

M

Yummy Sound

(lips press together 'MMM')



HOW TO MAKE THE **M** SOUND

1. Press your lips together
2. Breathe in through your nose
3. Turn your voice 'on' and feel the vibration in your throat and sides of your nose when you say ('MMM')



Practice Tips

- If you are having trouble closing your lips try gently bringing them together with your fingers to encourage proper placement
- Hold a stir stick between the lips to practice a closed lip position
- Place your hand gently on your throat to feel the vibration when you turn your voice 'on'
- Use a mirror to watch your lips close

BOOKS THAT TARGET THE **M** SOUND

Books are great resources to support speech sound development. Not only are books a great way to improve speech and language development, they are also a fun way to engage and entertain your child.



Five Little Monkeys Jumping on the Bed - By Eileen Chistelow

Goodnight Moon - By Margaret Wise Brown

The Mystery of the Missing Muffins – By Sheila Higginson

If You Give a Moose a Muffin - By Laura Joffe Numeroff

Mouse Was Mad – By Linda Urban

Is Your Mama A Llama – By Deborah Guarino

The Gum on The Drum – By Barbara Gregorich

Many books titles can be accessed electronically through resources such as the Hamilton Public Library (HPL.ca), TumbleBooksLibrary.com or YouTube.com

ACTIVITIES TO TARGET THE **M** SOUND

Imitate a the cow sound

'MOO'



Practice humming favourite songs

'MMMM'

Learning Services:

Specialized Services

Speech and Language Services

HWDSB