

Best speech therapy exercises are here for you to recover your speech and language.

There are numerous motivations for engaging in speech therapy exercises at home. In some cases, a parent may be uncertain about whether their child requires the assistance of a speech therapist and may opt to begin with at-home exercises. It could also be that a child's teacher has raised concerns about stuttering or the need for speech skill improvement. Additionally, if a child is already receiving services from a Speech-Language Pathologist (SLP), supplementing their learning with at-home activities may be beneficial.

We've compiled a collection of exercises and activities. Each activity is crafted to captivate your child's interest and encourage language and speech development. It's crucial to remember that therapy sessions, particularly for children under three, should be enjoyable! If a child perceives the environment as too formal, they may not cooperate fully. Children thrive when they find pleasure in their activities, facilitating better learning. While a bit of structure is beneficial, allowing your child to move around, wiggle, and laugh can enhance the effectiveness of your time together.

1. Mirror Exercises

Some children with articulation difficulties struggle to grasp the correct mouth movements needed to produce sounds accurately. Using a mirror while speaking can assist a child in observing how their mouth moves when making specific sounds. By articulating each sound slowly and accurately, you can demonstrate the proper positioning to your child and highlight the differences they see in the mirror.

2. Repeat Successful Sounds

Set aside 5-10 minutes each day to practice your child's targeted sounds. Encourage your child to repeat the same sound accurately to develop consistency in producing it. This method is essential for helping your child master the correct sound.

3. Use music and play

Sing with your child. Use songs with rhyme and repetition. Make good eye contact with your child and use lots of vocal inflection. Try leaving out words in familiar songs to see if your child can say the word.

4.Flash cards

Flash cards assist children in speech therapy by helping them concentrate on the sounds they struggle With You can help make it more entertaining by providing an activity for kids to do along with them or a reward when done correctly.

5.provide support

Children often have a lot to say and think about, so it's important to avoid cutting them off and let them express themselves fully. Resist the urge to finish their sentences for them, even if they struggle with pauses or breaks in their speech.

6.stay positive

Parents should acknowledge that stuttering can be frustrating for children, but they should also prevent their child from becoming overwhelmed by negative emotions that could impact their speech. By praising their child for staying composed and speaking effectively despite their stutter, parents can help them feel confident and empowered.

7. Encouraging Vocal Well-being

Encourage your child to stay hydrated by drinking plenty of water and avoiding caffeinated beverages and chocolate. Your child will be able to produce a louder voice with less effort if the vocal folds are sufficiently hydrated.

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