



BUILDING KID STEPS RESOURCE LIBRARY

Our Therapy Philosophy

Our Therapy Philosophy

Nothing Here Happens by Accident

At Building Kid Steps, our goal has never been to fit children into a therapy program. Our goal is to thoughtfully build therapy around the child.

Every child is wonderfully unique. Every family has a different story. Every journey looks a little different. Because of that, we believe therapy should never be "one size fits all."

At Building Kid Steps, we believe meaningful growth is rarely the result of one extraordinary therapy session. It is built through **small, intentional things done consistently over time.**

Whether a child is learning to communicate, move, play, think, eat, or become more independent, lasting progress develops through everyday experiences shared with the people who know and love them best.

Our role is to provide thoughtful, evidence-informed care, encourage families, and help identify the next meaningful step. Together, those small steps become big successes.

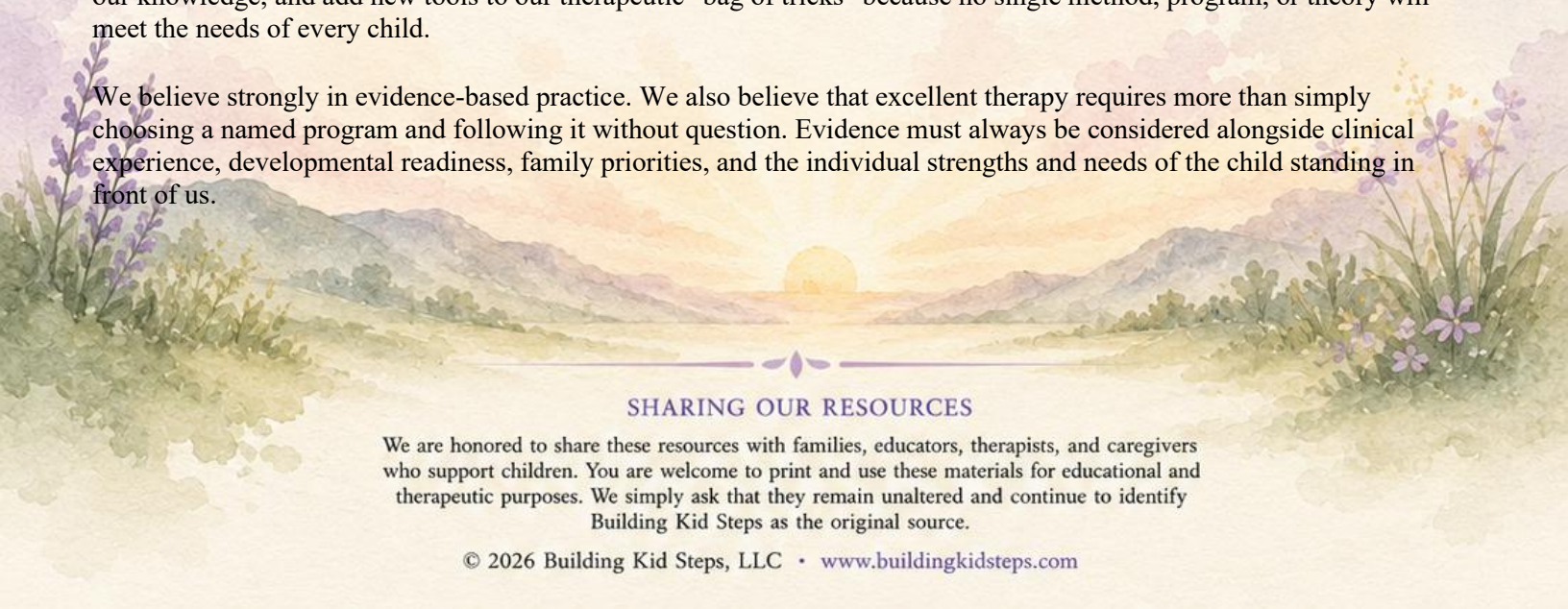
Nothing Here Happens by Accident

The therapy approaches used at Building Kid Steps are purposefully and carefully chosen. We continue to learn, expand our knowledge, and add new tools to our therapeutic "bag of tricks" because no single method, program, or theory will meet the needs of every child.

