



SPEECH SOUND STRATEGIES



Speech and Language
Academy
A helping hand with communication

How to teach each consonant sound

P Sound

- Blow bubbles like a fish.
- Hold a piece of paper in front of lips and watch it move.
- Make lip smacking noises.
- Pop some bubbles making the p sound.

B Sound

- Hold breath and then release air as loud as possible.
- Make voice hum with lips closed then open them.
- Practise shouting "boo."
- Hold hand in front of mouth to feel the lips move.

T Sound

- Put something yummy behind top teeth to lick off.
- Pretend to push your teeth out with your tongue.
- Play with making a clock sound t-t-t-t.
- Stick your tongue out, tap with teeth then bring tongue back into mouth.

D Sound

- Try making the magic sound "ta dah."
- Have them place their finger behind top teeth.
- Practise making the 'd' sound while banging on a drum.
- Get them to hold a cheerio behind top teeth with tongue.

C/K Sound

- Tip the head back or lie on the floor.
- Make a motorbike engine starting noise, monster growl or talk like Darth Vader.
- Have them hold the tip of the tongue down with finger.
- Try coughing.

G Sound

- Pretend to gargle with water.
- Place hand on throat to feel vibrations.
- Open mouth wide like at the dentist.
- Practise saying a long "aaaahhhh" vowel and then stopping the sound coming out.

M Sound

- Hum a tune using the "m" sound.
- Look in the mirror to see that the lips are together.
- Pretend to rub lips together with lipstick.
- Put hands over ears to hear the vibration.

N Sound

- Place cold mirror under nose to see it mist up.
- Practise saying a long "eEEEE" vowel and release from nose.
- Say "no" really slowly.
- Place finger under nose to feel the air.

F Sound

- Put top teeth over bottom lip and making bunny faces.
- Gently bite bottom lip and sigh.
- Place finger under bottom lip and touch it with teeth.
- Practice saying p - f - p - f to get teeth over bottom lip.

V Sound

- Practise being an angry cat hissing.
- Pretend to rev an engine and play with the sound from quiet to loud.
- Try and make bottom lip feel tickly with teeth.
- Use a cardboard tube to hear the vibration.



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Th Sound

- Make a silly face sticking your tongue out.
- Practise saying f - th - f - th to help them stick their tongue out.
- Pretend to blow up a balloon whilst sticking tongue out.

S Sound

- Make a big smile, teeth together and blow.
- Make a noise like a snake hissing.
- Pretend to open a can of fizzy drink making the 'tsssss' noise.
- Do a monkey face (pulling ears out) and smile.

Z Sound

- Make the 'd-d-d' sound continuous.
- Pretend to be a buzzy bee.
- Join words that end with a d and start with a z e.g. loud zoo.
- Place fingers at the corner of the mouth and pull back.

Sh Sound

- Make the long 'oo' vowel like a monkey then pull tongue backwards.
- Make the long 'ee' vowel and then round the lips.
- Pretend to tell the baby to be quiet.
- Sing the baby shark song - lots of practice.

L Sound

- Put finger behind top teeth and find with their tongue.
- Ask the child to breathe out and let tongue fall down.
- Make a 'th' sound and pull tongue backwards.
- Practise being an opera singer - 'la la la.'

Y Sound

- Practise saying the short 'i' vowel in the i - y - i - y pattern.
- Practise saying these two sounds quickly together ee - uh - ee - uh.
- Ask the child what they use to listen with = "ear."
- Make a donkey noise - eeyore.

Ch Sound

- Practise making a train noise "choo choo."
- Pretend to sneeze "aaahhchhooo."
- Say the t - sh - t - sh sounds quickly together.
- Practise the tongue twister "it's you" and shape into "chew."

J Sound

- Pinch cheeks together to make 'o' shape with mouth.
- Say the d - zh (in measure and treasure) together quickly.
- Practice holding and releasing the 'n' sound through the mouth.

W Sound

- Practise saying the long 'oo' vowel and then opening mouth wide.
- Hold lips around straw the get lip rounding.
- Make a noise like the wind or an owl.
- Start off making a 'p' sound and then open mouth wider.

R Sound

- Clench teeth together, pull tongue back and make an angry dog growling noise.
- Look in mirror and keep lips spread like a smile.
- Practise saying the long 'ar' vowel then bring teeth together.