

What do other parents/carers say about Lámh and about the family training course?

“I would recommend it highly for anyone for whom it is appropriate and I can state from experience that Lámh does not hinder the development of language.” Parent of a child.

“It has helped him a lot. He responds much better and he uses them a lot. He loves using them. He feels he has achieved something when he does it and gets what he wants.” Parent of an adult.

“I found the course very beneficial and learned a lot from attending the classes.” Family friend.

“It is excellent as a first step to communication. Reduces frustration. It’s lovely and simple.” Parent of a child.

“Course given very well - made enjoyable - everyone made comfortable and confident.” Participant on family course.

“It was great, very friendly and we could help each other out.” Parent of a child.



**For further information
please contact:**

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Information for parents and carers





What is Lámh?

Lámh is a hand sign system designed for children and adults with learning disabilities and communication needs in Ireland. It has now also been used with other groups of people.

It can be used to:

a) Augment / extend

- Speech
- Language
- General Communication

or

b) Become a primary method of communication if speech does not develop.

It differs from sign language used by the deaf community. Speech is used with the signs. Experience and research show that the appropriate use of signs with speech improves communication and in many cases helps speech development.

Why use Lámh?

Some reasons.

- People generally do not communicate by words alone. Using Lámh therefore is not so different. It really involves formalising what people are naturally inclined to do.
- The ability to make signs develops earlier for many children than saying the corresponding word.
- With signing the person can see as well as hear what is being communicated.
- Signing naturally encourages people to slow down a little so the person has more time to work out the message.
- The person may be more easily understood when their speech is unclear or limited. This encourages many to try new words and say more.
- It encourages eye contact and attention to movements which are needed for speech development.



Where can I learn more about Lámh?

- 1) By contacting your local service provider(s). Many staff working in various schools and centres around the country have attended Lámh training e.g. teachers, nurses, speech and language therapists, psychologists.
- 2) By attending a Lámh family course run by an accredited Lámh tutor.
- 3) By contacting the:
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CIM Centre,
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Kilkenny Road,
Carlow.**
**Phone: 059 - 9170526
E-mail: info@lamh.org**
- 4) By logging onto our website at:
www.lamh.org