

SH

Quiet Sound

(Lips and air push forward 'SHH')



HOW TO MAKE THE SH SOUND

1. Round your lips and push them forward
2. Keep your teeth slightly apart
3. Put your tongue tip in the middle of your mouth and the sides of your tongue touching the insides of your back teeth
4. Push quiet air over the middle and out through the front of your tongue with your voice turned 'off' ('SHH')



Practice Tips

- If you are having trouble rounding your lips, try pushing them forward by placing your thumb and index finger on the outside corners of your mouth and bring them together as you say the 'SH' sound
- Practice whispering the long 'EE' sound and then push your lips forward (e.g., 'EEE-SHH')
- Use a mirror to watch your lips push forward

BOOKS THAT TARGET THE SH 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.



Sheep In a Ship - Nancy Shaw

Sheep in a shop - Nancy Shaw

Shoo Fly! - By Joy Cowley

Splish, Splash! – By Sarah Weeks

One Fish Two Fish Red Fish Blue Fish- By Dr Seuss

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

ACTIVITY TO TARGET THE SH SOUND

Imitate a librarian's

'Quiet Sound'

'SHHH'



Learning Services:

Specialized Services

Speech and Language Services

HWDSB