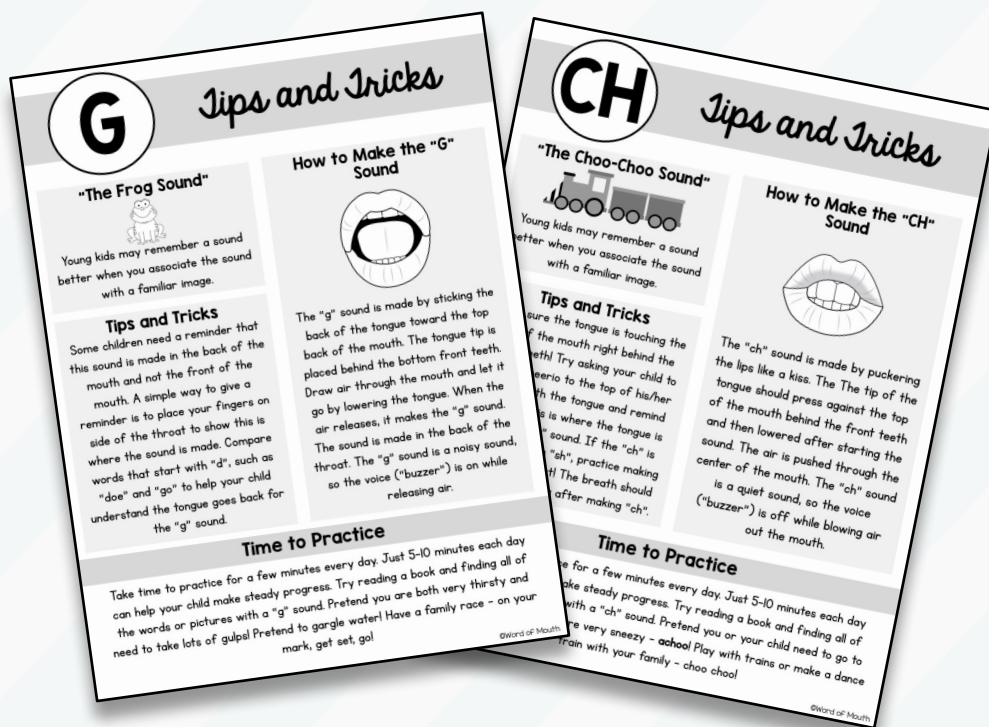


Parent Handouts for

Articulation

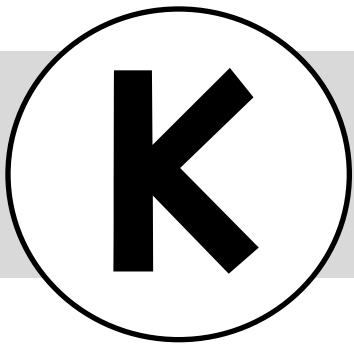


Includes Tips and Tricks for:
/k, g, f, v, sh, ch, j, s, z, l, th, r/

Word
of
Mouth

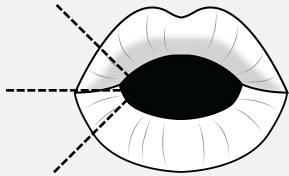
Speech Therapy

Created by Word of Mouth
Erin Diggins, MA CCC-SLP



Tips and Tricks

"The Coughing Sound"

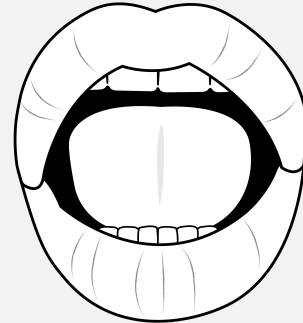


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

Some children need a reminder that this sound is made in the back of the mouth and not the front of the mouth. Try placing your fingers on the side of the throat to show this is where the sound is made. Compare words that start with "t", such as "tee" and "key" to help your child understand the tongue goes back for the "k" sound.

How to Make the "K" Sound



The "k" sound is made by sticking the back of the tongue toward the top back of the mouth. The tongue tip is placed behind the bottom front teeth. Draw air through the mouth and let it go by lowering the tongue. When the air releases, it makes the "k" sound. The sound is made in the back of the throat. The "k" sound is a quiet sound, so the voice ("buzzer") is off while releasing air.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "k" sound. Talk about places you have gone in the car lately. Draw a picture together and talk about all the colors you need... The blue color, the red color, lots of colors!

G

Tips and Tricks

"The Frog Sound"

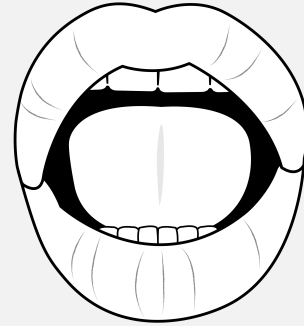


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

Some children need a reminder that this sound is made in the back of the mouth and not the front of the mouth. A simple way to give a reminder is to place your fingers on side of the throat to show this is where the sound is made. Compare words that start with "d", such as "doe" and "go" to help your child understand the tongue goes back for the "g" sound.

