

ARTICULATION OF SPEECH SOUNDS

Children typically acquire most of the speech sounds for the English Language by the age of 6. However, some students continue to develop their speech sound patterns past this age.

Children learn to use speech sounds by hearing them. Some children learn how to make the speech sounds better when given direct models and opportunities to practice the sound in fun activities. Remember these key ideas:

1. Make speech sound production visible and easy to hear by facing the student and having your child watch how you make the sounds. Make sure there is no excessive or distracting noise when you practice.
2. Model good talking behaviors: Talk slowly and make sure you pause between your words and sentences. Model and encourage waiting for someone to finish their turn talking so your child will not feel rushed to finish what he wants to say. Look at the person you are talking to show that you are expecting their full attention. Looking at one's communication partner also allows the speaker to notice when the listener doesn't understand what the speaker is saying.
3. Practice sessions should be short and frequent (i.e. 5-10 minutes per day). During practice, model the correct pronunciation of the words. If your child makes a mistake, you can say, "Can you fix it?". If they can, give lots of praise. If they can't, say "Good try!", model the word again, and move on.
4. Remember that it is important to praise and encourage your child's effort and to keep it fun.



See full image:

https://cdn.csu.edu.au/_data/assets/pdf_file/0003/3330309/world-treehouse-chart.pdf

HOW TO CORRECT YOUR CHILD:

During practice time, provide specific feedback such as "nice L sound", "great" or "try again".

The rest of the day what your child says is always more important than how they say it. Respond by giving your child a corrective model. Model the correct pronunciation without directing the student to say it correctly, then keep the conversation going. For example, if your child says, "Loot at the tow." You may model, "Look at the cow! Oh no, what's going to happen to the cow?" Our goal is just to give the student a correct model, but if they correct themselves, celebrate!

IF YOUR CHILD HAS A HARD TIME REPEATING THE SOUND CORRECTLY:

Start with listening activities. This is called **Auditory Bombardment**. A child listens to an adult's speech containing numerous examples of words with target sounds during activities such as:

- Making a book containing pictures from the newspaper or flyers with your student's sound. E.g. My "p" book.
- Reading books that have a story line with **same sound repetitions** include:
 - *Click, Clack, Moo Cows That Type* by Doreen Cronin (/k/, /l/ blends)
 - *Dog on Log* by Tania Ingram (words ending in /g/)
 - *"Slowly, Slowly, Slowly," said the Sloth* by Eric Carle (/s/ blends)
 - *Lots of Spots* by Lois Ehlert (/s/ blends)

Look at this website to help you find a book: <https://booksharetime.com/books#>

- Nursery Rhymes often have repeating sounds (*Mary had a Little Lamb* (l), *Ba Ba Black Sheep* (b), *Jack be Nimble* (j), *Incy Winsy Spider* (s)...
- Songs often have repeating sounds. Search for songs with your sound on YouTube.

IF YOUR CHILD CAN IMITATE THEIR SPEECH SOUND ERROR CORRECTLY:

Start by having your student listen to you, then imitate you. Do not allow them to speak at the same time as you. The emphasis is on having them listen, pay attention to the sounds, and compare your sound to theirs.

There is a natural sequence involved in learning to say a speech sound, or sounds, correctly. Usually, the child learns to say the sound:

- At the beginning of a word (For learning "k", it would be words such as "cow" "key" "cap")
- Next, at the end of a word (For learning "k", it would be words such as "bake" "look" "make")
- And last, in the middle (For learning "k", it would be "back" "socker" "taking")

Find some pictures of the sound your child needs to practice, or you can write words on cards or let your child draw their own pictures.

Here are some resources that may be helpful:

Word Lists

- <https://www.home-speech-home.com/speech-therapy-word-lists.html>

Picture cards for speech sounds

- http://mommyspeechtherapy.com/?page_id=55
- <https://heatherspeechtherapy.com/worksheets/>

Speech practice apps

- Articulation station Pro \$39.99
- Speech Tutor Pro Web (web-version is free; must use Chrome web browser)
- Look for other free articulation apps



FUN TIPS FOR PRACTICING AT THE ONE WORD LEVEL:

