

### Practising Single Sounds

#### Top Tips

- These activities are for practising saying sounds on their own (not in words).
- The therapist will let you know which target sound(s) to practice.
- Remember to say the sound only, not the letter name, e.g. 's' not 'suh' or 'ess', 'k' not 'kuh' or 'kay'.
- Take turns with your child. When it's your turn, occasionally say the wrong sound. This helps your child to recognise the sound(s) and it increases their awareness of the sound(s).
- Praise every attempt. If your child produces the sound accurately, tell them. If they produce the sound inaccurately, praise them for having a 'good try'.
- Find times of day when your child is most responsive to practising. Keep practice sessions fun and work within your child's attention span. Aim to practice regularly (little and often is best).
- If it's really hard and your child is getting frustrated, have a go another time.

#### Activity ideas

##### **Turn taking games**

Use games that you have at home (e.g. pop up pirate, monkey tree, snakes & ladders, jigsaws). Have a pile of sound pictures face down. Before having a turn in the game, pick a sound picture and say the sound.

##### **Stepping stones**

Make some stepping stones (you could use cushions, pieces of paper, hoops). Put a sound picture on each 'stone'. Put some pictures of crocodiles randomly in between some of the stepping stones. Take turns to throw the dice and move along the 'stones'. If you land on a stepping stone, say the sound. If it is incorrect, have another try. If you land on a crocodile, move back 1 space.

##### **Skittles**

Stick a sound picture onto each skittle. If you knock down a skittle, say the sound.

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### **Roll the dice**

Roll a dice and repeat the sound for the number of times shown on the dice.

### **Posting boxes**

Have a post box (you could make one from a cereal box). Say the sound before posting the sound picture into the box.

### **Run to the sound**

Put the sound pictures around the room. Your child runs/hops/walks/skips to the picture and says the sound.

### **Fishing game**

Use a magnetic fishing game. Stick a sound picture on each fish (with blu tac or a paperclip) and put them face down. If you catch a fish, say the sound on it. If you say it accurately, you can keep the fish, if not the other person gets it (or it goes back into the sea/pond).

### **Hide and seek**

Hide the sound pictures around the room for your child to find and say the sound.

### **Cars**

Put out some sound pictures. Roll a toy car to a picture and say the sound on the picture. You can also do this game with other toys (e.g. throwing a ball or beanbag).

### **Towers**

If you are practising more than one sound, put a brick/cube next to each sound. Put the other sound pictures in a pile. Take turns to pick a picture, say the sound and add a brick/cube to the right tower.

### **Find the counter**

If you are practising more than one sound, put some sound pictures on the table. Hide a counter under one of the pictures. Take it in turns to say a sound and turn over the picture card to see if you can find and win the counter.

### **Climb the ladder**

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Draw one ladder for each sound. Move a counter up the ladder each time the sound is produced.

### **Threading beads**

If you are practising more than one sound, have a 'snake' for each sound, and a set of sound pictures. Take turns to turn over a picture, say the sound and thread the bead onto the right snake.

### **Blow football (ping pong ball)**

Have a goal for each sound. Say a sound and try to blow the football into the goal.

### **Pairs**

If you are practising more than one sound, lay out some sound pictures (face down). Take turns to turn over two cards. Say the sounds. If they match, you can keep the pair.

### **What next?**

When your child can say their sound(s) accurately and with good consistency (e.g. correct on 8/10 occasions), contact your child's speech and language therapist for advice on what to do next.