

# Childhood Apraxia of Speech (CAS) - What do I need to know?

## What is CAS?

CAS is a neurologically-based speech disorder that affects a child's ability for motor planning and execution for speech production. As a result, the child knows what they want to say but the sounds are produced incorrectly due to disconnections

### Characteristics:

- Inconsistent errors on both consonants and vowels on repeated productions (word sounds different each time)
- Difficulty transitioning between sounds or words resulting in choppy or disconnected speech
- Child may sound robotic, have incorrect phrasing, or stress the wrong words or syllables

### 4 Areas to Consider for Intervention:

- **Speech-Language Production**- working on improving speech sound production and increasing length of utterance
- **Spoken Language Skills**- Improving child's willingness and ability to use speech functionally in natural environment
- **Alternative/Augmentative Communication (AAC)**- Providing AAC to relieve frustration and communicative pressure
- **Prosody**- Improving rate,

## What can help children with CAS?

- **Practice makes perfect**- with repetition and practice motor learning can occur!
- **Preparation**- establishing motivation and attention before practice makes sure a child gets the most out of the practice!
- **Provide explanation**- optimal learning will occur if the child knows what is expected of them and why.
- **Practice several skills at one time**- this is believed to be more effective in carryover to natural environment when compared to focusing on one skill at a time.
- **Use an appropriate rate**- slowing the rate of a motor task can facilitate motor learning, but too slow of a rate can negatively impact learning the skill.

### References:

<https://www.speechandlanguagekids.com/childhood-apraxia-speech-resource-page/>  
<https://www.speechandlanguagekids.com/4-components-speech-therapy-children-childhood-apraxia-speech/>  
<https://www.apraxia-kids.org/wp-content/uploads/2013/01/BHSM-Fact-Sheet-2.pdf>