

Children's Speech and Language Therapy Service

Early Sound Play

Some children have difficulty learning and using speech sounds correctly. The activities in this leaflet will:

- Help your child listen to speech sounds
- Allow you and your child to have fun playing with new speech sounds

When carrying out the activities with your child::

- Repeat the sounds lots of times
- **Do not** expect your child to copy you. It is the adult who is making the sounds, not the child
- Remember to say the sound not the letter (e.g. 'sss' not 'suh')
- Encourage your child to look at your face and listen to you when you say the sounds
- Make sure your child can see your lips and tongue making the speech sounds
- Talk about using your lips and tongue when making the sounds
- Make the activities fun!

Responding to your child:

Your child may join in with making the sounds when they are ready, but must never be asked to do so. If your child feels under pressure to make the sounds, it is likely to put them off and may make further speech therapy more difficult.

- If your child has a go at making the sound in the right way, give them praise and tell them what they have done well (e.g. 'well done, I saw your tongue make that sound')
- If your child has a go at making the sound but says it incorrectly, do not correct them- instead ask them to keep listening to you making the sounds (e.g. 'keep listening to me, the dripping tap says t-t-t')

Activities

/p/

Use a tub of bubbles, blow and catch one on the wand. Put the bubble close to your mouth and wobble it by whispering 'p-p-p'

At bath time, put lots of bubbles on your hand and then blow them with a 'p' sound

Whisper a 'p' sound on to your child's face, hand, tummy etc. Let them feel the air and see your lips make the 'p' sound

Steam up a mirror by whispering a 'p' sound

Colour in and cut out paper bubbles or small pompoms, then hold them to your mouth and blow them away with a 'p' sound

/b/

Bounce a ball and say 'b-b-b' (you can bounce the ball into a box, in a bag or to each other)

Blow up a balloon and bat it to each other; say a /b/ sound as you bat it into the air

Make a 'b-b-b' sound when jumping on a trampoline

/t/

Watch the cold tap dripping at bath time- whisper 't-t-t' as it drips

At bath time drip water onto the child's hand and whisper 't-t-t' as it drips

Make a pretend cup of tea- with cold water in a toy teapot or a bottle with a sports cap. Whisper 't-t-t' as the water drips into the cup.

Play 'washing toys' with the water bottle. When the water drips, say the sound 't t t' to your child

Watch a clock or watch tick and whisper the 't-t-t' sound

Tap on a tambourine and whisper a 't-t-t' sound

/d/

Play with a drum or a pan/wooden spoon and say 'd-d-d' as you hit it

Make a drum using an empty ice-cream tub. Play the drum with your child and say 'd-d-d' sound for them to listen to.

Pretend to be a giant, make the 'd-d-d' sound as you stamp your feet

With a toy hammer, bang the hammer and say 'd-d-d'

/k/

Make a pretend camera, use a toy camera or find an old disposable camera your child can use. Pretend to take photos with your child. Whisper the 'k-k-k' sound when you pretend to take a picture.

Play castanets and whisper the 'k' sound as you click them

Using a strip of Velcro stuck together. Rip it off slowly whispering a 'k-k-k' as you go

Use toy food stuck together with Velcro, whisper a 'k-k-k' sound as you cut it with a toy knife

/g/

At bath time or in water play say 'g-g-g' as water goes down the plug hole

Pretend to drink from an empty drinks bottle and say 'g-g-g'

/s/

Use a toy snake and say a long 'sss' sound

Make a snake sock puppet and say 'sss' as you play with it with your child

Feed a pretend snake and say 'sss' as he eats

Play threading with string and beads. You could also use pasta tubes. As you thread them, say a long 's' sound

/f/

Blow up a balloon and then release the air slowly as you say a long 'fff' sound

Make a long 'fff' sound on to your child's face, hand, tummy etc. Let them feel the air and see your mouth make the sound

Blow a feather or piece of tissue off your hand with 'fff' sound

Play with a toy rocket or make a rocket from a toilet roll tube- say a 'fff' sound as it sets off into the sky

Play with pretend food. Blow out the 'hot' food for your child with the 'f' sound.

/sh/

Put your child's teddies to bed, say 'sh' as you say good night to them

Cuddle a toy doll and say 'sh' as you rock it to sleep

Pour cold water from a toy tea pot or a bottle and make the 'sh' sound

In the garden or park, look out for leaves rustling and make the 'sh' sound

/m/

Have a tea party and say 'mmm' when having something yummy

Drive toy cars and say the 'mmm' sound as you drive them along

When playing with toy animals, make the cow say 'mmm'