

Online resources and tips for reinforcement of speech and language skills at home

4 Tips and Tricks for Speech Therapy at Home

Encourage conversation: Have regular storytelling sessions with your child. Instead of asking him a Yes or No question, think about asking open-ended, thought-provoking questions such as, “What would you do if you saw a great big cow in your backyard?” By asking questions that elicit a detailed response, you are encouraging your child to express his or her ideas without the fear of being right or wrong.

Listen, Listen, Listen: carefully. Remember that childhood game of telephone? Turns out, telephone is an excellent way to teach your child to listen to your words and relate them to another person. If you cannot remember the game, here is how you play. Have your child and friends or siblings get into a circle. One person whispers a word to the other and that person whispers that word to the next person. The goal of telephone is to end up with the same ending phrase as the starting phrase. When your children are talking to you, offer thoughtful responses so that you validate children’s language, as well as their ideas and feelings. They want to feel like they are being heard (don’t we all)?

Reading: Reading is one of the most important things you can do with your child. Ask questions about the pictures, ask your child to point to items on each page and for older children, you may ask your child to think of experiences he or she may have had that are similar. All these help your child make connections with what he or she is hearing. You may find that your child wants to read the same book time and time again. Hearing the same story over and over helps foster familiarity and security, while building language skills at the same time.

Make it FUN: Children learn best when the experience is fun and interactive. Your child will not respond as well if he or she feels like the activities are “homework.” Instead, make each session of your speech therapy something your child will look forward to and will want to actively participate.

From speechbuddy.com

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8 Tips for At Home Speech Therapy Practice

1. The Power of Play

The power and value of play in a child's speech development can never be overlooked. While they are playing with toys and games, take the time to sit with them and model how the toy is used while using an animated voice to highlight its different parts.

2. The Power of Words

Your daily interactions with your child are absolutely important to their growth. Make sure to talk clearly, appropriately model any words they may be having problems with and use visual cues to help them in their understanding. Clear, simple, and consistent speech is the way to go. Also, make sure to give them some time to respond.

3. Let Your Child Speak For Themselves

Rather than limiting your child's opportunity to express their needs, provide them the opportunity to speak for themselves. Instead of asking, "Do you want this or that," let them use their own words to let you know what they want/need.

4. Active Listening

As a parent, it can be very easy to get caught up in the hoopla of the day and not have a full conversation with your child. Instead, show them that you are being an active listener by asking them questions that relate to the conversation they are having with you. Also, make sure to give them the opportunity to talk about things that interest them.

5. Read, Read, and Read Some More

Reading is an essential element of speech and language development. It's never too early to start reading to your child. Start off with simple books that repeat words and phrases (rhyming is great for speech development). Even reading the same book over and over can help them exercise their language skills.

As they grow, offer them more "challenging" books that require them to answer simple questions that go beyond just yes and no answers. You can also make the readings as dramatic or whimsical as possible. Make loud dramatic sounds to grab their attention.

6. Fun Time with Flash Cards

There are plenty of free flashcards that you can find online or purchase that can provide children with plenty of practice. Focus on flashcards that have sounds they may have difficulty with. To really draw your child in, consider adding some type of reward for getting a certain amount of sounds/words correct.

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7. Mirror, Mirror On the Wall

Modeling is an important piece of any speech therapy program and parents can get in on the fun by helping their children learn how to properly pronounce by using a mirror. Choose a few words that are challenging them and demonstrate by moving your mouth slowly as you say the word to say them. Then, let your child speak in front of a mirror so they can see how to move their mouth to make certain sounds.

Get silly and include plenty of onomatopoeias like buzz, moo, roar, and meow.

8. Sing Along

Children love to sing and allowing them to belt out their favorite (parent approved) hits can encourage them to learn new words, practice active listening and memory, and improve their ability to express themselves verbally.

From slptelle.com

Articulation

When helping your child with their sound productions, keep in mind the order for practicing sounds. A child must be able to correctly articulate a sound at the sound level (Ex: /S/) before moving onto the word level (Ex: Sun), sentence level, reading level and finally the conversation level.

- <http://mommyspeechtherapy.com/>

This is an excellent website for speech related information. Click the “Free Downloads” link to target specific sounds ranging from the word to reading level.

- <https://www.cpsk12.org/cms/lib/MO01909752/Centricity/Domain/91/6%20Phonetic%20Placement%20and%20Visual%20Cues.pdf>

Cues to provide correct placement for various speech sounds

- <http://www.quia.com/pages/havemorefun.html>

Articulation Games (by Tracy Gefroh Boyd): This is a great site where children play a variety of games to practice r's, s's, l's, sh's and ch's

- <http://learnenglishkids.britishcouncil.org/en/tongue-twisters>

The Tongue Twister Database: A fun collection of tongue twisters to practice speech sounds and giggle at the same time!

