

4-Week Home Practice Tracker

Better Hearing & Speech Month • May 2026

Aim for 5–10 minutes each day. Check off every day you practiced!

Activity	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1 Bath Time Talk 🗣️							
Week 2 Mealtime Requesting Game 🗣️							
Week 3 Simon Says + Movement Words 🗣️							
Week 4 Family Story Book 📖							

Parent Quick-Tips

- 🕒 Aim for 5–10 minutes of practice each day. Consistency matters more than duration.
- 🗣️ Repetition is key. Children need many exposures to learn and own a new word.
- 😊 Follow your child's lead. Motivation drives learning — engage with what they love.
- 📱 Record a moment and share with your therapist so we can celebrate and guide you!

🗣️ To every caregiver this May: You show up every single day — in the bath, at the table, on the floor. *That love is the most powerful therapy there is. We see you. We celebrate you. Happy Mother's Day. 🌸*

Share your #MomMoments — tag us on social or DM a photo or video! | Questions? Contact your therapist anytime.