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## **EFFECTIVE APPROACHES TO COOPERATION WITH PARENTS IN SPEECH THERAPY ACTIVITIES**

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### **Abstract**

This article analyzes the importance of communication with parents and psychopedagogical cooperation in the process of working with children in need of speech therapy. Active participation of parents in speech therapy of children with speech development delays is an important factor in strengthening exercises, emotional support, motivation and creating an environment. The study examines family upbringing methods, speech therapist-parent triad communication and methods of counseling. Attention is also paid to simple and effective types of exercises that can be performed at home. This article is based on modern approaches at the intersection of special pedagogy, speech therapy and family psychology and includes methodological recommendations for practicing specialists.

**Keywords:** Speech therapy, cooperation with parents, speech development, communication methods, speech therapy exercises at home, psychopedagogical approach, special pedagogy, family and upbringing, speech therapist advice, developing environment.

### **Annotatsiya:**

Ushbu maqolada logopedik yordamga muhtoj bolalar bilan ishlash jarayonida ota-onalar bilan muloqot va psixopedagogik hamkorlikning ahamiyati tahlil qilinadi. Nutqiy rivojlanishda orqada qolayotgan bolalarning logopedik terapiyasida otaonalarining faol ishtiroki — mashqlarni mustahkamlash, emotsional qoʻllab-quvvatlash, motivatsiya shakllantirish va muhit yaratishda



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muhim omil hisoblanadi. Tadqiqotda oilaviy tarbiya uslublari, logoped-ota-ona uchlik muloqoti va maslahat berish usullari ko'rib chiqiladi. Shuningdek, uy sharoitida bajarilishi mumkin bo'lgan oddiy va samarali mashg'ulot turlariga ham e'tibor qaratiladi. Mazkur maqola maxsus pedagogika, logopediya va oilaviy psixologiya kesishmasidagi zamonaviy yondashuvlarga asoslanadi va amaliyotchi mutaxassislar uchun metodik tavsiyalarni o'z ichiga oladi.

**Kalit so'zlar:** Logopedik yordam, ota-onalar bilan hamkorlik, nutqiy rivojlanish, muloqot usullari, uy sharoitida logopedik mashqlar, psixopedagogik yondashuv, maxsus pedagogika, oila va tarbiya, logoped maslahatlari, rivojlantiruvchi muhit.

### **Introduction**

Nowadays, problems in the speech development of children are widespread, and these problems negatively affect not only the child's language acquisition, but also his social adaptation, educational activities and emotional state. In such cases, speech therapy plays an important role. However, the effectiveness of speech therapy provided to a child largely depends on the participation of parents, their attitude to the child's development and the speech environment created at home.

Experience shows that if parents are actively involved in the speech therapy process, the formation of speech skills in children is accelerated, their self-confidence increases, and the results of therapy are more stable. Therefore, in special pedagogical practice, establishing effective communication between speech therapists and parents, seeing them as partners in the child's development, is one of the urgent issues.

This article discusses the basic principles of communication with parents when working with children in need of speech therapy, methods of consultation, and speech therapy exercises carried out at home.

The importance of the family environment in children in need of speech therapy: The speech development of children depends on many factors, one of the most important of which is the family environment. The child's speech is formed naturally in the family through attention to language, frequent communication



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with the child, questioning, listening, telling stories, and reading fairy tales. In children in need of speech therapy, this process must be supported by deliberately planned, consistent, and supervised exercises. It is in this regard that the activity and conscious participation of parents dramatically improves the results of therapy.

Basic principles of effective communication with parents: The following principles play an important role in the effective cooperation of a speech therapist with parents:

Information: providing parents with clear, understandable and scientifically based information about the child's speech problem;

Communication in a spirit of cooperation: accepting parents as equal participants in the therapy process, without criticizing them;

Individualization: taking into account the psychological state, social conditions and cultural characteristics of each family;

Feedback: regularly receiving information from parents about the exercises and condition of the child at home.

During speech therapy sessions, parents should not only be listeners, but also active participants. The speech therapist should show them simple but effective exercises and explain how to perform them.

Practical recommendations for parents and home exercises: Speech therapists can advise parents in the following practical areas:

Articulation gymnastics: performing exercises that strengthen the muscles of the mouth and tongue for 5–10 minutes every day;

Speech games: increase vocabulary through games such as "who says more words?", "listen and guess", "say the beginning of the word";

Making sentences based on pictures: look at pictures with the child and make up a story about them;

Fun poems and quick sayings: serve to develop phonemic hearing and correct pronunciation;

Listening to and discussing audio books at home.

It is also advisable for parents to keep a speech therapy notebook and record the changes observed in the child.



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Forms of speech therapy consultation: Consultation with parents can be carried out in the form of individual conversations, training, distribution of information, seminar-trainings and telephone/online consultations. Each form is selected based on the needs and capabilities of the parents.

In conclusion, the effectiveness of work with children in need of speech therapy directly depends on the level of cooperation established with parents. The family is the first and most important social environment of the child. It is in the home environment that the child puts his speech and communicative skills into practice in everyday life. Therefore, the active participation of parents in the speech therapy process is not only important, but also a necessary factor.

Research and practical experience show that a communication model based on the speech therapist-parent triad accelerates positive changes in a child's speech development. Parents' home training with the child, providing emotional support, and consistent implementation of speech therapy exercises strengthen speech therapy.

For speech therapists:

Stay in constant contact with parents, answering their questions individually;  
Prepare written instructions or audio-video samples for exercises to be performed at home;

Organize training to increase the psychological readiness and motivation of parents.

For parents:

Integrate speech therapy exercises into daily life naturally (for example, during meals, during play);

Communicate with the child in a calm, loving, and encouraging environment;

Don't be afraid to exchange ideas with the speech therapist, openly discuss any questions and problems.

For preschool educational institutions:

Organize information corners, brochures, and trainings for parents on speech therapy activities;

Establish an integrated approach between speech therapists and educators.



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