

Speech Sound Practice in Everyday Activities

Getting Started

- Find a quiet space to practice where there are minimal distractions (e.g., TV, music, etc.).
- Have a special time of day to practice (e.g. bedtime, bath time, meal time, etc). Sound practice may feel a bit stressful for your child, but keeping a predictable schedule may help.
- As you play, model the words for your child, exaggerating the sound they are working on. For example, if you are playing a game colouring a picture with “b” words on it, you might comment on the pictures (e.g. “look I found a **bee!** **B**ees go **b**uzz).
- Repeat the words after your child attempts to say them. Focus on the positive. For example, if you child says “pah” for “pop”, you can say “yes, **pop** the bubbles. You’re right, **pop!**” This way your child hears the correct pronunciation, and feels successful for having attempted the word.
- Use lots of praise and reinforcement
- Play/practice times can be short (5-10 minutes). Try to end before your child becomes tired.
- It will take time (weeks to months) for your child to be able to say the new sound in sentences and conversation. Therefore, avoid direct correcting in conversations
- Have fun!

Ideas for Everyday Activities

1. When riding in the car, find things with your special sound
2. When looking at books or magazines, find pictures with your special sound
3. At the grocery store or in the kitchen, see how many foods you can find with your special sound
4. How many animals, foods, kinds of cars, sports, famous people, can you think of that have your special sound?
5. Cut out pictures from old magazines that have your special sound
6. When assisting with cooking, find ingredients with your special sounds
7. Read a story at bed time and give the characters names with your special sound. See if you can find your sound in other places in the book!
8. Re-tell a story or something that happened in the day with your special sound
9. Make a book or fill a box with objects full of your speech sound. Have a feel around without peeking to guess what the object is
10. Play guessing games by giving clues/descriptions about an item that contain the special sound
11. Play “I spy” were you found objects in the room with the special sound
12. Play a suitcase game. Start with “I’m going on a trip and in my suitcase I’ll take (word with a special sound)”. The next player repeats the sentence with the first item and adds a new item for the suitcase. Continue adding on and repeating in order.
13. Play hide and seek with items that contain the speech sound. Take turns finding items that have been hidden.