We believe strongly in evidence-based practice. We also believe that excellent therapy requires more than simply choosing a named program and following it without question. Evidence must always be considered alongside clinical experience, developmental readiness, family priorities, and the individual strengths and needs of the child standing in front of us.

SHARING OUR RESOURCES

We are honored to share these resources with families, educators, therapists, and caregivers who support children. You are welcome to print and use these materials for educational and therapeutic purposes. We simply ask that they remain unaltered and continue to identify Building Kid Steps as the original source.





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Development Guides Every Decision

Our treatment begins with respect for childhood development. Before introducing any new skill, we ask one important question:

Is this appropriate for this child, at this point in their development?

Children develop in different ways and at different rates. Meaningful progress happens when therapy supports the child's developmental readiness while gently encouraging the next step forward.

We Use Many Tools—Not One Formula

Depending on each child's individual needs, our therapists may thoughtfully incorporate principles and strategies informed by a variety of evidence-based and evidence-informed approaches, including DTTC, Kaufman Speech to Language Protocol, Van Riper principles, phonological intervention, explicit teaching, naturalistic language intervention, AAC, Unity®, LAMP Words for Life®, Communication Matrix, Every Move Counts, Nurturing Narratives, Joint Action Routines, DIR®/Floortime™, and other appropriate therapeutic strategies.

The name of the program is never more important than the child.

Functional Participation Is the Goal

Our goal is to help children participate more fully in everyday life.

For one child, that may mean communicating wants and needs.

For another, it may mean walking with greater confidence, using their hands more effectively, eating safely, playing with peers, becoming more independent during daily routines, or participating more successfully at home, school, and in their community.

Therapy should improve real life—not just performance during a therapy session.

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Children Do Not Come with Instruction Manuals

For every treatment approach I believe in deeply, there will eventually be a child who teaches me that we need to do something differently.

Some children are simply wired differently—not wrongly, differently.

The greatest teachers throughout my career have been the children and families I have been privileged to serve.

When Something Isn't Working

We stop.

We observe.

We listen.

We reconsider.

We ask better questions.

Sometimes the answer is not to work harder, but to look differently.

Then we return to the drawing board.

Adjusting therapy is not failure—it is responsible clinical care.

Always a Student

Over more than twenty years of clinical practice, I have been blessed to learn from exceptional mentors, continuing education, evidence-based research, colleagues across multiple disciplines, and—most importantly—the children and families who have trusted me with their care.

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My philosophy has not been shaped by one course, one certification, or one treatment program. It has been shaped through years of learning, observing, questioning, refining, and growing alongside the children and families I have been privileged to serve.

I am grateful to the clinicians, educators, and researchers whose work has advanced our profession and continues to influence the way I think about child development and intervention. Their contributions have challenged me to remain curious, continue learning, and never become complacent in my practice.

Those experiences have helped shape the philosophy and culture of Building Kid Steps.

Today, they continue to influence the way we serve every child and family who walks through our doors.

Therapy Is a Partnership

Families are doing the best they can while balancing work, school, appointments, and everyday life. We do not expect perfection. We believe that meaningful progress comes from recognizing and making the most of the ordinary opportunities that already exist throughout each day.

Children spend only a small portion of their week in therapy.

The greatest opportunities for learning happen during everyday routines at home, school, in the community, and with the people who love them most.

Our role is not to replace parents, caregivers, or teachers.

Our role is to support them.

We strive to provide practical knowledge, encouragement, and evidence-informed strategies that can naturally become part of everyday life.

Because meaningful progress is rarely the result of one extraordinary moment.

It is built through **small, intentional things done consistently over time.**

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Our Promise

At Building Kid Steps, we believe learning never stops.

We promise to continue asking questions.

We promise to choose children over convenience.

We promise to honor development.

We promise to celebrate every success, no matter how small.

We promise that if one approach is not enough, we will continue searching until we find another.

We promise to equip families because we believe the greatest opportunities for growth happen far beyond the walls of our clinic.

Every therapist who joins Building Kid Steps is encouraged to continue learning, remain curious, and thoughtfully apply evidence-informed care while respecting the individuality of every child and family.

Because our commitment is not to a single therapy approach.

Our commitment is to helping children participate more fully in everyday life.

Our Commitment

Our greatest responsibility is not defending our favorite therapy approach.