How to Make the "G" Sound



The "g" sound is made by sticking the back of the tongue toward the top back of the mouth. The tongue tip is placed behind the bottom front teeth. Draw air through the mouth and let it go by lowering the tongue. When the air releases, it makes the "g" sound. The sound is made in the back of the throat. The "g" sound is a noisy sound, so the voice ("buzzer") is on while releasing air.

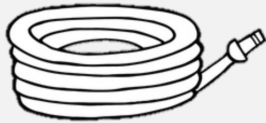
Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "g" sound. Pretend you are both very thirsty and need to take lots of gulps! Pretend to gargle water! Have a family race - on your mark, get set, go!



Tips and Tricks

"The Hose Sound"

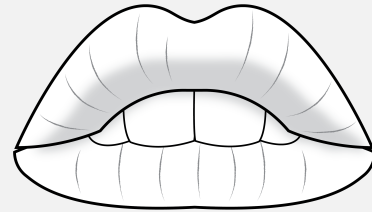


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

If your child is having trouble getting his/her teeth and lips in the right position, try practicing in front of a mirror. This helps your child see if his/her teeth are in the right spot! Try saying "f" all by itself and then adding a vowel - "fee", "fi", "fo". Then work up to words!

How to Make the "F" Sound



The "f" sound is made by placing the front top teeth gently on the bottom lip. The tongue lays at rest inside the mouth behind the bottom front teeth. Gently blow air through the middle of the mouth and out the front teeth. The "f" sound is a quiet sound, so the voice ("buzzer") is off while gently blowing air through the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an "f" sound. Pretend to water some plants with a hose - fff! Try drawing an ocean with lots of fish!



Tips and Tricks

"The Vacuum Sound"

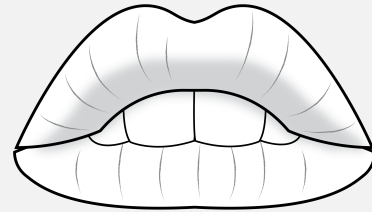


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

If your child is having trouble getting his/her teeth and lips in the right position, try practicing in front of a mirror. This helps your child see if his/her teeth are in the right spot! If "v" sounds like "f", remind your child to turn his/her "buzzer" on! Put your hand on your throat to feel it.

How to Make the "v" Sound



The "v" sound is made by placing the front top teeth gently on the bottom lip. The tongue lays at rest inside the mouth behind the bottom front teeth. Gently blow air through the middle of the mouth and out the front teeth. The "v" sound is a noisy sound, so the voice ("buzzer") is on while gently blowing air through the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "v" sound. Pretend to vacuum around the house. Pretend to be noisy race cars and race together!

Vvvvroom!

SH

Tips and Tricks

"The Quiet Sound"

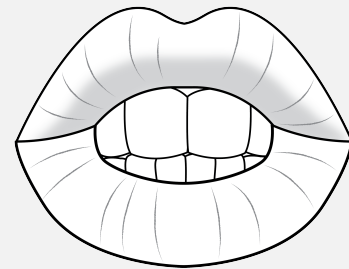


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

If the "sh" is sounding more like a "s" sound, make sure the lips are round like blowing a bubble. Practice making the sound in a mirror with round lips. If the "sh" is sounding slushy, remind your child the air needs to go straight down the middle of the mouth. You can cup your hands to show that the sides of the tongue should be slightly up.

How to Make the "SH" Sound



The "sh" sound is made by puckering the lips like a kiss. The middle of the tongue comes up slightly so air does not go out the sides of the mouth. The front of the tongue should be down behind the bottom front teeth, but not touching them. The "sh" sound is a quiet sound, so the voice ("buzzer") is off while blowing air gently out the mouth.

Time to Practice

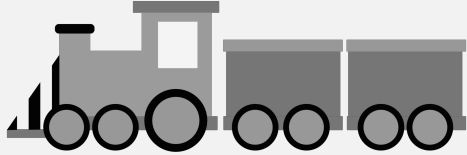
Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "sh" sound. Pretend to water items around the house while making a water sound. Be silly and say goodnight to objects before bed.

Remind the items to be quiet - shhh!

CH

Tips and Tricks

"The Choo-Choo Sound"

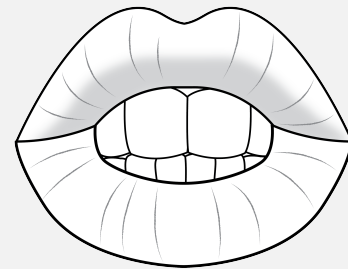


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

Make sure the tongue is touching the top of the mouth right behind the front teeth! Try asking your child to hold a cheerio to the top of his/her mouth with the tongue and remind him/her this is where the tongue is for the "ch" sound. If the "ch" is sounding like a "sh", practice making the sound short! The breath should not keep flowing after making "ch".

