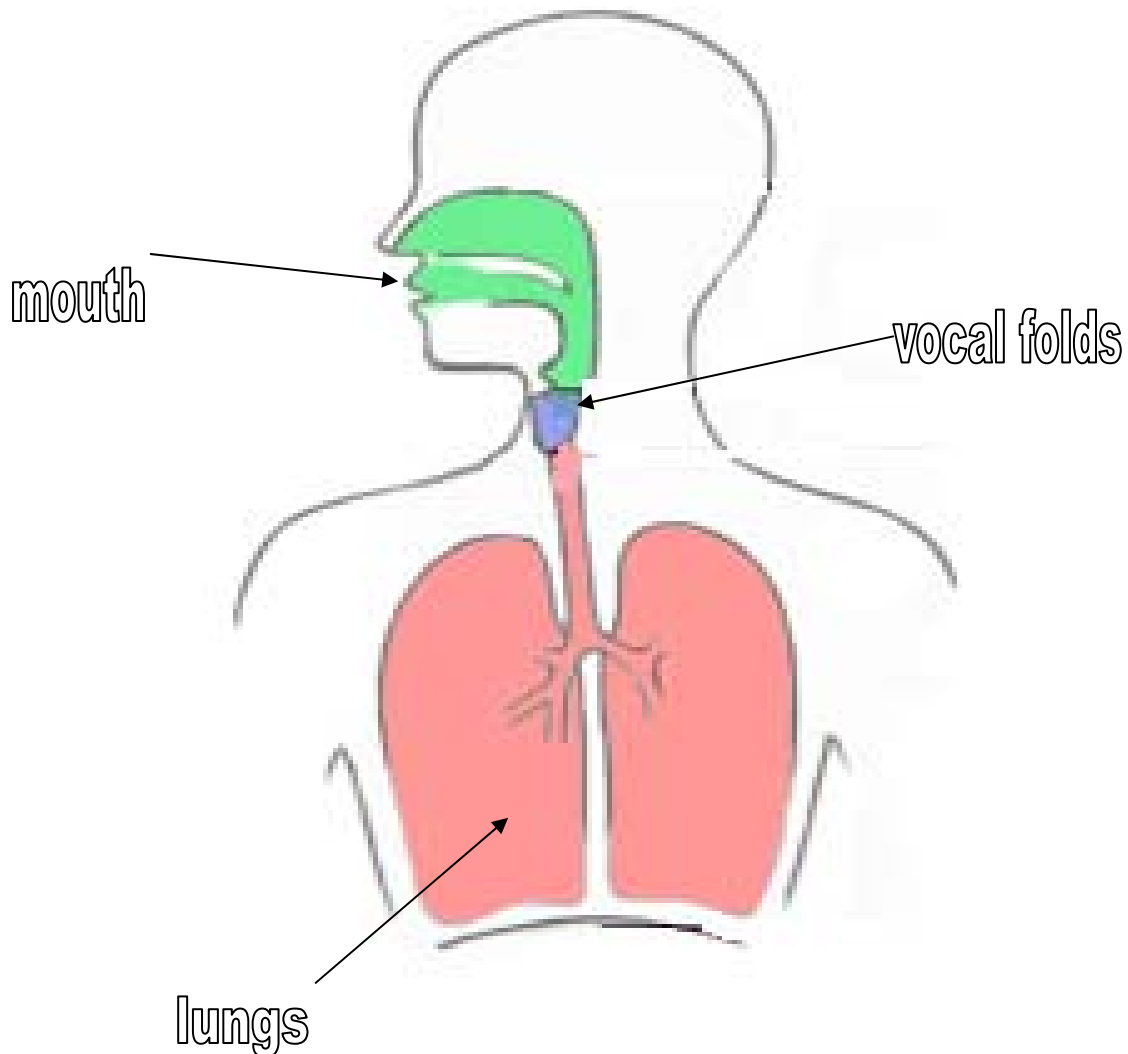


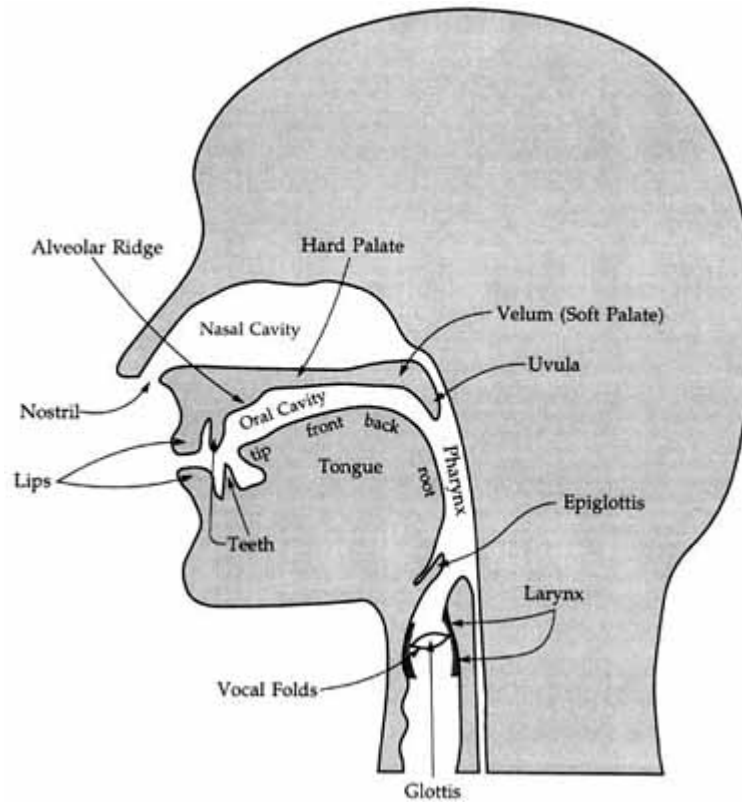
Speech Mechanism Exercises for Younger Children

The Speech Mechanism

We produce speech using air which comes from the lungs, through the vocal folds (voice box) and out of the mouth (sometimes nose).



We shape the sound with our tongue, lips and teeth in order to say words and sounds. The soft palate opens and closes off the airway to the nose.



Before You Start...

- ✓ Make sure the child is sitting up straight in a supportive chair.
- ✓ If the child's voice gets 'bubbly' ask them to swallow the saliva away... If not, the saliva will drip back to where it came from!
- ✓ Place a mirror in front of the child so they can clearly see themselves and you.

Breathing

- Encourage the child to breathe from their diaphragm, not from their shoulders/upper chest.
- Now talk your child through the following movements -
- Put both hands on your tummy
- Breathe in deeply through your nose and feel your tummy move against your hands
- Breathe out through your mouth – feel your tummy move again.

Repeat 5 times

Breathing and Voicing

Now try breathing properly and making sounds. Choose one activity:

- Take a deep breath and say 'ah' for as long as possible
- Take a deep breath and say 'ah' starting quietly and getting gradually louder
- Take a deep breath and say 'ah' starting loudly and getting gradually quieter

Lips