- Bankruptcy – put plastic coins or real coins in a bag, color one red. After each repetition you and your child pull out one coin. If anyone pulls out the red coin, they are bankrupt and have to put all their coins back. Whoever has the most coins after 5 minutes wins!
- Hold yoga poses – hold a yoga pose and count how many repetitions your child can get in before they lose that pose.
- Trace lines or shapes – draw lines or shapes, put in a protective sleeve. Have your child trace them while they practice their sound.
- Put blocks on a tower – each time your child says their sound they put a block on top of the tower. How tall can it get?
- Play hopscotch – have your child practice once before each jump or move on the track
- Turtle race – two people play. Sit on your bottom with your knees up, each time your child does a repetition everyone moves forward one scoot. Bottom must stay on the ground, no picking it up and jumping, whoever gets to the finish line first wins.
- Moving beans or marbles – have a container with beans or marbles. Each time you practice move one bean or marble to a new container. You're all done when all the beans/marbles are moved.
- Make me jump – each time your child does their repetition you jump or do another action.
- Playdough – give your child a pinch of playdough for each repetition. When they have enough playdough, they can play with it.
- Blowing bubbles – blow bubbles for every 10 repetitions your child does.
- Puzzle pieces – give your child a puzzle piece for every 10 repetitions they do. They may complete the puzzle after they collect all the pieces.
- Graph your results – graph how many correct repetitions your child can do in 5 minutes. Can they beat it next time?
- Throw a ball – throw a ball back and forth and play catch while you practice the skill with your child.
- Think of as many words as you can that start with the target practice sound. Take turns going back and forth until someone is stumped and can't think of another word, e.g., for "K", "cat", "key", "cookie", etc. This game can be played anywhere – in the car, while on a walk, etc.
- Sidewalk chalk - make your own life size board game with speech words, or simply draw and color speech words in the driveway.
- Picture scavenger hunt – Go through the house and or yard and take pictures of as many things as you can that start with your targeted sound. Whoever takes the most pictures wins. Of course, in order to get the prize, they have to say each word clearly! You can even make a fun book of the pictures that were taken to review later.
- Paper ball basketball - Write each practice word on a piece of paper. Write the number of syllables in the word below the word. Then crumple each piece of paper into a ball. Have your son or daughter choose a ball, open it up, say the word and then crumple it back up and toss the paper ball into a trash can. If the word was a three-syllable word and they make the basket they get three points. If it was a single syllable word, they only get one point. Have fun, and don't forget to keep score.

ONCE YOUR CHILD CAN SAY THE PRACTICE WORDS CORRECTLY WITH NO MODEL, TRY THESE ACTIVITIES:

- Tongue twisters – Look online or make up your own tongue twisters with your child’s practice sound.
- Card games – Look online or see links to find pictures with your child’s sound or have your child draw their own. Make two sets and use them to play games such as memory, snap or go fish.
- Talking games – Play talking games such as Simon Says, I Spy, Hot/Cold, Charades, etc. ... while cueing your child to slow down, think about correct pronunciation, and fix all speech sound errors.
- Read aloud 1 – You read aloud a chosen book and purposely make speech errors while you read. Your child gets to catch your mistakes!
- Read aloud 2 – Highlight words in your student’s book and have them read aloud with correct pronunciation. The next challenge is to have them read without words highlighted.
- Play boardgames – Tribond, Cranium, Apples to Apples, Pictionary, Candy Land, Guess Who?, Snakes and Ladders, etc.
- Word of the week – Choose a word of the week, an important word such as the name of a sibling, teacher or pet, sport or video game and practice it daily.
- Story creation – Give your child a list of words with the target sound (e.g. a list of “r” words) and have him/her make up a story using the words. For younger children, pictures could be provided too.
- Self-evaluation – have your child make checks on a paper or white board, put a bead on a string or a peg in a pegboard for every correct sound they pronounce.
- Singing – sing songs or nursery rhymes together with emphasis on correct sound pronunciation
- Negative practice – when your child pronounces a sound incorrectly you may print the word phonetically and show them the error. Practice saying the word both ways so your child can see, feel and hear the difference. For example, “code, cold, code, cold ... they’re different!”
- Yellow sticky notes – label a few household objects that contain your child’s target speech sound with a yellow sticky note and let them know they have to put the word in a sentence when they come across the sticky note. For example, with the target sound “th”, you could label your child’s toothbrush, toothpaste, bathtub, etc.
- Snuggle time with books - Choose books that are interesting to your kids and help them find pictures or words that start with the sounds they are working on. You may have them just listen as you say the words clearly for them to hear, or you may have them try saying the words as well.