### Useful websites:

https://www.nlg.nhs.uk/resources/speech-sound-development-toolkit/

https://www.justonenorfolk.nhs.uk/media/ginjeayz/speech-sound-awareness-activities-pack-new.pdf

### Supportive resources & activities:

- Magnetic letters
- Sound pots
- Sound games for devices
- Collecting small world figures that begin with that target sound

### How often?

A minimum of once a day when practising a new skill in relation to speech sounds.

However, if you are able to embed practise into every day routines your child's progress will sky rocket as they get the opportunity to over learn and practise the skill in many different contexts.

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# SPEECH SOUNDS & SOUND PRODUCTION

## A guide for parents

### What are speech sounds and sound production?

Both of these terms refer to he way in which your child is able to say individual sounds in words or on their own in isolation.

### A Little More Information

Different letter sounds are made in different parts of the mouth. For example "g" and "c" are sounds that are made at the back of your mouth and sounds such as "t" or "d" are made a front of your mouth. Some children make some of their letter sounds in the incorrect place in their mouth. This can make speech sound unclear.

The position of your tongue and also the amount of air flow used to make sounds can also make letters sound unclear in speech.

Creating clarity with speech sounds takes time but it is possible, even if your child has been using unclear production for some time.

**Stages to production clarity**

1. Being able to physically hear the difference between a target sound and an opposing sound when it is spoken to them.
2. Being able to identify where in the mouth a sound is made. Where is the tongue?
3. Being able to say a target sound clearly in isolation.
4. Being able to say a target sound clearly alongside a vowel e.g S-ai, S-ee
5. Being able to say a target sound clearly at the beginning of words.
6. Being able to say a target sound clearly at the beginning, middle and end of words.
7. Being able to say a target sound clearly within a phrase or sentence.
8. Being able to say a target sound clearly during a conversation

### Ways to support at home

Children learn best through play. The most powerful way of helping a child to learn a new skill is by using things that interest them in a playful way. Don't think of helping as a separate event that you have to sit down and "do the therapy" consider ways of building the targets into every day life.
Some examples:
Whilst playing a game such as "Pop up pirate" or "snapping crocodile" encourage your child to say their target sound as they pull a sword or press a tooth.
When playing alongside your child, encourage them to say words that begin with a sound, without it dominating the game. For example, "Can you give me the c-ar?" What did I ask for again?
Encourage sound play during Playdoh play, for example can make their target sound as they roll out the dough or use the cutter?
Playful correction can be useful providing it doesn't dominate conversations or make children feel worried. For example "hold on, is a 'tat' or a 'cat'?