Choose one activity:

- Close your lips and keep them together for the count of 5 (x3)
- Close your lips and then puff air into your cheeks. Try to hold for the count of 2 (x3)
- Push your lips forwards into a round shape to make the sound 'oo', then stretch your lips into a smile to say 'ee' e.g. 'oo-ee' 'oo-ee' (x5)
- practise sounds made with lips together – ppppp bbbbb mmmm
- Now try sounds where lips open quickly – 'pa' 'ba' ma

Tongue

Choose one activity:

- Open mouth wide and touch the roof of your mouth with the tip of your tongue (x5)
- Move your tongue from side to side (x10)
- Stick your tongue out and point the tip to the roof (x5) and the floor (x5)
- Stick your tongue out and put it as far to one side as you can then move it to the other side.

Soft Palate Exercises

Get the child to look at their mouth movement as they repeat the 'ah' sound. They should notice the soft palate moving up and down
Choose one of the following speech sound sequences:

- Alternate between a vowel and nasal sounds- m, n, ng (ng as in going) e.g. m-ah-m-ah, oo-n-oo-n or ee-ng-ee-ng
- Alternate between nasal and oral sounds e.g. m-b-m-b, ng-g-ng-g-ng-g or n-d-n-d-n-d

Speed and Accuracy

- Start off slowly to aim for accurate production of sounds
- Gradually increase the speed that you do the sound trail.

To end with...

blow football

noisy instruments

suck and hold tissue paper with a straw

sucking liquids

bubbles!