

Orthophony Training for Children

1. The "th" Sound

Learn:

- Voiceless 'th' (/θ/): Put your tongue gently between your teeth. Blow air out.
- Example: think, thumb, three
- Voiced 'th' (/ð/): Same position, but use your voice.
- Example: this, that, those

Exercise:

- Say the following pairs out loud:
- -> think / this
- -> thumb / that
- -> three / those
- Try to feel the difference between voiceless and voiced.

2. The "r" Sound

Learn:

- Curl your tongue slightly backward, don't touch the roof of your mouth.
- Example: red, rain, rabbit

Exercise:

- Say these words 3 times each:
- -> red
- -> right
- -> rabbit
- Make a sentence with the word 'rabbit' and say it out loud.

3. The "s" vs "sh" Sound

Learn:

- 's': a sharp hissing sound. Tongue behind the teeth.
- 'sh': round your lips. Air flows gently.
- Example Pairs: sip / ship, see / she

Exercise:

- Say the word pairs out loud:
- -> sip / ship
- -> sue / shoe
- -> sign / shine
- Ask someone to say one, and you guess if it's 's' or 'sh'!

4. Vowel Sounds: Short vs Long

Learn:

- Short: cat, bit, cot
- Long: cake, beat, coat

Exercise:

- Say each of these pairs:
- -> cat / cake
- -> bit / beat
- -> cot / coat
- Draw a picture of a cat and a cake, and say both words out loud.

5. Stress & Melody (Intonation)

Learn:

- English uses stress: some words are louder or clearer.
- Example: "I WANT to GO to the STORE."

Exercise:

- Say this sentence with stress:
- -> I want to go to the store.
- Then change it to ask a question:
- -> I want to go to the store?
- Try saying it happy, sad, or angry!