



## A Heart For All Students

Podcast Episode Transcription

### AHEART #24 Screaming, Interruptions and Speech Delays

Hey, friends, in today's episode, I am going to answer another question from A Heart For All Students, Mama Tribe member Melanie. Now, Melanie asked me, "Hey, Lindsay, my three year old is constantly interrupting and screaming all the time to get our attention. It's driving our family crazy. What do I do?"

Well, if you know anything about my story with my boy in those years when I was literally about to lose my everloving mind every second of the day because my kid was so out of control, one of the biggest issues we had was his screeching and screaming at the top of his lungs. No joke all day long. It was awful. Now, I have learned so much since then. I have learned so much about speech and language, executive functioning, all the things in the brain. And I'm telling you, I'm going to offer Melanie and you the stuff and the strategies I wish I had had in that season. And know this, even if your child is not three years old, this will offer you insight into your older child, into your teenagers, into yourself or your family members. Trust me, this is going to offer you some real encouragement. I can't wait to hear from you. Let me know what you think.

Hi and welcome to A Heart For All Students podcast. I'm your host Lindsay Livingston. Each week, we're going to discover how to parent and educate our uniquely designed outside-the-box, kids to thrive as the people God has designed them to be.

If you are a mom raising a child who simply doesn't fit into the box of the world's expectations, this is a place for you. Whether your child has ADHD, ASD, SPD, GAD, or no acronym at all, your child has been intentionally designed with gifts, passions and purpose by the God who loves them deeply. It's my honor to work alongside you by providing actionable strategies, tips, encouragement and support as you homeschool and raise your uniquely designed child to thrive.

Melanie asked this question, and I just love this question because I can totally relate to it. She asks, "Do you have any ideas for a three year old learning to be quiet while others are talking?" His speech has finally caught up to his mind, and he has a lot to say.

Yeah, but it still takes a long time for him to get it out. And sometimes he needs to start over a few times. He gets really frustrated when someone's talking, while he's talking, even if they're talking to someone else in the house. He will do anything to be able to say what he needs to. He will scream, yell above others and gets really upset when he waits and forgets what he wants to say.

Melanie, this actually touches my heart so much because my son has severe speech delays. But we started on the journey with speech delay and speech issues with my middle daughter. And so I want to tell you this. I want you to start exploring later on. If this does not progress, just start researching auditory processing disorder. I'm not saying he has auditory processing disorder, but this reminds me of our story. And I'll tell you our story.

My daughter has a very hard time getting out her thoughts. So it may be just like a language processing thing, which clearly we have because we have some sort of speech delay. OK, so the problem is, is that some of these kids, especially when they're learning how to speak and communicate their ideas, the outside noise, they're having a hard time filtering out. So that's what happens with ADHD. ADHD is not a lack of attention. It's actually the brain is on overdrive and they have too much attention. So that means while I'm sitting here talking to you, my senses, all five senses, plus my vestibular and proprioceptive system, all of my senses are receiving information.

OK, I can hear like the dryer going in the laundry room if I just sit and listen to it, I can hear the white noise from the fan from the bathroom because somebody left a fan on in the bathroom. I can see from my peripheral vision everything outside around here. I can see my backyard. I can see all these things. I can feel the couch. There's all these senses receiving information.

The brain is actually receiving all this information now with kids with ADHD. And I'm still focused on your son, your three year old son with speech delay, but with children with ADHD like symptoms, you don't have to have an ADHD diagnosis. But what happens is, is that the brain cannot filter through all of that information. So while I'm able to and I have ADHD, OK, but I also have a fully developed prefrontal cortex and I have learned how to practice executive functioning and strengthen my executive functioning skills. I am not perfect at it and I need help every day as a woman with ADHD. However, your son, because he is practicing and he's trying so hard to process the language in his mind. And then get it out, moving his lips and his tongue in a way that will produce the sounds that he wants to

say, OK, when somebody else is talking, even if it's in another room, he is about to lose his mind because he so desperately wants to get out his thoughts.

