Parent Handouts for Articulation

Includes Tips and Tricks for: /k, g, f, v, sh, ch, j, s, z, l, th, r/

Tips and Tricks

The Frog Sound

Tips and Tricks

Some children may remember a sound better when you associate it with a familiar animal. You can also use objects like a piece of fruit or a toy animal to help them remember the sound. For example, you might say, "When you see a frog, it's time to say /k/ sound".

The Frog Sound

Tips and Tricks

The /k/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also touch your tongue to your teeth and push air out through your mouth to help your child remember the sound.

Tips and Tricks

The /g/ sound is made by putting your tongue up against your back teeth and pushing air out through your mouth. You can also make a /g/ sound by putting your tongue up against your back teeth and pushing air out through your mouth.

Tips and Tricks

The /f/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /f/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /v/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /v/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /sh/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /sh/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /ch/ sound is made by putting your tongue up against your back teeth and pushing air out through your mouth. You can also make a /ch/ sound by putting your tongue up against your back teeth and pushing air out through your mouth.

Tips and Tricks

The /j/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /j/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /s/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /s/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /z/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /z/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /l/ sound is made by putting your tongue up against your back teeth and pushing air out through your mouth. You can also make a /l/ sound by putting your tongue up against your back teeth and pushing air out through your mouth.

Tips and Tricks

The /th/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /th/ sound by putting your tongue up against your teeth and pushing air out through your mouth.

Tips and Tricks

The /r/ sound is made by putting your tongue up against your teeth and pushing air out through your mouth. You can also make a /r/ sound by putting your tongue up against your teeth and pushing air out through your mouth.
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Ideas for Use:

• Give these handouts to parents at IEP meetings.
• Place the handouts in student homework folders.
• Give these to teachers to help them practice speech sounds with students in the classroom.
• Send these home to parents of students in articulation RtI programs.

Thank you!

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How to Make the “K” Sound

The “k” sound is made by sticking the back of the tongue toward the top back of the mouth. The tongue tip is placed behind the bottom front teeth. Draw air through the mouth and let it go by lowering the tongue. When the air releases, it makes the “k” sound. The sound is made in the back of the throat. The “k” sound is a quiet sound, so the voice ("buzzer") is off while releasing air.

Tips and Tricks

Some children need a reminder that this sound is made in the back of the mouth and not the front of the mouth. Try placing your fingers on the side of the throat to show this is where the sound is made. Compare words that start with “t”, such as “tee” and “key” to help your child understand the tongue goes back for the “k” sound.

Tips and Tricks

"The Coughing Sound"

Young kids may remember a sound better when you associate the sound with a familiar image.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “k” sound. Talk about places you have gone in the car lately. Draw a picture together and talk about all the colors you need... The blue color, the red color, lots of colors!
How to Make the “G” Sound

The “g” sound is made by sticking the back of the tongue toward the top back of the mouth. The tongue tip is placed behind the bottom front teeth. Draw air through the mouth and let it go by lowering the tongue. When the air releases, it makes the “g” sound. The sound is made in the back of the throat. The “g” sound is a noisy sound, so the voice ("buzzer") is on while releasing air.

Tips and Tricks

Some children need a reminder that this sound is made in the back of the mouth and not the front of the mouth. A simple way to give a reminder is to place your fingers on side of the throat to show this is where the sound is made. Compare words that start with “d”, such as “doe” and “go” to help your child understand the tongue goes back for the “g” sound.

Tips and Tricks

Young kids may remember a sound better when you associate the sound with a familiar image.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “g” sound. Pretend you are both very thirsty and need to take lots of gulps! Pretend to gargle water! Have a family race - on your mark, get set, go!
How to Make the "F" Sound

The "f" sound is made by placing the front top teeth gently on the bottom lip. The tongue lays at rest inside the mouth behind the bottom front teeth. Gently blow air through the middle of the mouth and out the front teeth. The "f" sound is a quiet sound, so the voice ("buzzer") is off while gently blowing air through the mouth.