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Language

Elementary (K-4)

The following is a list of simple and fun activities you can work into your daily routines to encourage and facilitate good language habits. You can also address your child's speech sounds during any activity! ☺

- Sidewalk chalk- imitating, vocabulary, labeling
- Riding bikes- stop/go, fast/slow, following directions
- Playing ball- taking turns, verbs, pronouns (my/your)
- Arts and crafts- requesting, following directions, sequencing
- Going for a walk- vocabulary, labeling, asking and answering questions, colors
- Playing a game- following rules, taking turns, good sportsmanship
- Playing with simple toys (puzzles, cars, blocks, Playdoh)- requesting, commenting, appropriate play with objects, following directions, basic concepts, sitting and attending
- Pretend play (cooking, eating at a restaurant, grocery store, doctor's office)- using imagination, pretending, taking turns
- READING BOOKS!- pointing to and naming pictures, asking and answering questions, sitting and attending
- Blowing bubbles- requesting, up/down, big/little, taking turns
- Scavenger hunt- vocabulary, labeling, following directions
- Playground (swing, slide)- requesting, fast/slow, stop/go
- Meal times- descriptive words, manners, requesting, sequencing
- Bathroom- body parts, sequencing, following directions, object functions
- Bedroom- categories (clothes, furniture, toys), object functions
- Riding in the car- colors, vehicles, labeling, community helpers, weather

*Ideas provided by: Stacey Shipman, M.S., CCC-SLP (<https://www.sccboe.org/Page/4438>)

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All Ages

- <https://www.home-speech-home.com/twenty-5-minute-speech-therapy-activities-you-can-do-at-home.html>

Twenty 5-minute speech therapy activities

- www.K12reader.com

This website can be used to target grammar practice. The parts of grammar are broken down into their individual components, which is helpful if working on a specific skill.

- <http://playonwords.com/>

Provides lists of books, games, and toys that are recognized as ones that encourage language (look for the “all PAL Award winners” link on the left).

- <http://www.speechbuddy.com/blog/apps/introducing-new-bitsboard-speech-buddies-ipad-games/>

You’ll find Bitsboard in the App Store – the free version works just great with our Speech Buddies boards! The Bitsboard Speech Buddies iPad games are a fun way to maintain and continue the great work your child has done throughout the school year.

- <https://www.speechandlanguagekids.com/free-speech-language-resources/>

You can choose from categories to learn about various speech and language topics. You will also find free printable materials.

- www.storylineonline.net/library/

Books read online by actors

- www.K12reader.com

use this website a lot to gather materials for grammar practice. The parts of grammar are broken down into their individual components, which is helpful if working on a specific skill.

- <http://www.storyplace.org/>

StoryPlace.org: StoryPlace.org is a website that has a number of online stories and interactive activities for preschoolers and elementary-aged students. Each theme includes an online story, online activity, printable “take-home” activities and suggestions for parents. A booklist that corresponds to each theme is also offered.

- <http://www.funwithspot.com/>

FunwithSpot.com is a cute website for preschoolers and young children. Children familiar with the Spot book series will love the fun language-based games. There are also parent and teacher resources.

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- <http://www.funbrain.com/>

FunBrain.com; This website offers a number of free online games for kids. Games touch upon a variety of topics, including vocabulary, grammar, reading, math and some that are just for fun! Check out Plural Girls, Grammar Gorillas or click on the reading tab for some great language activities

- <http://www.scholastic.com/parents/play/>

Scholastic.com: Scholastic.com's Family Playground is a great website for preschool and school-age children and their parents. This website includes a variety of games and activities for children related to popular characters and children's books such as Clifford, Magic School Bus, Walter Wick, and I Spy

- <https://www.pattan.net/Disabilities/Autism/COVID-19>

Autism Initiative ABA Supports

- <https://drive.google.com/file/d/1ER6KKTzw2cbj0RkYd7pvrsRlaUIgTfEo/view>

A social story about COVID19

- Newsela

Instructional content platform with current news articles at the student's reading levels

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Middle and Highschool

- [www.getepic.com/app/personalize account type](http://www.getepic.com/app/personalize_account_type)

This is a great site to practice reading and comprehension skills. There are a ton of books to choose from!

- www.Readworks.org

This site is helpful when working on reading comprehension skills.

- [http://www.speechtx.com/language/teen and adult activities.htm](http://www.speechtx.com/language/teen_and_adult_activities.htm)

A list of 24 simple and engaging activities that are specifically targeted for teens and adults.

- www.weareteachers.com/best-virtual-field-trips/

The Best Virtual Field Trips

- www.madlibs.org

Mad Libs are stories with words removed and replaced by blank spaces-great for working on parts of speech/grammar.