But those sounds are so distracting that he can't. So please understand that it's almost like when you're at the end of the day and you're about to lose your ever loving mind because you didn't sleep last night. You're stuck in the house all day. I know, Melanie, you live in a cold area. So it's been a snow day. The kids have been bouncing off the walls and you're making dinner. The stuff going on all of a sudden somebody starts screaming and you're at the last straw and you're back. Right?

That's what it's like for your son when he's trying to communicate because it takes that much more cognitive energy, so much more energy in his brain that he doesn't even realize he's doing. But his brain is working so hard to organize and process the language from his brain out through his mouth and at the same time he's receiving all this information. So I say that to you because I want you to understand what he's going through. I would highly recommend that you kind of work within your family to make it a goal that for the next week we're really going to help. Whatever your three year old's name is, we're going to help Johnny learn to speak. We're going to help him create the pathways in the brain that makes it make it more natural and easier for him to speak. You know, any time we start something new, it's that much harder to just go back to thinking about.

First time you drove a car, you were aware of everything. OK, that's what's happening right now with his speech. So if you can kind of rally the team together to, you know, over the next week when Bud Light is trying to talk. If we can help it, let's try to just give him this gift of being quiet so we can help him practice getting out his thoughts. Now, if we're more sensitive to that, he's going to be able to slowly, slowly get those pathways going and it will start to make speech better. This doesn't mean he's going to grow up thinking every time he speaks that everyone's going to be quiet. But what we're doing is ultimately we want him to be able to communicate.

So if you can set him up for success and honestly, I would say over the next month, but let's just try for a week where everyone we're OK. Everyone, it's team Johnny. We're going to help him speak. This is the way we are a family. God put us together as a family. We're going to support him in this right now. This is what he needs right now. If you're in a place that you don't have control, you're going to get down to his level. Buddy, I hear you. And maybe take him to a quiet spot, let him know you're in with him and say, "hey, let's just take our time. I'm going to sit here and wait so you can get your words out."

You know, you really want to support him. "Hey, buddy, I know you want to talk right now. I can't wait to hear about it, but it may not happen right now." And yes, he's frustrated because it took so long to get the thought process in his brain. So I would say really set him up for like the next week or two, put him in an environment where he is able to really practice just getting his thoughts out without the disruption.

So it's almost like you're scaffolding. Scaffolding is really, really important any time you're learning a new skill. So think about his learning to communicate first baby step number one, which is articulate the thought in my mind and get my mouth and get my brain to tell my mouth to get it out. That's a step up. So he can't filter out any other information. He needs that support. And as that becomes easier, you can slowly add more distractions. So if this becomes a problem long term and if we don't see improvement, then you might want to start thinking about auditory processing disorder or just getting him assessed for it. And we can talk about that later. But part of it, I think, is probably just his age. And that has to do with being able to filter out noises. My daughter has a form of auditory processing disorder that makes it extremely difficult for her to tune out specific people speech when there's other speech and noises going on. And that's very, very common.

Hey sweet friend. Do you desperately want to be a good Christian Mama? But daily just feel like a failure? You love your child deeply and you want her to thrive but there's just one problem. Your kid has meltdowns over everything, every single day.

Friend, I have been there and I get it and I'm on the other side. That's why I've created the Free 5 Day Devotional for you. Find hope and a new way to approach your child's toughest behaviors. Be encouraged and grab your free copy at [www.Bit.ly/exhaustedmomhope](http://www.Bit.ly/exhaustedmomhope)

Hey friend, guess what? You just finished an entire episode. Give yourself a pat on the back. In this season of parenting, where we are barely surviving, every accomplishment is a victory. So take it. And while you're at it, if you found this episode to be helpful, please consider leaving a review on iTunes or wherever you listen to your podcast episode and don't forget to subscribe, so you never miss a thing...

And if you're looking for more practical tools and encouragement as you homeschool and parent your outside-the-box child to thrive, go to [www.aheartforallstudents.com](http://www.aheartforallstudents.com). There are tons of resources, freebies and lots of extra support over there. Don't miss anything. I don't do this thing alone. Friends were in it together and together we can change the narrative for our neurodiverse outside-the-box kids.