



ALL ABOUT SPEECH & LANGUAGE

5 EASY TIPS FOR GETTING IN MORE SPEECH PRACTICE

1. Make it fun with games! Playing games (such as Candy Land, Don't Break the Ice, Chutes and Ladders, or any other simple turn-taking game) is a motivating way to get in lots of sound practice! Use word lists sent home from your therapist or picture pages with target sounds and have your child practice saying 2-3 target words, phrases, or sentences with their target sounds before they can take another turn! For your turn, have your child be the teacher to spot if you make a mistake saying the word in a phrase or sentence!
2. Practice before or after brushing teeth. The bathroom mirror is a great way for your child to see what his/her mouth is doing while making speech sounds! Sit or stand next to your child so he/she can watch and match what your mouth is doing or have your child judge whether his own tongue and lips were doing the correct movements for his sounds of focus! Even tape some practice sheets to the mirror for easy access and a constant reminder to squeeze in some practice! Every little bit counts!
3. Take it on the Road. Keep target words/sound pictures handy in the back of your car; your child can add in an extra 5-10 minutes of practice on the commute to and from school or other activities! That's an extra 20 minutes of practice each weekday!
4. Play the BEEP Game! The BEEP game is a way for you and your child to monitor their/your speech sound production! A great time to play this game is when your child retells the most exciting part of school that day, or what they would like to do for fun that afternoon/weekend. During this time when you normally converse with your child, ask for permission to play the BEEP game too; you simply say "BEEP" when you hear a target sound produced incorrectly and your child must think what he/she said and re-say the word correctly! You need to take some turns too and make some target sound errors, so your child must keep on his/her listening ears to "BEEP" you! They can then say your error correctly!
5. Double Up! Many children are required to read daily for school homework. What better way than to get in extra practice by having your child read aloud to you or another family member, with the goal of focusing on correct production of their speech sounds. If your child is working on multiple sounds in therapy, pick just one as the focus during a 5-10 minute read-aloud session! If your child does not yet read, you can still use shared story-book reading time to point out and practice words in the book that have their target sound of focus.

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