



# NOVEMBER 2025

## Let us work on 'S'

October was definitely a month full of change with weather, settling into the new routine and the nights getting darker. My thoughts have been with my son who is still struggling with his 's' sound. He is making progress, but as a busy family, it requires lots of practice and imagination to fit the practice in every day. I imagine it is the same in your home! Little and often is more beneficial than once a week for 10 minutes. At home, here are some things you can try to support child with 's' (or any sound really, just adapt the activities for the target sound).

### 1. Listening

They have to hear the correct model 1800 times to say it correctly. Please be mindful that every time they produce the sound incorrectly it cancels out one of your models. So, I model a clear sound when we are:

- **Talking together.** If they say something incorrectly, I will model it back. 'Yes, it is the number six. Six socks. Six smelly socks. Six, six, six, six, six.' For his one mistake, I have emphasized 's' 13 times. If you only manage two models, that is a good start. 10 is the aim!
- **Nursery rhymes.** When doing story time, or a quiet activity before bed, or in the car... try singing nursery rhymes – emphasizing the 's' sound is really beneficial. So, nursery rhymes with 's' I might choose:
  - o Incy Wincy Spider (this is the version from England, but Itsy Bitsy works too!)
  - o She sells sea shells on the sea shore
  - o She'll be coming around the mountain...

**2. Finding 's' in books.** When reading books together, take one page and do some detective work.. can you help your child find the 's' letters? You can say them as they find them. If they can say it great, but focus on them hearing it for now. You can also say each word you five times. This gives them the model and fills up those 1800 models they need!

### 3. Getting them to say it.

- In all honesty at this moment, this is not my priority. I am working on them hearing the sound in words as often as possible. I will increase the opportunities we have to talk about words beginning with 's' – but I do point to my mouth and say, tongue behind my teeth and smile. (opposed to saying oo which is for 'sh'). You can do this too, by:
  - o Choosing books with snowy scenes or seaside for example.
  - o Talking about the 's' things outside or counting.
  - o Picking 5 words that you really want to practice and talking about them as many times as you can in the day. To make this easier, maybe talk about these words during meals / bath time / reading time. Picking an activity will make it easier for you to remember to do it. If you do this for 3 minutes 5 days a week, you have managed a 15-minute therapy session.

**Most of all have fun. Do not expect a child to say the sound soon, just know the work you are doing is having a positive impact in the background. For more advice, please contact us at Building Blocks – details below.**