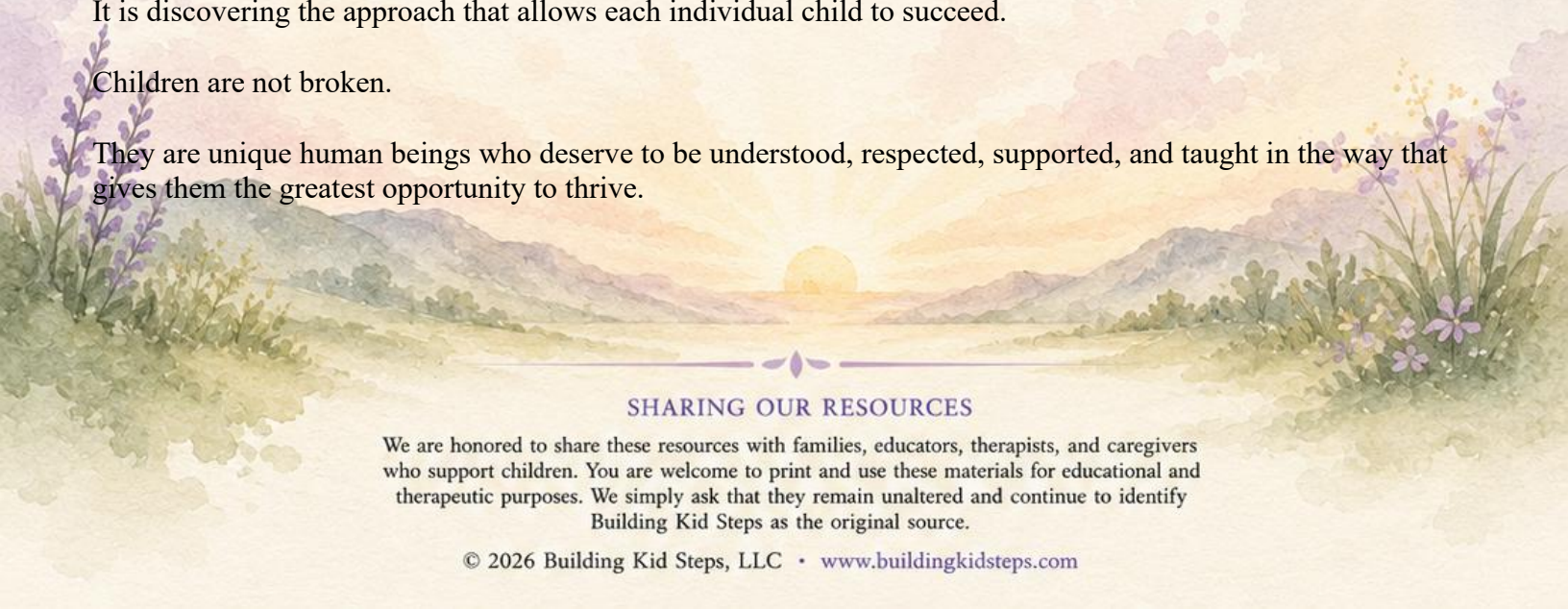
It is discovering the approach that allows each individual child to succeed.

Children are not broken.

They are unique human beings who deserve to be understood, respected, supported, and taught in the way that gives them the greatest opportunity to thrive.

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Every child deserves adults who continue learning, continue believing, and continue showing up—even when progress feels slow.

At Building Kid Steps, we believe meaningful change is rarely the result of one extraordinary moment.

It is built through small, intentional things done consistently over time.

That belief shapes every evaluation, every treatment session, every conversation with a family, and every decision we make.

It is more than our philosophy.

It is our commitment.

Thank you for trusting us to be part of your child's journey. We look forward to celebrating each small step with you—because together, those small steps become big successes.

With the Sincerest of Gratitude

Amanda Luddeke, M.S., CCC-SLP
Owner | Speech-Language Pathologist
Building Kid Steps, LLC

Educational Notice: This document describes the treatment philosophy of Building Kid Steps, LLC and is intended for educational and informational purposes. It is not a substitute for individualized evaluation, medical advice, or therapy recommendations. Treatment decisions are based on each individual's unique needs and the clinical judgment of their treating therapist.

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