Non-traditional methods in speech therapy assistance to preschoolers with speech impairments

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Abstract
The article substantiates the role of non-traditional methods of work in speech therapy work with preschoolers. The content of the most effective non-traditional methods for eliminating speech disorders in preschoolers is revealed.

Keywords: preschool education, non-traditional and traditional methods, su-jok therapy, chromotherapy, aromatherapy.

1. Introduction
According to the modern requirements of preschool education, a speech therapist should be positive and share this positive with wards, parents, colleagues. In various special sources of methodological and popular science, speech therapists, psychologists and teachers share their experience of the successful use of non-traditional forms of work with preschool children with speech disorders.

2. Main part
However, it should be noted that these methods can be used in addition to traditional methods. The reason for the need to use non-traditional methods in speech therapy assistance is that preschoolers and children of different ages in general have become very satiated with sensory impressions. Since there is a large number of interesting, colorful, and most importantly, affordable toys, media devices and much more around. Non-traditional forms of speech therapy help to quickly set up a child in a working mood, establish contact with him, and make a lesson with a speech therapist entertaining, exciting and unforgettable. It is for this reason that the search for new non-traditional forms of speech therapy work is urgent.

In speech therapy, they are used, adapting to the needs, goals and objectives, the most effective, non-traditional methods and techniques that help improve the work of a speech therapist. In speech therapy assistance to preschoolers with speech impairments, quite a lot of technologies are actively used (game, iso, fairy tale, clay, wax, crystal therapy, laugh, etc.). But I would like to focus on those that are the most appropriate and effective: aroma, music, chromotherapy and su-jok. Following the trend that a speech therapist must always update his knowledge and apply effective methods in his practice and keep up with the times, you can actively apply the above technologies in your work.

Using unconventional methods for the correction of severe speech disorders of preschoolers, we thereby:
- we develop sensory and sensory perception of the surrounding world;
- we solve emotional and volitional problems of the child;
- we develop spatial representations, motor coordination, awareness of our own body;
we form a positive self-esteem of a preschoo1er with speech disorders.

Aromatherapy is a treatment using essential oils. This type of therapy is aimed at normalizing muscle tone, increasing activity, self-confidence, improving mood. For these purposes, it is recommended to use lemon oil, which has a high effective effect. Within a few minutes, mood improves dramatically, the feeling of fatigue disappears, children become active. To increase the intellectual activity of children, you can use rosemary, sage, lavender and tea tree oil.

Music therapy - creates a positive emotional mood, stimulates movement, develops the respiratory and articulatory apparatus, disinhibits speech function. Music therapy develops a sense of rhythm, time, tempo, fantasy, general and articulatory motor skills. This non-traditional form is carried out in the form of subgroup exercises with rhythmic games, work on breathing.

Chromotherapy-color therapy, light therapy, is aimed at normalizing muscle tone, neutralizing a negative state. Scientists have found that each color has some effect on us, some colors soothe (blue, light blue), contribute to a surge of inner strength (pink, red). But there is the fact that the effect of color on people is not unambiguous and has an individual character.

Su-Jok therapy - stimulation of the centers of internal organs located in the hands and feet. Su-Jok therapy normalizes muscle tone, indirectly stimulates the speech areas of the cerebral cortex. It is considered the best self-help method available today. This therapy activates the child's speech development. The relevance of using the Su-Jok massager in speech therapy assistance for preschoolers with speech disorders is that:
- a preschooler is very flexible and easy to learn, but children with speech disorders are characterized by rapid fatigue and a loss of interest in learning. Using the Su-Jok massager activates interest and helps to solve this problem;
- children are fascinated by the process of massaging fingers and palms, which has a beneficial effect on fine motor skills while developing speech.

3. Conclusion

The use of non-traditional methods in practice contributes to the creation of favorable conditions for the development of preschoolers in accordance with their age, strengthening their mental and physical health, and correcting speech disorders. At present, a speech therapist working with preschool children has a wealth of material and non-traditional methods, the use of which contributes to the optimization of speech therapy assistance to preschoolers with speech impairments.

REFERENCES


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