

# Top Tips for Speech Sounds



## Information for Patients Community & Therapy Services



### General Facts

If your child is under 4 years old they will need to work on the following skills before being ready to begin targeting speech sounds. For example:

- Concentration
- Turn-taking
- Looking (eye contact)
- Building sentences
- Awareness of everyday sounds e.g. keys rattling, phone ringing, dog barking

If your child suffers from lots of coughs and colds their hearing can be affected, which can make it harder for your child to say words clearly. If you are worried about your child's hearing, speak to your GP or Health Visitor.

If your child is 2 years or over and still uses a dummy, we advise that you reduce the use. Dummies can affect a child's speech sounds and teeth.

### Do's

Do say words clearly, so that your child can hear how the words should be said.

Do make sure that you are face to face so that your child can see and hear more easily.

Do turn off the TV; this will make it easier for your child to hear speech sounds.

### Don'ts

Don't force your child to say the word; they may not be physically able to do it yet.

Don't put them on the spot to "perform" if they are unhappy doing so.

Don't tease them or make jokes about the way they say words.

## Activities

- Nursery rhymes
- Songs with actions
- Listening for and making noises on a walk (leaves crunching, children talking...)
- Musical Statues – does your child listen and hear when the music stops?
- “Ready, steady, go” games
- Can your child listen and follow instructions when you whisper?
- Make a shaker – shake out syllables in your names or toys around the room. Shake along to songs
- Turn-taking games:
  - Kicking a ball to each other
  - Simple games e.g. snap, lotto, pairs
  - Books – find the pictures
- Looking games:
  - Bubble blowing, wait until your child looks at you before you blow
  - Puzzles
- When you look at a book together, you do not need to read the words. Instead, look at the pictures and talk about what your child is looking at
- Make sure you are sitting where your child can see your face
- Make sure you are in a room where there are few distractions
- You do not need to buy any toys, you can use objects from around the house as well as toys you already have
- If you do not have any books, why not join your local library

## For Further Information Visit:

[www.nlg.nhs.uk/speechlanguage](http://www.nlg.nhs.uk/speechlanguage)

[www.talkingpoint.org](http://www.talkingpoint.org)

If you would like further information please contact the Speech and Language Therapy Department, Diana Princess of Wales Hospital on Telephone: 03033 302591 or for Monarch House Scunthorpe Telephone: 01724 203755.

## Any Comments, Compliments, Concerns or Complaints

If you have any other concerns please talk to your nurse, therapist or doctor. Our Patient Advice and Liaison Service (PALS) are available on 03033 306518 (Grimsby, Scunthorpe and Goole). You can also contact [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net)

As a Trust we value equality of access to our information and services, therefore alternative formats available on request at [nlg-tr.interpreters@nhs.net](mailto:nlg-tr.interpreters@nhs.net)

IFP-0591 v1.3 Issue date: November, 2018. Review date: November, 2021

As a Trust we value equality of access to our information and services, therefore alternative formats available on request. Please email [nlg-tr.PALS@nhs.net](mailto:nlg-tr.PALS@nhs.net).