skills on the hill pediatric therapy

AAC Myths vs. Facts

The truth about "talking" devices and apps

If your child uses - or might use - an AAC device (a picture board, app, or speech-generating tablet), you may have heard some scary myths. Here's what the research actually says.

NOTICE | TRY | BUILD | CONNECT | GROW

Myth: AAC will stop my child from talking

Fact: research shows AAC often increases speech. It takes the pressure off and gives kids a way to communicate now.

Myth: She's too young

Fact: there's no minimum age. Toddlers use AAC - it can start as early as they're ready.

Myth: It means giving up on speech

Fact: AAC is a bridge, not a dead end. Communication is the goal, however it happens.

Myth: He has to prove he needs it first

Fact: we don't withhold communication. Access comes first; skills grow with use.

Myth: It's only for nonspeaking kids

Fact: many kids use AAC part-time - when overwhelmed, tired, or for longer messages.

How you help

Model on the device yourself, keep it available always, honor every message, and make it fun

GROUP 3 - OT, Sensory & Regulation

Parent tip: Start small. Pick one idea that fits your family, practice it consistently, and build from there.