

### How to Make Speech Sounds

The speech and language therapist will advise which sound(s) your child can practise. If it's really hard and the child is getting frustrated, have a go another time. Contact the therapist if the child's progress is limited or when you need further advice.

**p** = put your lips together. Now blow your lips apart quietly.

**b** = put your lips together. Now turn your voice\* on and blow your lips apart.

**m** = put your lips together. Now turn your voice on and let the air out of your nose. Feel your lips vibrate/hum.

**n** = touch the back of your top teeth with your tongue. Now turn your voice on and let the air out of your nose.

**t** = touch the back of your top teeth with your tongue. Now quickly let the air out.

**d** = touch the back of your top teeth with your tongue. Now turn your voice on and quickly let the air out.

**k** = open your mouth wide. Lift your tongue up at the back. Now quickly let the air out.

**g** = open your mouth wide. Lift your tongue up at the back. Now turn your voice on and quickly let the air out.

**h** = open your mouth and then blow air out.

**f** = put your top teeth over your bottom lip (rabbit teeth). Now blow air gently through your teeth.

**v** = put your top teeth over your bottom lip (rabbit teeth). Now turn your voice on and blow air through your teeth.

**s** = bite your teeth together. Tuck your tongue behind your teeth and blow gently.

**z** = bite your teeth together. Tuck your tongue behind your teeth. Now turn on your voice and blow air between your teeth.

**sh** = push your lips forward as if to say 'oo'. Tuck your tongue behind your teeth and blow air out of your lips.

**ch** = make a 't' sound and then push your lips forward to make a 'sh' sound.

**j** = make a 'd' sound and then push your lips forward to make a 'sh' sound.

**l** = put your tongue up behind your top teeth. Turn your voice on and release your tongue quickly.

**w** = push your lips forward as if to say 'oo'. Turn your voice on and then open your mouth wider.

If you would like this leaflet in large print, audio, Braille or in a different language, please contact your health professional

\* Voice:

Some sounds are made with the vocal cords coming together to vibrate – these are called 'voiced' sounds (e.g. b, d, m, g). Some sounds are made without vocal cord vibration – these are called 'voiceless' sounds (e.g. p, t, k, f, s).

Try putting your fingertips on your neck (near your voice box). Make a long 's' sound – you shouldn't be able to feel a vibration. Now make a long 'z' sound - you should now feel the vibration of the vocal cords.