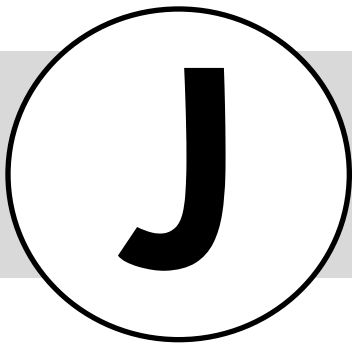
How to Make the "CH" Sound



The "ch" sound is made by puckering the lips like a kiss. The tip of the tongue should press against the top of the mouth behind the front teeth and then lowered after starting the sound. The air is pushed through the center of the mouth. The "ch" sound is a quiet sound, so the voice ("buzzer") is off while blowing air out the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "ch" sound. Pretend you or your child need to go to the doctor because you are very sneezy - **achoo!** Play with trains or make a dance train with your family - choo choo!



Tips and Tricks

“The Jumping Sound”

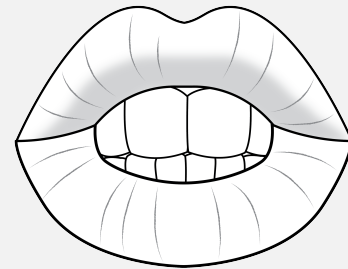


Young kids may remember a sound better when you associate the sound with a familiar image.

Tips and Tricks

It is important to keep air flowing out the center of the mouth and not the sides of the mouth when saying “j”. Remind your child to keep his/her lips puckered like blowing bubbles! If your child can say “ch”, then he/she can make “j” the same way but with the voice (“buzzer”) on! Have your child place his/her hand on your throat to feel the vibration.

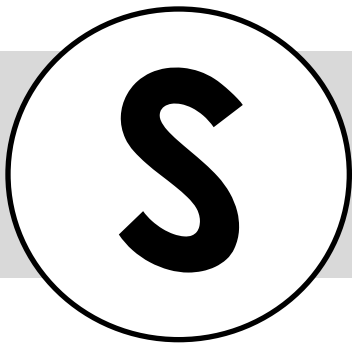
How to Make the “J” Sound



The “j” sound is made by puckering the lips like a kiss. The tip of the tongue should press against the top of the mouth behind the front teeth and then lowered after starting the sound. The air is pushed through the center of the mouth. The “j” sound is a noisy sound, so the voice (“buzzer”) is on while blowing air out the mouth.

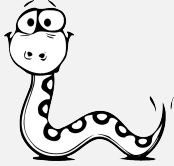
Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “j” sound. Play hopscotch and say ‘**jump**’ every time you hop. Try looking for “j” words at the grocery store **together** – jam, jelly, juice, jars! Who can find the most?



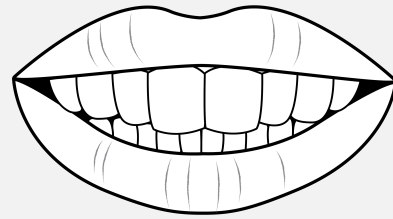
Tips and Tricks

"The Snake Sound"



Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the "S" Sound



Tips and Tricks

Make sure the tongue stays behind the teeth! For younger children, using visual cues can help them remember this rule, such as saying "Keep the snake behind the gate!" For older kids, gently remind them to keep their tongue behind their teeth. If the "s" is sounding slushy, remind him/her to keep the air going out the middle of the mouth.

The "s" sound is made by sticking the tongue just behind the front teeth, but not touching them. The sides of the tongue are up to create a bowl shape for the air to flow down the middle and out through the mouth. The lips should be slightly open. The "s" sound is a quiet sound, so the voice ("buzzer") is off while blowing air gently through the mouth.

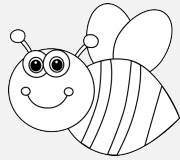
Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an "s" sound. Put your hands together to make a hungry snake who can only eat objects that start with "s"! You can even practice in the car every time you **ssstop!**



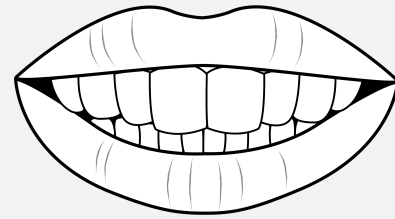
Tips and Tricks

"The Buzz Sound"



Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the "Z" Sound



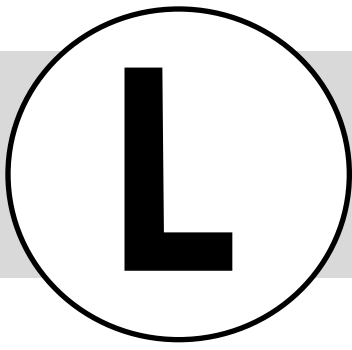
Tips and Tricks

Make sure the tongue stays behind the teeth! For younger children, using visual cues can help them remember this rule, such as saying "Keep the snake behind the gate!". For older kids, gently remind them to keep their tongue behind their teeth. If the "z" is sounding like an "s", don't forget to turn your "buzzer" on while practicing!

