School is not in session...

How can my child work on his/her speech & language skills?

If your child is working on **speech sounds**...

(what we usually focus on in speech-language therapy is increasing awareness of the target sound in words, and getting a high number of **correct** productions)

1. First, check your child’s IEP or other paperwork to make sure you know which sounds or patterns your child is working on, and what position or level (ex: L in the beginning of words & short sentences; S at the end of words, or final consonants in words). Keep in mind that you will want to practice one sound or pattern at a time.

2. Make (or search online) for a list of words with your child’s sound(s) in the right spot. Try to find a list of at least 10-20 words that are fairly common one- or two-syllable words, and write them down. You can have your child draw a picture next to each one - you will use this list to practice later! (You can also use index cards to create your own flashcards.)

   Helpful websites for lists:
   - [https://www.home-speech-home.com/speech-therapy-word-lists.html](https://www.home-speech-home.com/speech-therapy-word-lists.html)
   - [http://mammyspeechtherapy.com/?page_id=55](http://mammyspeechtherapy.com/?page_id=55)

   Spending 5 minutes a day (or every other day) practicing your child’s sounds can be very effective! You can have your child say each word on your list 5 times each correctly, make up a simple or silly sentence for each word, or incorporate some of the following activities to make it more fun!

   - Pull out a board game (checkers, Sorry, etc.) or a puzzle, and have your child say a target word 5 times before taking a turn or adding a piece to the puzzle.

   - Find some dice, and take turns saying a target word the number of times that comes up on the dice. Each person then receives that many “points” - keep a tally and declare a winner at the end!

   - Read a book together, and listen for words with your child’s target sounds. Practice the words on each page.

   - You may need to remind your child **how to make the sound**, say, “Look at my mouth! See how I do X to make this sound? Let’s look in a mirror together. Now you try!”

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