Tips and Tricks

If your child is having trouble getting his/her teeth and lips in the right position, try practicing in front of a mirror. This helps your child see if his/her teeth are in the right spot! Try saying "f" all by itself and then adding a vowel - "fee", "fi", "fo". Then work up to words!

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an "f" sound. Pretend to water some plants with a hose - fff! Try drawing an ocean with lots of fish!
How to Make the “v” Sound

The “v” sound is made by placing the front top teeth gently on the bottom lip. The tongue lays at rest inside the mouth behind the bottom front teeth. Gently blow air through the middle of the mouth and out the front teeth. The “v” sound is a noisy sound, so the voice (“buzzer”) is on while gently blowing air through the mouth.

Tips and Tricks

If your child is having trouble getting his/her teeth and lips in the right position, try practicing in front of a mirror. This helps your child see if his/her teeth are in the right spot! If “v” sounds like “f”, remind your child to turn his/her “buzzer” on! Put your hand on your throat to feel it.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “v” sound. Pretend to vacuum around the house. Pretend to be noisy race cars and race together! Vvvvroom!
“The Quiet Sound”
Young kids may remember a sound better when you associate the sound with a familiar image.

How to Make the “SH” Sound
The “sh” sound is made by puckering the lips like a kiss. The middle of the tongue comes up slightly so air does not go out the sides of the mouth. The front of the tongue should be down behind the bottom front teeth, but not touching them. The “sh” sound is a quiet sound, so the voice (“buzzer”) is off while blowing air gently out the mouth.

Tips and Tricks
If the “sh” is sounding more like a “s” sound, make sure the lips are round like blowing a bubble. Practice making the sound in a mirror with round lips. If the “sh” is sounding slushy, remind your child the air needs to go straight down the middle of the mouth. You can cup your hands to show that the sides of the tongue should be slightly up.

Time to Practice
Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “sh” sound. Pretend to water items around the house while making a water sound. Be silly and say goodnight to objects before bed. Remind the items to be quiet – shhh!
How to Make the “CH” Sound

The “ch” sound is made by puckering the lips like a kiss. The tip of the tongue should press against the top of the mouth behind the front teeth and then lowered after starting the sound. The air is pushed through the center of the mouth. The “ch” sound is a quiet sound, so the voice (“buzzer”) is off while blowing air out the mouth.

Tips and Tricks

Make sure the tongue is touching the top of the mouth right behind the front teeth! Try asking your child to hold a cheerio to the top of his/her mouth with the tongue and remind him/her this is where the tongue is for the “ch” sound. If the “ch” is sounding like a “sh”, practice making the sound short! The breath should not keep flowing after making “ch”.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “ch” sound. Pretend you or your child need to go to the doctor because you are very sneezy – achoo! Play with trains or make a dance train with your family – choo choo!
How to Make the “J” Sound

The “j” sound is made by puckering the lips like a kiss. The tip of the tongue should press against the top of the mouth behind the front teeth and then lowered after starting the sound. The air is pushed through the center of the mouth. The “j” sound is a noisy sound, so the voice ("buzzer") is on while blowing air out the mouth.

Tips and Tricks

It is important to keep air flowing out the center of the mouth and not the sides of the mouth when saying “j”. Remind your child to keep his/her lips puckered like blowing bubbles! If your child can say “ch”, then he/she can make “j” the same way but with the voice (“buzzer”) on! Have your child place his/her hand on your throat to feel the vibration.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “j” sound. Play hopscotch and say ‘jump’ every time you hop. Try looking for “j” words at the grocery store together - jam, jelly, juice, jars! Who can find the most?

“The Jumping Sound”

Young kids may remember a sound better when you associate the sound with a familiar image.
How to Make the “S” Sound

The “s” sound is made by sticking the tongue just behind the front teeth, but not touching them. The sides of the tongue are up to create a bowl shape for the air to flow down the middle and out through the mouth. The lips should be slightly open. The “s” sound is a quiet sound, so the voice (“buzzer”) is off while blowing air gently through the mouth.

Tips and Tricks

Young kids may remember a sound better when you associate the sound with a familiar image.

