions. Your child has difficulties in reading and writing.

What are Communication Disorders?

Our daily life is decisively based on communication. We express our feelings, needs and thoughts by using language in different forms: spoken, written (verbal) OR signed, gestured and pictured (nonverbal). Communication Disorders affect the ability to understand and/or express yourself. These can be mild, moderate or severe problems.

Types of Communication Disorders

The communication disorders can be divided in 3 systems. They have specific indications.

SYSTEM	INDICATIONS
Language	The child has difficulties following instructions but may respond to routine instructions. The child has difficulties to understand long and complex sentences, e.g. "Give me the ball before you sit down." It is harder to understand the child, because of using few words, e.g. "ball" instead of "I want the ball." ... no use of words. ... using easy structures, e.g. "You ball throwing." instead of "Throw the ball to me." ... using incorrect words, e.g. "I want the doll." Instead of "I want the ball."

SYSTEM	INDICATIONS
Speech and Voice	It is harder to understand the child, because of not pronouncing the sounds properly. ... leaving out sounds, e.g. "I ant the ball" ... stuttering, e.g. "I-I-I-I want the b-b-bb-ball" ... using inappropriate melody or pauses. It is harder to understand the child, because of a harsh voice ... no voice ... a high pitched voice ... a quiet voice
Pragmatics (social use of language)	The child presents difficulties in engaging in conversations: leaving no gap for others to say something or going offtopic. The child shows little interest in social interactions. The child cannot understand sarcasm nor facial expressions.

The difficulties mentioned above occur in the regular language development from infant to child. If they appear for a long time or at an inappropriate age, then we call them communication disorders.

What causes Communication Disorders?

They can be developmental or acquired. Someone can be born with it or acquire it later in life.

- conditions affecting **movement or intellectual** development, e.g. Down Syndrome, Autism, Cerebral Palsy
- **hearing** loss or hearing impairment, e.g. due to multiple ear infections
- **psychological/emotional** problems
- **deformity** of lips/tongue/palate
- environmental **deprivation** -> The child is not spoken to.
- **brain injury**, tumor or other complex diseases, e.g. cerebral malaria
- born **premature**
- **NEVER** caused by demons!

- "Tongue tie" is very **rare** and mostly NOT the reason for Communication Disorders!

Medical Interventions

- There is **NO medication**, which directly improves communication difficulties.
- A **hearing test** could be reasonable to exclude hearing problems.
- A **speech and language therapist** is trained to assess, diagnose and treat communication difficulties. They also cooperate with teachers, family and friends to assist communication with your child.

How can you help your child?

- **Talk** to your child. He/she might not respond but he/she does understand through your body language and facial expressions.
- Give you child **time** to respond **!Wait!** Your child needs to feel the gap after you spoke, to say something.
- Talk to your child in **daily interactions**, e.g. putting on cloths: "Put your arm through the sleeve."
- When you speak to your child make **eyecontact**.
- Speak **slowly** and use **short** sentences.
- When you play or talk to your child, **switch of** disturbing noises like TV, radio, music.
- Repeating is a crucial part in language learning. **Please repeat** words/sentence often for your child.

Early Intervention

Communication difficulties are associated with later learning difficulties. Therefore, early intervention and help is essential to maximize the life quality of your child.

The most important is: Always talk to your child! Integrate your child in daily activities! Play with your child! Your child needs to feel accepted the way he/she is and be a relevant member of the family like everyone else.

Your role as the parents is very important! You can make a huge difference in the life quality of your child!

Mtoto wangu ana ulemavu wa mawasiliano

Mtoto wako hageuki upande ambao sauti inatoka. Mtoto wako hatumii maneno kueleza hisia zake na matamano yake. Mtoto wako hachezi na watoto wengine, na mara nyingi huonyesha dalili za kuvunjika moyo au wasiwasi. Mtoto wako anaweza kuonyesha hisia za kimsingi kama kukasirika, kufurahi lakini hawezi kusema alichokifanya jana. Unaelewa anachokisema mtoto wako lakini watu wengine hawamuelewi.

Mtoto wako hafuati maagizo. Mtoto wako anaona ugumu kusoma na kuandika. Ulemavu wa Mawasiliano ni Nini? Maisha yetu ya kila siku yanategemea mawasiliano. Tunaonyesha hisia zetu, mahitaji na mawazo kwa kutumia lugha kwa njia tofauti: kuongea, kuandika au kwa kuashiria, na kupitia picha. Ulemavu wa mawasiliano unaathiri uwezo wa kuelewa au kujieleza. Matatizo haya yanaweza kuwa kidogo, wastani au kupita kiasi.

Aina za Ulemavu wa Mawasiliano

Ulemavu wa mawasiliano unaweza kugawanywa katika mifumo mitatu. Kila mfumo una dalili maalum.

MFUMO	DALILI
Lugha	Mtoto anaona ugumu kufuata maagizo yafuatayo lakini anaweza kujibu maagizo ya kawaida. Mtoto anaona ugumu kuelewa sentensi ndefu na ngumu, kwa mfano, "Nipatie mpira kabla ukae chini." Ni vigumu kumuelewa mtoto, kwa sababu ya: ... kutumia maneno machache kama vile "mpira" badala ya "nataka mpira." ... kutotumia maneno. ... kutumia miundo rahisi ya maneno kama vile "Wewe mpira rusha." Badala ya "Nirushie mpira." ... kutumia maneno yasiyo sawa kama vile "Nataka mwana sesere (doll)." Badala ya "Nataka mpira."