Orthophonie VoxLingue Speech and Language

Printable sheet

Questions to ask about your child's speech therapy plan, with room to write down the answers

No one can give a number of sessions that holds for every child. But the speech therapist can suggest a rhythm, goals, a review date and an expected timeline, then adjust them. Bring this sheet to the assessment or to the next review.

YOUR QUESTION	OUR PLAN
RHYTHM How often will we meet?	
SESSION How long is each session, and who takes part?	
PRACTICE What should we practise, in which routines, and for how long each day?	
FORMAT Blocks or ongoing? If there is a break, what is it for?	
REVIEW When is the next review, and what will we look at?	
CHANGES What would change the plan: more often, less often, another format?	
ENDING How will we know therapy can end?	
COORDINATION How do we coordinate with the CLSC or Agir tôt, if those services begin?	

During a planned break

- Keep one or two strategies in your routines.
- Note what you see: words, gestures, longer exchanges, what your child understands.
- Contact the speech therapist if something changes or worries you.
- No drills, and don't ask your child to repeat.

What I notice between sessions

Longer exchanges, more gestures, better understanding, new words: note the date and the moment.

Your child hasn't been assessed yet?

In Québec, contact the CLSC or ask the doctor (Agir tôt, free, for children under 7). At the same time, you can see a speech-language pathologist privately. In Ontario: Preschool Speech and Language Program, no doctor's referral needed.

Sources: INESSS (2017, in French); MSSS, Agir tôt (2024, 2026, in French); Ontario preschool services guidelines (2024); VoxLingue, individual therapy page.
General information: this sheet does not replace an assessment.