



With all of us in mind

CHILDREN'S SPEECH AND LANGUAGE THERAPY SERVICE
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Speech Sounds.... How to help your child

The Speech and Language Therapist has identified your child as having difficulty with their speech sounds. This leaflet will give you ideas of what you can do at home to help your child with their speech

Your child will need to know about sounds, hear the difference between sounds and know where sounds go in words before they can use them in their speech. This is called 'phonological awareness'. These activities will help your child to **listen** and **think** about speech sounds

- **Take time to listen to your child**

- ❖ Kneel or sit so that you are eye level with your child
- ❖ Repeat back what your child has said when they have finished using the correct productions of the words
- ❖ Do not interrupt and/or correct any speech errors whilst your child is trying to tell you something

You will be showing your child how to be a good listener. Your child will know that you have listened and understood them and they will feel more confident about speaking.

- If your child does not say the sounds in a word correctly, **don't correct** your child just say the word back the correct way so that your child can hear how you say it
- Encourage your child to listen, your child needs to be able to block out other noise and focus on speech. Listening is a skill which children learn. Try the following to help your child to listen
 - ❖ Turn off the T.V, radio, washing machine and find a quiet space
 - ❖ Take turns to hide a musical instrument. Can your child find the instrument by listening to where it is hidden?
 - ❖ Sound lottos (most good toy shops will have sound lotto games)
 - ❖ Talk about what you can hear when you are at home and out and about with your child. See how many things your child can

hear when the house is quiet, e.g clock ticking, a fly, an aeroplane flying over the house, the fridge, the radio.

- Listen to your child's speech to hear which sound(s) he/she has difficulty with. Your Speech and Language Therapist will guide you. Try playing the following games to increase your child's ability to listen for that sound.
 - ❖ I spy with my little eye....
 - ❖ Treasure hunt – Find me something that starts with _____ (You can play this game in the house, park, beach, car etc)
 - ❖ Sorting game – Put a mix of objects in a bag using objects which start with the sound your child has difficulty with and other objects. Can your child find all the objects that start with _____ and put them in a separate box?
 - ❖ Word games – How many words can your child think of that start with _____. The winner gets a treat!

Playing with words and the sounds in words will help your child to learn more about sounds and word patterns. This will help your child with their speech and to learn to read and write. There are three main ways we can play with words and sounds:

- ❖ Rhyming
- ❖ Sound segmenting and blending
- ❖ Syllable segmenting

The following are activities to help your child word play:

Rhyming:

- ❖ Make up silly rhymes together – 'Go and sit on the table Mabel' see if your child can fill in the rhyme.
- ❖ Look at rhyming stories together. When your child is familiar with the story can they finish off the rhyme. 'I'm scared he said about the bear, the great big bear that lives in
- ❖ Rhyme generation 'What rhymes with car?'

Sound Segmentation and Blending:

When we sound segment all we do is break up a word into its sounds e.g. cat –c-a-t. Sound blending is when we put those sounds back together to make a word.

- ❖ Try saying words in a silly way, separating out the sounds. Tell your child you are going to say a word in a silly way or in a robot's voice, it is something in the room they are in, see if your child can find what it is you are saying e.g. s-o-ck. Again this is a game you can play anywhere.
- ❖ Picture Lotto – Can they find the picture if you say it in a silly way/robot voice? D-o-g

Syllable Segmentation:

This is when we break up words into the beats, claps or syllables.
e.g. car – 1 beat, par-ty – 2 beats, to-ma-to – 3 beats

- ❖ Slowly clap out any new words and encourage your child to copy. This will help your child get the sounds in the word in the right order.
- ❖ Try walking or jumping in step with saying the words

With all new words, clap them out, talk about the sounds you can hear and make up a rhyme to go with it. This will help your child to listen and think about sounds and also remember the new word.