

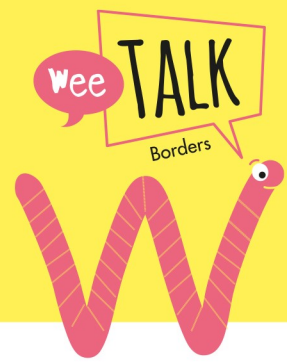
Speech & language  
therapy

## Listening to sounds (auditory discrimination)

Before your child can successfully correct their speech sound production they must be able to hear the difference between sounds. This pack will help your child to focus on listening to sounds they currently use and sounds we want them to use in the future (and how these occur in words).

### General strategies

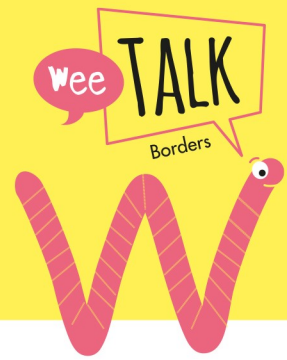
- Turn the TV, radio, DVDs or video games off whilst you practise so your child can hear you speaking and making the sounds.
- Instead of telling your child they have made a mistake, clearly repeat any words your child says back to him/her e.g. Child: "Mummy, a tat" You: "Yes, it's a cat".
- Always be positive about your child's speech.
- Encourage your child to talk and play with others to build their communication skills and confidence.
- Take dummies/bottles out of your child's mouth before they begin to speak.
- Use positive approaches if you cannot understand your child e.g. Ask him/her to say it again, repeat back part of their message ("going where?" "Mummy what?"), ask him/her to tell you some more about it, or can he/she show you or take you to it?



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## Activities and games to play

- Your Speech and Language Therapist will have given you two or more sounds to contrast using pictures.
- When saying the sounds to your child, use the sound (phonetic) not the letter name e.g. “ffffff” not “F” or “fuh”. Your therapist will be able to model this on request.
- Show your child the pictures your therapist has given you. Make each sound phonetically. Once your child is familiar with the sounds, produce the sounds in a random order. See if your child can point to the matching picture for each sound you say. If your child makes an error, repeat the sound, emphasizing it to make the contrast between the sounds greater. The following games can be used to help motivate your child:
  - **Stepping stones** – place the sound pictures on the floor and as you produce the sounds your child has to jump onto the correct sound picture.
  - **Building blocks** – your child places a brick on top of the picture for the sound he/she hears. See how many bricks your child can build up on each picture before the tower falls.
  - **Skittles** – stick the pictures onto skittles. As you produce the sound, your child must knock down the skittle with the corresponding picture on it.
  - **Running** – put two pictures at either end of the room or at different places in an outdoor space. Your child has to run to the picture matching the sound you say. The game can be varied by asking your child to jump, skip or hop to a particular sound picture.
  - **Stamps/stickers/colouring in** – your child gets to stamp an ink stamp, stick on a sticker or colour in a little bit of the picture when he/she hears a sound.
  - **Jigsaws** – Use a wooden inset jigsaw puzzle. Put some pieces on each picture. Your child can choose a piece from the picture you say and add it to the puzzle.
  - **Bubbles** – Your child blows bubbles in the direction of the picture you say.
  - **Hoops** – put two hoops on the floor with one picture in each. Your child must jump into the hoop of the sound you say.



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Once your child can tell the difference between single sounds, move on to listening for sounds at the beginning of real words. The following games can be used for motivation:

- **Puppets/teddies** – ask your child to listen to a puppet/teddy saying words. When a word begins with one of your child's sounds he/she can put a counter on the sound picture.
- **Rhyming pairs** – use picture pairs of rhyming objects  
E.g. Car/tar, sore/door, key/tea, cap/tap etc. Say the words at random and see if your child can select the correct picture.
- **Hiding games** – place the sound pictures in two separate boxes. Hide objects/pictures beginning with the sounds around the room. Ask your child to run and find one. Then as you say the word your child must select the correct box that the word starts with to put it in.
- **House hunt** – similar to the hiding activity, go around the house and find objects and sort into the sound boxes. You could also look through catalogues looking for pictures beginning with your target sounds.

### Useful resources

Pencils, stamps/stickers, teddies.

- Games as above – e.g. Building bricks (Duplo, Lego), skittles, colouring
- Rhyming cards – "slug in a jug" game available from Orchard Toys

**For more information on the Speech and Language Therapy Service (including how to request support from us) please see:**

<http://www.nhsborders.scot.nhs.uk/slt>

[Check out our Wee Talk Borders Facebook page or you can call us on 01896 826710](#)