

Sounds/phonemes and when they occur that are highlighted below are what your student is working on in Speech Therapy.

Initial/Medial/Final Sound/Word/Sentence/Conversation

*Times to work on these sounds: during chores, reading aloud text/stories, practicing spelling words etc.

The following analogies with the students in therapy to better talk about their vocal mechanism:

Mouth = Garage Tongue = Car Teeth = Garage Doors
Throat/voice = Motor of the car

/s/: Teeth should be together, lips retracted, and air flowing out of the mouth at midline. No voice (motor) should be present from the throat. You can feel the air flowing out of the mouth with the fingertips.

/z/: Teeth, lips airflow, same as with /s/ EXCEPT that voice is added ("motor turned on"). You can feel the vibration in the throat with finger tips.

/l/: Mouth open one finger wide, tongue tip on the top of the mouth behind the front teeth with voice added ("motor on.")

/sh/: Teeth almost closed, lips slightly puckered, air continuously flowing out midline. Can feel air with fingers near mouth.

/ch/: Teeth and lips same as for /s/, however air flow is not continuously flowing but rather short, flow is stopped. Can feel air with finger tips near mouth. "push it out of the garage"

/k/: Mouth slightly open, NO voice added/ ("motor is turned off") and air is short. Almost like a cough. Air can be felt with fingertips at mouth.

/g/: Mouth slightly open, VOICE/ "motor turned on" and air is short. Can feel the vibrations of the throat (motor) with fingertips

/th/: Tongue tip (car) is between teeth (garage door) and air flow is continuous for voiceless (thumb, three, thing) and voice (motor) is added for voiced (the, this, breathe). Can also feel the throat (motor) vibrating with finger tips.

/f/: Bottom lip is between teeth (garage door) no voice (motor) continuous airflow out of mouth.

/v/: Bottom lip is between teeth (garage door) VOICE (motor) is added, lips should feel like they tickle.

/t/: Teeth slightly open (garage door), tip of tongue (car) is touching the top of the mouth (garage) just behind the front teeth (garage door), no voice (motor).

/d/: Same as for /t/ however VOICE (motor) is added.

/p/: Lips are together and a short puff of air is released with no voice (motor).

/b/: Same as for /p/ however VOICE (motor) is added.

/r/: Tongue (car) is in the back of the mouth (garage) and the back part of the tongue (car) is touching the roof of the mouth (garage) and sides should also be touching the back upper molars. Also it is easy for kids to hear and feel the tongue position when their head is tilted backwards as if gargling because gravity helps the tongue move to the roof of the mouth when first practicing this sound. Another way to make the /r/ sound is to flip the tip of the tongue back to the back part of the roof of the mouth.