

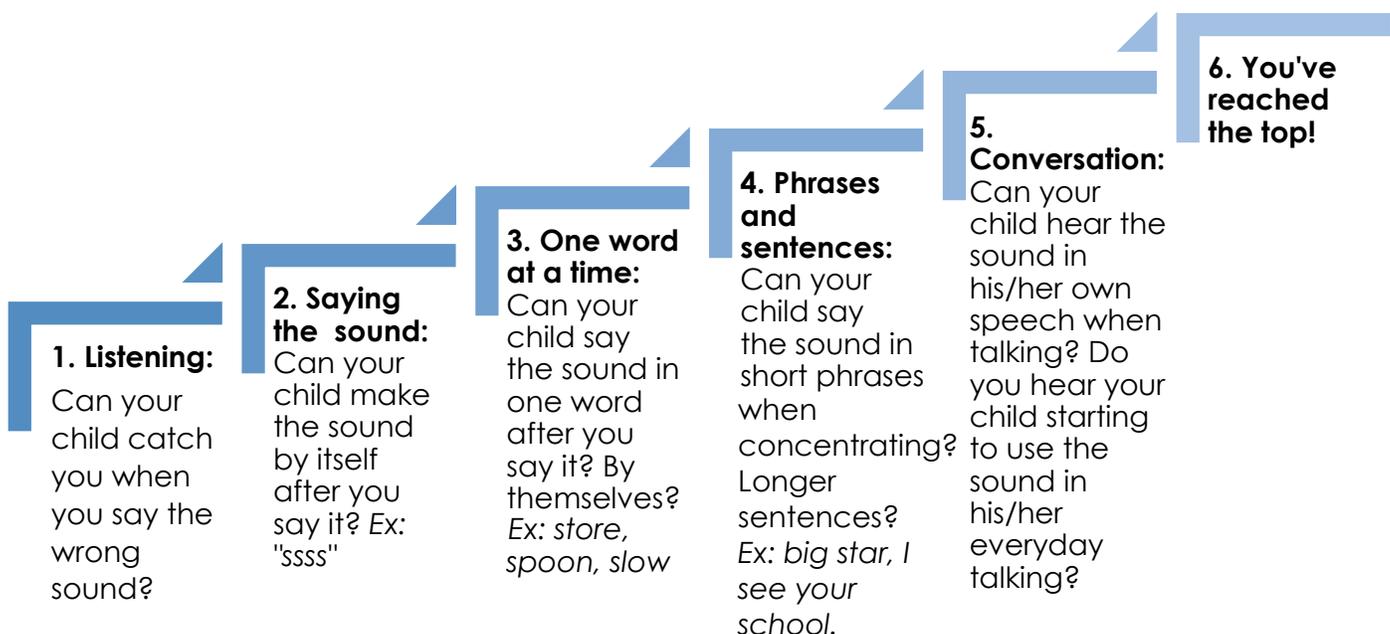
Speech Home Program

General tips

- **Say the sound:** Make the sound obvious in your own speech. Stress your child's target sound when talking to him/her. (e.g. "I see a ssssnake!")
- **Show them the right way:** If you hear your child say the sound incorrectly, say the word back to them the correct way. (e.g. "Green nake!" "Yes, that's a green snake!")
- **Repeat, repeat, repeat:** Try to say your child's target sound as much as possible. When practicing, try each word 3-5 times.
- **Give it time:** Practice in short bursts of 5 to 10 minutes each, once a day or more. Be patient- it takes time to learn any new skill!
- **Keep it fun:** Treat practice like a game! Use rewards such as letting your child pick the TV show or movie to watch later. Incorporate breaks into your practice- sometimes kids need to move for a moment before starting again. Think of sound practice as a time to play a fun game!
- **One sound at a time:** Start working on one sound at a time if your child has a few tricky sounds.

Speech Sound Staircase

When learning speech sounds, children must **start at the bottom** of the staircase and work their way up **step by step!** We can't expect sounds to be perfect in conversation if your child can't make the sound by itself. Be patient- it takes some time to make our way up the staircase!



Activities

The following is a list of games that can be paired with any of your child's speech target flash cards. You will need to print out your child's target flash cards before you begin the games. Pick and choose the activities that you think will be most interesting for your child. Each game has a suggestion or "challenge" for when your child becomes more successful at naming the cards. These games are a fun way to get your child motivated to practice their speech targets at home. Have fun with it!