Make sure the tongue stays behind the teeth! For younger children, using visual cues can help them remember this rule, such as saying “Keep the snake behind the gate!” For older kids, gently remind them to keep their tongue behind their teeth. If the “s” is sounding slushy, remind him/her to keep the air going out the middle of the mouth.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an “s” sound. Put your hands together to make a hungry snake who can only eat objects that start with “s”! You can even practice in the car every time you ssstop!
How to Make the “Z” Sound

The “z” sound is made by sticking the tongue just behind the front teeth, but not touching them. The sides of the tongue are up to create a bowl shape for the air to flow down the middle and out through the mouth. The lips should be slightly open. The “z” sound is a noisy sound, so the voice (“buzzer”) is on while blowing air gently through the mouth.

Tips and Tricks

Make sure the tongue stays behind the teeth! For younger children, using visual cues can help them remember this rule, such as saying “Keep the snake behind the gate!”. For older kids, gently remind them to keep their tongue behind their teeth. If the “z” is sounding like an “s”, don’t forget to turn your “buzzer” on while practicing!

Tips and Tricks

Young kids may remember a sound better when you associate the sound with a familiar image.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a “z” sound. Put your hands together to make a bee who loves to buzzzzz around the house! Talk about animals and decide if you could find them at a zzzool.

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How to Make the “L” Sound

The “L” sound is made by sticking the tongue tip just behind the front teeth, but not touching them. The sides of the tongue are not touching anything else in the mouth. The air travels around the tongue and out the sides of the mouth. The lips should be slightly open and not rounded. The voice ("buzzer") is on when saying the “L” sound.

Tips and Tricks

If the “L” is sounding more like a “Y” sound, make sure just the tongue tip is up! The tongue should not be flat when it touches the top of the mouth. If the “L” is sounding more like a “W” sound, remind your child to not use rounded lips and to keep his/her tongue up. Practice making the “L” sound while smiling to reduce lip rounding.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an “L” sound. Practice being a singer - La La La!!! Sneak in some practice when you play together with your children’s toys. Name the toys with “L” names - Larry, Lisa, Lucy!
How to Make the "TH" Sound

The "th" sound is made by sticking the tongue lightly between the front teeth and gently blowing air though the front of the mouth. If you listen closely, you will hear that some "th" words are quiet sounds, so the voice ("buzzer") is off, such as the word "think". Others are noisy sounds, so the voice ("buzzer") is on, such as the word "they".

Tips and Tricks

Make sure the tongue stays between the teeth when making the "th" sound! Practice together in a mirror. Have your child look for your tongue in the mirror while making the "th" sound. Then trade roles! If the "th" is sounding slushy, practice getting the air out the middle of the mouth by placing your hand in front of the mouth to feel for a little puff of air.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with a "th" sound. Pick out things around this house and ask your child if he/she likes "this one" or "that one" better. Play I Spy at the grocery store and find all the "th" words!
How to Make the “R” Sound

Tips and Tricks

The “r” sound can be quite tricky to both teach and learn. There are actually many different types of “r” sounds because the way you produce “r” changes if a vowel is in front of it. Generally, the tongue bunches up and back in the mouth. The corners of the lips tighten. The “r” sound is a noisy sound, so the voice (“buzzer”) is on while air flows through the mouth.

Tips and Tricks

If the “r” is sounding like a “w”, remind your child to tighten his/her lips. Practice saying “r” with a smile to force the lips tighter. Still not sounding quite right? Remember that the tongue needs to go up and back in the mouth. Try saying a “g” sound before the “r” word to get the tongue in the right spot, such as “g” – “row” to practice the word “row”.

“The Bear Sound”

Young kids may remember a sound better when you associate the sound with a familiar image.

Time to Practice

Take time to practice for a few minutes every day. Just 5-10 minutes each day can help your child make steady progress. Try reading a book and finding all of the words or pictures with an “r” sound. Pretend you are animals - Roarrr! Grrr! Rrruff! Practice talking like a pirate - Arrrgh matey! Pretend it is cold outside - Brrrr! Make up silly stories with “r” names!