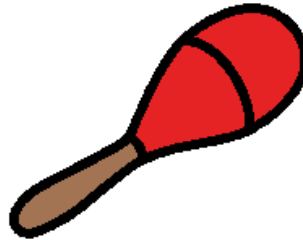


Rhythm & sound

Advice & activities book



This book gives information and ideas for families of children with speech sound difficulties

Try and practice for a few minutes every day in a quiet place.

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How to help your child's speech at home or at school

Use these tips every day at home or school.

Model the correct way

If your child says a word incorrectly, repeat it back in the right way.

For example, your child says "look it's a tar" you repeat back "yes, a car."

This means your child can hear how to say the word correctly.



Repeat words

Your child needs to hear correct sounds over and over again.

Say words with your practice sounds in. Repeat them.

For example, "I like that snake", "That snake slides", "The snake goes sssss".



Fun with Speech Sounds

- Bubbles: Blow the bubbles and let your child pop them. Say "POP!" or "p, p, p" as you pop them. Let your child have a go at popping them.
- Animal Noises: Animals make lots of different sounds. Encourage your child to imitate them: woof, meow, quack, moo, baa.
- Bathtime: Make the sound of water splashing in the bath "shhhhhh" or the tap dripping "t, t, t"



[Sound story](#) video on our YouTube channel



More ideas: See [Fun with Speech Sounds Advice Sheet](#) on our Toolkit.



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With all of us in mind.

Understanding what your child is saying

It can be difficult when you can't understand your child's speech. Here are ideas to help:

Let them know you have understood

e.g. "I can see your upset about something".
"Has something happened outside?"

Ask them to show you what they mean

They could show you by pointing to something, bringing an object to you or doing an action/gesture.

Talk about the 'here and now'

If things are getting difficult, try to talk about the 'here and now'. You are much more likely to understand when child is talking about things you can see. If they are talking about something which happened at another place (e.g. nursery) ask them to show you the next time they are there.

Share the difficulty

e.g. "Tell me again, I wasn't listening properly"
"Sometimes mummy can't hear you very well"

Talk about the problem with your child

e.g. "I can see you really want to tell me something"
"It's hard when people don't understand"

Rhythm

Why is rhythm important?

Listening to rhythm helps your child to:

- Listen to the patterns of sound in spoken language
- Break sentences down into smaller chunks of sound



Music and movement

Play some music and move together to the beat.

Move in different ways to fast and slow music e.g. big soldier steps for slow marching music, tiny mouse steps for quick music.



Instruments

Use shakers, rattles, bells or saucepans and spoons to beat in time to the music together.

You can make your own shaker at home using an empty plastic bottle and filling with a

dry material e.g. rice. Practice listening for “stop” and “go” when playing musical instruments. See if your child can copy a beat/rhythm that you do with an instrument.



Notice and talk about sounds

Loud sounds e.g. the Hoover makes a loud “vuvv!”, make a loud animal sound e.g. a bee makes a loud “zzzz!”.

Quiet sounds e.g. a snake makes a quiet “ssss”.

Long sounds e.g. a long “shhhh” sound to put the baby to bed.

Short sounds e.g. a short “t-t-t” when the tap drips.

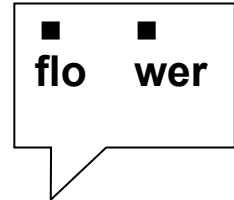


Syllables

Why are syllables important?

Listening to syllables helps your child to:

- Notice that words are made up of a number of beats
- Listen to all the sounds in a word
- Mark the correct number of beats when they say longer words.



Clapping

Clap out the beats of familiar songs or nursery rhymes with your child. Clap each beat in a word

Ha – ppy birth – day to you

Take a picture or object. Say its name slowly and clap it out

ra – bbit



Have fun! You can tap or stomp the beats in a word if your child doesn't want to clap.

Other activities

- In the house - walk around and clap out the names of things that you see
- Dressing - clap out the names of clothes e.g. py-ja-mas
- Mealtimes - clap out the names of things to eat and drink e.g. a-pple
- Family - clap out the names of friends and family e.g. mu-mmy, da- ddy

Rhyme

Why is rhyme important?

Listening to rhyme helps your child to:

- Listen to the way a word sounds
- Listen to words that sound similar

Nursery rhymes

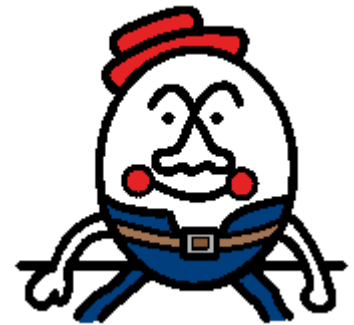
Start with nursery rhymes that have actions (or make up your own).

Your child can join in the actions with you.

Slow down to make listening easier for your child. Sing them again and again!

Here are some popular rhymes:

Humpty Dumpty	The wheels on the bus
Jack and Jill	Incy Wincey Spider
Baa Baa Black Sheep	Miss Polly had a Dolly
Twinkle Twinkle Little Star	Row Row Row your Boat
Round and Round the Garden	Ring a ring of Roses
Hickory Dickory Dock	Here we go round the Mulberry bush



If your child knows a nursery rhyme - wait to see if they can finish it

Humpty Dumpty sat on a wall

Humpty Dumpty had a great.....

Silly rhymes

Make up a chain of silly rhyming words Jelly, telly, welly, melly.

Finish rhymes with silly words

Humpty Dumpty sat on a wall, Humpty Dumpty had a great ball.



[Rhyme activities to support speech sounds](#)



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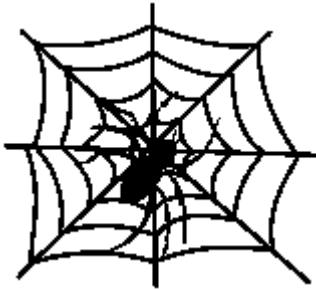
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Nursery rhyme bag

Use these pictures or objects from around the house. For example, a toy cow for Old Macdonald or bus for Wheels on the Bus.

Put them in a bag. Take turns to choose a picture/object and sing the nursery rhyme together.

 Miss Polly	 Baa baa black sheep	 Incy wincy spider
 Row row row your boat	 Wind the bobbin up	 Five little speckled frogs
 Twinkle twinkle little star	 Old Macdonald had a farm	 The wheels on the bus