



CHILDREN'S SPEECH AND LANGUAGE THERAPY SERVICE
The Lodge, Kendray Hospital, Doncaster Road, Barnsley, S70 3RD
Telephone: 01226 644331

www.barnsleyspeechtherapy.co.uk
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Making Speech Sounds

Sound: ch (church)

How do we make this sound?

This is a difficult sound to make. If you listen carefully you will here two sounds, **t** and **y**. We make this sound by making a **t** sound and then at the same time raising the middle of our tongue towards the roof of our mouth and lowering the sides of our tongue. Air is blown out of the narrowing made

Starting to make the sound:

1. First check that your child can make the **t** and **y** sounds individually
2. Encourage your child to say these two sounds one after another
e.g **t y, t y, t y, t y**
3. Encourage your child to do this as quickly as they can. You will soon hear the **ch** sound
4. Pretending to make a train noise can help. This can be a good way of practicing the new sound. Encourage your child to say the sound between 10-20 times each day and reward, e.g. with a star

If at anytime your child's production of **ch** does not sound quite right go back to step 1 and work through the stages 1-4 again

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Making Speech Sounds

Sound: j (jar)

How do we make this sound?

This is a difficult sound to make. If you listen carefully you will here two sounds, **d** and **y**. We make this sound by making a **d** sound and then at the same time raising the middle of our tongue towards the roof of our mouth and lowering the sides of our tongue. Air is blown out of the narrowing made

Starting to make the sound:

1. First check that your child can make the **d** and **y** sounds individually
2. Encourage your child to say these two sounds one after another e.g. **dy, dy, dy, dy**
3. Encourage your child to do this as quickly as they can. You will soon hear the **j** sound
4. Encourage your child to say the sound between 10-20 times each day and reward, e.g. with a star

If at anytime your child's production of **j** does not sound quite right go back to step 1 and work through the stages 1-4 again

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Making Speech Sounds

Sound: k (cat)

How do we make this sound?

k is a short quiet sound. We make this sound by placing the back of our tongue against the soft palate (soft part at the back of our mouth) This makes a closure in the mouth, behind it air builds up and then this air is released to make the **k** sound

Read the following information and follow the advice given. You will need a mirror:

- Many children have difficulty saying the **c k** sound
- These children usually use the **t** sound instead
- This is called 'fronting'
- It is called 'fronting' because the child is using the front of their tongue

HOW TO HELP WHAT TO DO

- You need to say the **k** sound so that your child can see how the sound is made
- Look in your mirror. Open your mouth and say 'ahhh' like at the dentist. You will now be able to see the back of your tongue
- Next say 'ahhh' but then say **k** (like a whisper)
- You should see the back of your tongue move up as you say **k** but the front of your tongue still stays down
- This is what you need to show your child

- Sit side by side with your child in front of a large mirror
- Tell your child that they only have to watch!!
- Don't put pressure on your child to say anything just yet
- Show your child how you are saying 'ahhh-k' (remember that **k** is like a whisper)
- Say it slowly several times and then ask your child to copy you
- Don't tell them anything about saying **k** just let them copy you
- Watch what your child is doing. If you see them move the front of their tongue you need to say 'careful, watch me, just keep your mouth open'
- Sometimes children know that you are trying to make them say **k**. If this happens they will try to move the front of their tongue to say **t** just like before
- If this happens be patient. Let your child sit next to you and watch for as long as they need to. Draw attention to how your tongue just stays still and 'rests'
- When your child can copy you easily tell them to watch some more
- This time say 'ahhh-k-ahhh' and ask your child to copy you
- This will sound like the word 'car' which will please them because they are saying a real word and not just making noise
- If you want your child to move on to saying other words let your child watch you say them. Draw attention to the fact that your mouth needs to start open before you say the **k**
- Try these words. Car/cow/Kay/Connor/ Kyle/ come/can or any other words that your child needs to say
- Don't try to rush into harder words like 'school' or 'kitten' or 'classroom'
- Take your time and let your child keep watching



**South West
Yorkshire Partnership**
NHS Foundation Trust

You may find that your child starts saying **k** when they are talking but lots of children need lots of practice just saying the sound and saying easy words.

Be patient

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Making Speech Sounds

Sound: s (sun)

How do we make this sound?

s is a quiet hissy sound. We make it by putting our tongue front or tip up towards the bump or ridge behind our front teeth and then blowing the air out through the small gap

Starting to make the sound:

1. Try sitting in front of a large mirror with your child. First practice making the sound **t**. Look where your tongue goes when you make this sound. You can do this by opening your mouth wider than usual and you will see the tongue move up towards the ridge behind your front teeth. Practice this **t** sound lots of times with your child
2. If your child is able to make a **t** sound easily try to make the **t** long instead of short. See how long you can make the **t** sound last. You will notice that the **t** sound now is more like a **s** sound
3. Have a competition with your child to see how long you can keep the sound going, use a stop watch
4. Now try and drop the **t** sound from the beginning, this can be done by encouraging your child to say it very quietly and gently until it disappears
5. Your child is now able to make a **s** sound
6. Practice the production of **s** lots of times each day giving your child a reward e.g. a star when they have said it correctly 20 times

If at anytime your child's production of **s** does not sound quite right go back to step 1 and work through the stages 1-5 again.

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Making Speech Sounds

Sound: t (tea)

How do we make this sound?

t is a quiet popping sound. We make it by placing our tongue tip up against the bump or ridge behind our top front teeth. The air builds up behind this closure and then pops out making the **t** sound.

Starting to make the sound:

1. Try sitting in front of a large mirror with your child. Look where your tongue goes when you make the **t** sound. You can do this by opening your mouth wider than usual and you will see the tongue move up and touch the ridge behind your front teeth. Show your child this on you and encourage them to copy with their tongue
2. Once your child is able to copy this, encourage them to make the sound with you. **t** is a quiet popping sound. Practice saying it 10-20 times each day and reward your child e.g. with a star

If at anytime your child's production of **t** does not sound quite right go back to step 1 and work through the stages