

Quick, Easy and Effective Speech Clarity Techniques – TIW 2025

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First – **WATCH** and listen as your child speaks. Does my child have intact or distorted vowels:

Sounds	Yes/No	Rounded lips with the jaw at midline	Yes/No	Notes
oo (shoe)			Voiced	
oh (no!)			Voiced	
ow (cow)			Voiced	
w			Voiced	

Vowels	Distinctly Produced Yes/No	Jaw stays at midline?	Notes
ee (me)			
i (it)			
ay (way)			
eh (bed)			
ae (at)			
uh (up)			
u (put)			
ah (ball)			
y (yay!)			

Home Program: Do this program daily with your child. Increased exposure = quicker results.

- 1) Wash your child's face rapidly with a washcloth – paying special attention to their cheeks and lips. Use firm pressure to engage muscles (15-30 seconds).
- 2) Brush their teeth – paying special attention to the inside of their cheeks, gums, tongue and palate. This helps wake up the muscle inside the mouth. (15-30 seconds).
- 3) Use bilateral red or yellow chewy tubes (T shape). Place the tips of the long end of the “T” on the molar ridge at a 45 degree angle to the molars. Watch as your child bites up and down to ensure the jaw isn't sliding side/side – and that it's staying at midline. You want your child to open as wide as the height of the chewy tube. Goal = 25x per color – 3x per day (you can work up to this goal) Use a mirror so your child can connect to their body.
- 4) Build oral awareness and control of movement by sitting in front of the bathroom mirror. Take turns imitating each other. Over time, your child will be able to imitate you more with better precision. This is a pre-requisite to speech sound imitation. Pro Tip: You can use your finger or

the toothbrush to help your child move their tongue/lips into the correct formation. Extra supports are most always necessary.

- open/close mouth
- stick out tongue/ retract tongue
- tongue side/side
- tongue tip up/down (inside the teeth)
- tongue clicks (horse galloping sound)
- lips puckered/smile
- (Note: if your child can't imitate mouth movements, start with big gross motor gestures (arms up, clap, wave, tap floor, pat face, pat mouth, sign language)

5) Focus on correct production of vowel sounds at your child's level. Take turns imitating in front of a mirror, singing songs etc:

- **Pre-verbal:** Elongate vowels "ahhhhhhhhhh" "eeeeeee" "ooooooo" "ohhhh"
- **Pre-verbal +:** Practice reduplicated syllables "baba" "Mama" "dada"
- **1 Word:** Practice small words "me" "up" "on" "boo" - elongate and focus on vowel sounds while holding the jaw at midline (super imposed jaw support).
- **Multi-word:** Practice vowel elongation and distinction in multi-syllable production. This will help your child's intelligibility A LOT! Use super imposed jaw support to help your child with proper jaw grading and midline control per each syllable.

Speech Class – Starts October 6th, 2025

- Individualized Course
- Assess your child's speech / structure
- Create a home program to use for the next year
- Gain confidence in identifying your child's needs
- Connect with like-minded professionals near you
- \$400



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