- **Matching/Memory Game:** Use two sets of the same flash cards and place them face down on the table. Take turns trying to find the ones that match by turning two over again, or for a challenge, say "I found two ___s!"
- **Flashlight Search:** Hide the flash cards around the room and then turn out the lights. Have your child look for them with a flashlight. Have your child say the targets on the flash cards that they find as they go. For a challenge, say "I found a ___!"
- **Go Fishing:** Put paperclips on the flash cards and 'go fishing' with a magnet on a string (the magnet will stick to the paperclip). Have your child say what flash cards they catch. For a challenge, say "I got a ___!"
- **I Spy:** Stick the flash cards around the room. Use a toilet paper roll or paper towel roll as binoculars and look for the flash cards. Have your child say what flash cards they "spy" as they go. For a challenge, say "I spy a ___!"
- **Bean Bag Toss:** Lie the flash cards face down on the floor. Stand back and toss a bean bag onto the cards. Name the flash card that the bean bag lands on. For a variation of this, set a few cards out on the table and toss a coin onto the cards and identify the card that the coin lands on. For a challenge, say "It's a ___!"
- **Read-'n'-Seek:** Hide the flash cards in a picture book or match their flashcard picture to the same item in a picture in the book. This could be a lot of fun with the 'I Spy' books or other search and find series. Turn each page and have your child say the name of the card when they find it, or for a challenge, try "Found a ___!"
- **Puzzling:** Put the flash cards under puzzle pieces. As your child puts together the puzzle, have your child say the target on the flash card before putting the piece in the puzzle. For a challenge, say "I found a ___!"
- **Taking Pictures:** Have your child take pictures of each flash card with a smart phone or camera and name each flash card out loud as they take the photo. For a challenge, say "I see a ___!"
- **What's Missing?:** Set a few flash cards out on the table and have your child look at them. Then, remove one card while your child closes their eyes. Have them try to guess which flash card has been taken away. For a challenge, have them guess using "Is it the ___?"
- **Bag of Cards:** Put all the flash cards in a bag. Have your child close their eyes and pick one out of the bag then name it. For a challenge, say "I got a ___!"
- **Hints:** Pick one flash card off of the pile, face down. Take turns giving hints about what the flash card is while the other partner tries to guess using the name or for a challenge, asking "Is it a ___?"
- **Obstacle course:** Place the flash cards on the floor. Tell your child how to move from card to card. Your child can then hop/roll/stretch/run from card to card, saying each target as they move to it. For a challenge, have them direct you to "Hop to the ___!"



- **Picture Toss:** Draw a circle on paper or on the sidewalk with chalk or use a hula-hoop and toss flash cards into the circle as you name them. Or, use a box or basket and throw the cards in there as you say the word. For a challenge, try "I'm throwing the ___!"



- **Board Games:** Play a game together and everyone must take a flash card and identify it before they can take a turn. For a challenge, say "Mine is a ___!"
- **Collecting tokens:** Put a penny, small toy, sticker or a candy/cracker on each flash card as you name them. Then say the targets on the flash cards again and collect the objects back in a bowl to keep. For a challenge, say "I got a ___!"
- **Jewellery:** Make a necklace by stringing a bead each time you say the target on the flash card (or link paperclips together each time to make a "chain"). For a challenge, try "It's a ___!"
- **Ball Roll:** Have your child roll a ball onto their target cards and name the ones that the ball lands on. For a challenge, try rolling over multiple cards and say "I got a ___, ___, and ___!"
- **Spinner:** Make a game board with the flash cards lined up in a few rows. Use any item as a game piece to move around the board. Have your child roll a die and move the number of spaces, either saying each target they pass as they move or saying the target that they land on. For a challenge, try "I landed on a ___!"
- **Scavenger Hunt:** Hide the flash cards around the house. Make a list of the flash cards and check off the cards on the list as they find them. When your child finds a card, have your child say the target on the card. For a challenge, try "We found a ___!"
- **Books:** Books are a great way to practice your child's target sounds. Even if the book does not have characters that start with the sound that you're working on, try finding an object in the book or word you can use on a few pages (e.g., if you are working on "s", you could say "See the ___!"). Really emphasize these sounds when you are reading so that your child can hear the way that you say them. Take a second to practice a word when you come across it in the story!