The "z" sound is made by sticking the tongue just behind the front teeth, but not touching them. The sides of the tongue are up to create a bowl shape for the air to flow down the middle and out through the mouth. The lips should be slightly open. The "z" sound is a noisy sound, so the voice ("buzzer") is on while blowing air gently through the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "z" sound. Put your hands together to make a bee who loves to buzzzz around the house! Talk about animals and decide if you could find them at a **zzzool**



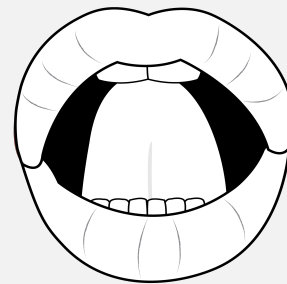
Tips and Tricks

"The Singing Sound"



Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the "L" Sound



The "L" sound is made by sticking the tongue tip just behind the front teeth, but not touching them. The sides of the tongue are not touching anything else in the mouth. The air travels around the tongue and out the sides of the mouth. The lips should be slightly open and not rounded. The voice ("buzzer") is on when saying the "L" sound.

Tips and Tricks

If the "L" is sounding more like a "Y" sound, make sure just the tongue tip is up! The tongue should not be flat when it touches the top of the mouth. If the "L" is sounding more like a "W" sound, remind your child to not use rounded lips and to keep his/her tongue up. Practice making the "L" sound while smiling to reduce lip rounding.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an "L" sound. Practice being a singer - La La La!!! Sneak in some practice when you play together with your children's toys. Name the toys with "L" names - Larry, Lisa, Lucy!

TH

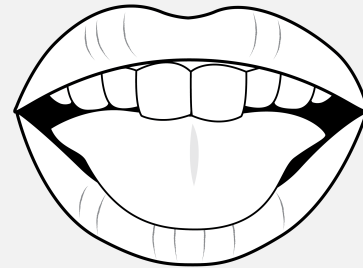
Tips and Tricks

“The Sandwich Sound”



Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the “TH” Sound



Tips and Tricks

Make sure the tongue stays between the teeth when making the “th” sound! Practice together in a mirror. Have your child look for your tongue in the mirror while making the “th” sound. Then trade roles! If the “th” is sounding slushy, practice getting the air out the middle of the mouth by placing your hand in front of the mouth to feel for a little puff of air.

The “th” sound is made by sticking the tongue lightly between the front teeth and gently blowing air through the front of the mouth. If you listen closely, you will hear that some “th” words are quiet sounds, so the voice (“buzzer”) is off, such as the word “think”. Others are noisy sounds, so the voice (“buzzer”) is on, such as the word “they”.

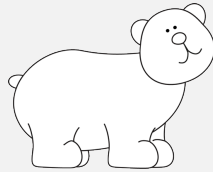
Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “th” sound. Pick out things around this house and ask your child if he/she likes “this one” or “that one” better. Play I Spy at the grocery store and find all the “th” words!



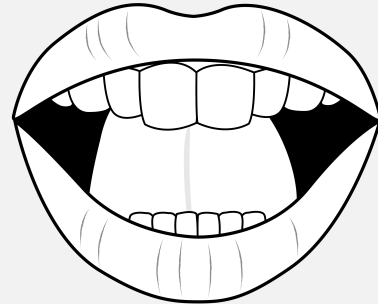
Tips and Tricks

"The Bear Sound"



Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the "R" Sound



Tips and Tricks

If the "r" is sounding like a "w", remind your child to tighten his/her lips. Practice saying "r" with a smile to force the lips tighter. Still not sounding quite right? Remember that the tongue needs to go up and back in the mouth. Try saying a "g" sound before the "r" word to get the tongue in the right spot, such as "g" - "row" to practice the word "row".

The "r" sound can be quite tricky to both teach and learn. There are actually many different types of "r" sounds because the way you produce "r" changes if a vowel is in front of it. Generally, the tongue bunches up and back in the mouth. The corners of the lips tighten. The "r" sound is a noisy sound, so the voice ("buzzer") is on while air flows through the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an "r" sound. Pretend you are animals - Roarr! Grrr! Rrruff! Practice talking like a pirate - Arrrgh matey! Pretend it is cold outside - Brrrr! Make up silly stories with "'r" names!